

DOSSIER AARGH!

HELENA ALVES & MAR ESPONA
MISPRONOUNCED

28.9.2026



AARGH! is a tug-of-war between social control and the urgent need to scream. A dance and physical theatre duet where rhythm, play, and restraint end up bursting into a wild collective release.

INTRODUCTION

Mispronounced was created in Copenhagen in early 2025 when Helena Alves and Mar Espona decided to formalize their ongoing artistic collaboration.

Alves and Espona met in Denmark in 2021 when they began a degree in Contemporary Dance. A deep friendship and a special creative connection quickly blossomed, leading them to develop a shared artistic language rooted in rhythmic exploration, playful musicality, repetition, audience interaction and partner work.

Together, they participated in a competition for young creators called Koreografi Konkurrence in 2023, where they were recognized with second place. A year later, Espona won first prize with a duet she choreographed in collaboration with Olatz Egia. Soon after, in 2025 and 2026, Alves and Espona collaborated again, winning first prize in both editions.

This platform served as a springboard for them, helping consolidate their unique choreographic language, full of humor, theatricality, and physicality. They love connecting with the audience and notice that their pieces appeal directly to personal emotions and experiences in a positive and dynamic way.

Currently, they are starting to grow as young creators in Denmark, securing funding such as Snabslanten from the Municipality of Copenhagen. While very happy with this success, they want to expand their work to Catalonia and Portugal, where their roots lie. Thanks to the warm reception at the Z Festival in Girona, they have begun building their own network across the Iberian Peninsula.

MOTIVATION BEHIND AARGH!

The concept for AARGH! was inspired by a conversation with my friend, Julie, about the overwhelming pressures of work, academics, and daily responsibilities. Earlier that day, she had witnessed a man screaming in the middle of the street out of sheer stress and frustration. Julie deeply resonated with his outburst; after a demanding day herself, she felt a strong impulse to join him. However, recognizing that public screaming is socially taboo and fearing judgment, she restrained herself.

This conversation got us thinking about the social norms surrounding screaming or being noisy in public spaces like the street, theaters, and libraries. And how these norms affect and alter the way we express ourselves in public. Questions arose such as:

- Why am I embarrassed to scream at full force?
- What does it mean to want to 'draw the attention'? And how can I draw it?
- If I act outside of social norms, am I doing it to draw attention or to express myself without constraint?
- What does expressing myself without limits mean?
- What purpose does shame/embarrassment serve, and how can I overcome it?
- What purpose does screaming serve?

This topic fascinated us, and we decided to begin exploring it through theatrical and physical movement languages. That is how **AARGH!** came to be.



WORKING LINES

AARGH! is a contemporary dance and physical theatre piece created in Copenhagen. It was initially born within the context of a competition for emerging choreographers and subsequently developed into a first 17-minute version that premiered at Dansehallerne's New Sh*t n.10 festival. Later, thanks to an artistic residency at København Danser Studios, the piece was refined and expanded to its current 20-minute length, crafted with an international perspective and adapted for outdoor spaces.

- MAIN GOALS

Our main goals were, on the one hand, to create a performance with a linear, clear, and easy-to-follow narrative for the audience, breaking away from the stigma that contemporary dance is a language only for connoisseurs. On the other hand, we aimed to create a versatile piece that can adapt to any type of space.

We also wanted to break down the barrier between the audience and the performers. Through monologue, dramaturgy, and theatricality, *AARGH!* invites the audience into a space where their presence carries significant weight. A space where the performers are fully aware that the audience is watching, and this presence affects their state. The audience represents social norms, and the performers are two women who navigate and question them.

- DRAMATURGY

Through dance, screams, and percussion, this piece tells the story of two women who enter into conflict. They battle between being stealthy, discreet, and quiet versus screaming, allowing themselves to be seen, and expressing themselves without fear of judgment. We explore the clash between restraint and expansion, between rule and desire. We watch two characters evolve, moving from feeling embarrassed, trying to contain, behave, and control one another, to exploding and screaming without fear. And once liberated from social norms, they encourage the audience to scream.

The overarching message of the piece, conveyed in a fun and interactive way, is to encourage the audience to express themselves without fear of being judged by others, to question the social norms that surround them and affect their actions and reactions, and not to let themselves be silenced.

The primary body language is contemporary dance, within which we find comedic everyday movements, partnering/lifts, percussion, body rhythms, and two characters with an intimate connection who are very peculiar and funny. All these elements create an approachable, everyday, and easily recognizable atmosphere. This proximity makes it easy for the audience to relate with them and effortlessly enter the world of the piece.

Idea, creation, and performance: Mar Espona Moret and Helena Gonçalves Alves

Music: Dead Combo and Manel Siza Vieira

With the support of: Snabslanten Fonden, København Danser Studios, Dansehallerne, Dansekapellet, Huset, Folketshus, and Festival Z.



GENERAL INFORMATION

Duration: 20'

Space: Preferably street and outside spaces.

Age group: All audiences

Available Languages: English, spanish, catalan or portuguese.

Creation and performance: Helena Alves and Mar Espona

Music: Dead Combo, Manel Siza Vieira

Available media: Reels, tràiler and video of the show by Nikolaj Svensgaard.

Photos by Ona Cabello and Badhir Berber

Extras: Possibility of hosting workshops in connection to the work.

Budget: To be agreed upon, depending on the number of performances, location, and travel expenses. (Base fee from 8000dkk + expenses)

CONTACT

mispronounceddk@gmail.com

[@mispronounced.dk](https://www.instagram.com/mispronounced.dk)

Mar +4591889840

Lena +4591555334

"FOR IN THEIR EASILY UNDERSTOOD AND HUMOROUS CHOREOGRAPHY, WHERE THEIR FEATHER-LIGHT LEAPS AND STEPS CREATED A PERFECT CONTRAST TO THEIR SCREAMS—WHICH ALVES AND ESPONA ACTIVELY INVOLVED THE AUDIENCE IN—THE TWO DANCERS CONVEYED EXACTLY THE DILEMMA INHERENT IN JUDGING OTHERS. WHETHER IT IS BY THEIR APPEARANCE, THEIR MOVEMENTS, OR THEIR SCREAM."

SCENEBLOG



mispronounced

Technical rider for AARGH!

PRACTICAL INFORMATION ABOUT THE PERFORMANCE

- Duet by and with Mar Espona and Helena Alves
- Duration: 20 minutes
- No technical skills required to run the performance – three music cues and a simple light setup if indoors
- Can perform in any space – indoor and outdoor
- Time to set up the space and technical rehearsal 1.5 hour
- View full length recording: <https://youtu.be/ZKLaRQVft70>

THE VENUE PROVIDES:

- Space of min. 5x6 meter, audience preferably placed on one front or oval shape but possibility for an all around setup upon agreement.
- All kinds of floor, preferably not bumpy or with irregular stones. Can be done with prior agreement.
- PA system which can connect to the computer for sound.
- No lighting required for daytime outdoor shows. For evening or indoor shows, a simple warm wash to make performers visible is sufficient. If more advanced lighting is available, it can be used at the venue's discretion.
- A wireless microphone and PA system are required for open or bigger venues. Some parts of the performance include spoken monologues, so a microphone is needed to ensure the audience can hear clearly.

MUSIC & CUES FOR THE TECHNICIAN

The music will be sent via WeTransfer prior to performance (company can also bring a laptop to play music from or a pen drive as well).

Cues for the technician:

The dancer enters in silence, makes the first monologue.

- **1st Cue:** After one of the dancers screams for the first time, play *Track 1*.
- **2nd Cue:** After the audience has screamed for the second time, the performers will ask the technician to play the next song, then they will do the macarena. After the macarena play *Track 2*.
- **3rd Cue:** The show is over and the dancers have left the space, *Track 2* has ended a few seconds ago. Play *Ambient Song*, this song might be the moment where the dancers take their vows or where the audience mingles.





Pronouns: She/Her

Nationality: Spanish

Birthday: 10.05.2003

Phone nr: +45 91889840/
+34 693722800

Mail: marespona@gmail.com

Address: Peter Sabroes Gade
21, st th, 2450 Denmark

Languages: Catalan (Native),
Spanish (Adv), English (C1),
Danish (B1), Portuguese (B2)

PROFESSIONAL DEVELOPMENT

EAP Buddy Programme-
CPH Stage - 2026/27

TEACHING

AtDans i Nordvest, FOF
København and Støberiet

- Contemporary dance
- Ballet

Workshop Leader with
Mispronounced

EDUCATION

2024 DIPAntonLachky
2021 - 2024 3 year diploma
Copenhagen Contemporary
Dance School

Workshops - Akram Khan,
Emmanuel Gat, Matan
(Batsheva), Hofesh Shechter
Company (via Natalia
Gabrielczyk), Gustavo
Ramirez Sansano, etc.

MAR ESPONA MORET

FREELANCE DANCER AND CHOREOGRAPHER

Co-founder of Mispronounced (DK)

PROFESSIONAL EXPERIENCE

2026	Innocence	By Kaija Saariaho (choreography by Arco Renz) 09-10.2026 Re-staging at Operaen, Copenhagen 10-11.2026 8 performances at Operaen, Copenhagen
2023-26	Echoes in the Light ongoing	Duet by Julie Schmidt Andreassen (Earthlings) 08.2026 Performing Landscapes Nykøbing Falster 05.2026 Performing Landscapes Copenhagen 01.2026 Residency at Teaterøen 09.2025 To The Møøn International Dance Festival 2025 18.09.2025 Sharing at Dansekapellet 13.03.2024 II Parts: Performance/Writing at Teaterøen 15.12.2023 Excerpt at Monumental Movement, DDSKS 27.10.2023 II Parts: Performance/Writing at Friday Night Sharing at Dansekapellet
2026	Mind & Heart	Bodypainting dance project. By Eszter Rapolti and Vilija Vitkute. 05.07.2026 Premiere at Agitágueda, Portuga 06.2026 Creation Residency
2025	Casa	Solo opening of Les Veus De Salt 18.12.25 El Canal, Catalunya, Spain
2025	Subkulturen	By Bobbi Lo Produktions 16.5.25 - 29-6-25 Internship
2024	Beach Body	By KROPPSKLUBEN 31.08.2024 BRÅDJUPA Blekinge Dansfestival 08.2024 Creation residency in Blekinge By Stephanie Thomasen (Uppercut Danseteater) 01.2024 at Dance Maze Copenhagen (KBH Danser) By Mute Comp. Physical Theater and La Macana 28.11 - 01.12.2023 Art Maze Copenhagen 11.2023 Residency at Valby Kulturhus Dancer in music video for Uden Ord's single "Er det her?"
2024	Reaserch for Shah Mat	
2023	The Sleepwalkers	
2023	Er det her?	Dancer in Copenhagen International Dance Festival

2022 - 2023

OWN WORKS - Mispronounced (with Helena Alves)

2023-26	Aargh! ongoing	Dancer & Choreographer alongside Helena Alves Second prize winner at Koreografi Konkurrencen 2023 03.09.2026 Dansekapellet Soft Launch, Copenhagen, DK 09.07.2026 Festival Z, Catalunya, Spain 05/06.2026 Residency at København Danser Studios 07.03.2026 Folkets Hus, Copenhagen, Denmark 24.01.2026 Teaterhuset, Copenhagen, Denmark 08.2025 PREMIERE New Sh*t vol.10 (Dansehallerne, Copenhagen, Denmark) 1.06.2023 Copenhagen Picnic (København-picnic) 2.02.2023 Dansekapellet - "Unge på vej"
2026	Voyeur ongoing	Dancer & Choreographer alongside Helena Alves First Prize winner at Koreografi Konkurrencen 2026 17-21.08.2026 Artistic Residency Zero Amarelo (PT) 03.05.2026 Maj Fest Dansekapellet - Showing
2024-25	One 2 Love	Dancer & Choreographer alongside Olatz Egia First Prize winner at Koreografi Konkurrencen 2024 01.2026 København Danser Residency 10.2025 Sortutakoat25 Residency 09.2025 København Danser Residency 25.05.2024 Spor10 Festival Choreographer and dancer First Prize winner at Koreografi Konkurrencen 2025, led by Uppercut Danseteater 10.2025 Kulturnatten at Dansekapellet
2025	This Is Magic	

Sceneblog
review

HELENA ALVES



Pronouns:

she/her

Birthday and nationality:

18/11/2003, Portuguese

Phone:

+351 963051244; +45 91555334

Address:

Englandsvej 66, 3tv. 2300

Copenhagen

Email:

slena.alves@gmail.com

mispronounceddk@gmail.com

Languages:

Portuguese, English, Spanish

INTERNSHIPS

(2025) Bobbi Lo Produktion,
Malmö, Sweden

(2023) 420PEOPLE, Prague,
Czechia

EDUCATION

(2021-2024) 3-year diploma at
Copenhagen Contemporary
Dance School

(2009-2021) Escola Bailado de
Fafe, Portugal

TEACHING

Contemporary Dance classes

Dansekappellet - Dans i Nordvest
Støberiet

MOVE Dansestudie

FOF Copenhagen

Escola Bailado de Fafe

PERFORMANCE EXPERIENCE

(2026) "Mind & Heart" - dancer

Cross-disciplinary performance by choreographer Eszter Rápolthy and body painters Vilija Vitkute, Martina Ghin and Marian Folga

(2026) "Voyeur" - dancer and co-choreographer

by Mispronounced

1st prize at Koreografi Konkurrencen, Copenhagen

performance at Majfest, Dansekappellet

(2023 - ongoing) "AARGH!" - dancer and co-choreographer

by Mispronounced

performance at Dansekappellet's Soft Launch

curated for Festival Z in Girona (2026)

curated by Mark Philip for New Sh*t vol.10, Dansehallerne (2025)

2nd prize at Koreografi Konkurrencen

performances at "Unge på vej", "København-picnic", Huset and Folkets Hus, Copenhagen

Residency at København Danser Studios

(2025) "(h)JUL" - dancer

by Uppercut Danseteater

performances in Copenhagen, Hadsten and Børkop

(2025 - ongoing) "The Hollow Land" - dancer

by Teater A

performances in Copenhagen, Slagelse and Holstebro

(2025) "Subkulturen" - dancer

by Bobbi Lo Produktion, Malmö

(2025) "This is Magic" - dancer

1st prize at Koreografi Konkurrencen, Copenhagen

Kulturnat 2025 at Dansekappellet

(2025) "Na silêncio das vozes recrio a sombra dos meus dias" - dancer

by Alexandra Fonseca, Portugal

(2024) "Kulturnat - Jagten på Diamanten" - dancer

Uppercut DanseTeater + Dans i Nordvest

(2024) "Got Your Back" - dancer

by Lotte Sigh (opening of Art Matter 2024) at Nikolaj Art Gallery, Copenhagen

(2024) "NORDTING" - dancer

festival "CPH Stage", Copenhagen

(2023) "Er det her?" - dancer in music video for Uden Ord's single

(2023) "Remember when" - dancer and co-coreographer

platform "Entering the Void" created by Miriam Maach i Enguita, Copenhagen

(2022) "Depois do fim" - dancer

by Ricardo Ambrósio, Portugal

(2022) "Landing" - dancer and co-choreographer

2nd prize at Koreografi Konkurrencen, Copenhagen

WORKSHOPS

(2023/24) Bread& Dance Prague, Czechia

(2023) IDW Budapest

Ching Ying (Akram Khan Company), Matan David (Batsheva Dance Company)

(2022) Skånes Dansteater, Holstebro dansekompagni and Hodworks

(2021-2024) Adi Salant, Gustavo Ramirez Sansano, Lidia Wos, Mauro Astolfi, Toby Fitzgibbons, Jens Schyth Brøndum, Tamas Moricz, Mark Philip and Liliana Barros

(2019) Tanz Bozen/Bolzano Danza, Italy

CO-FOUNDER OF MISPRONOUNCED (CHOREOGRAPHIC DUO)