

Music: Olafur Arnalds, HiTnRuN, Max Richter, Yann Tiersen,  
and Brand New (edited by Susanne McHugh)

Website: [susiemchughdance.com](http://susiemchughdance.com), Facebook: [littlesuze](https://www.facebook.com/littlesuze),  
Instagram: [littlesuze](https://www.instagram.com/littlesuze)

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Your Words Are Valuable to Dance. Your thoughts matter! The  
choreographers will love to hear from you. If you feel inspired,  
please scan this QR Code to access the feedback form. Thank you!



**QR CODE FOR FEEDBACK FORM**

You can also email your comments to the curator at:  
[creativeperformances.nyc@gmail.com](mailto:creativeperformances.nyc@gmail.com). Thank you so much!

[www.dixonplace.org](http://www.dixonplace.org)

**dixon place presents**

# **Fast Forward**

**‘Healing’**

**May 11, 2022**

**Choreography by:**  
**Charly & Eriel Santagado**  
**AND**  
**Susanne McHugh**

**Dancers:**  
**Charly Santagado**  
**Eriel Santagado**  
**Caitlin Knowles**  
**Emily Tarrier**  
**Kristen Hedberg**  
**Susanne McHugh**

***Curated by Sangeeta Yesley,***  
***Creative Performances***

## mignolo dance

### “Self Help”

Self Help explores mental health through the lens of a relationship between a therapist and a patient using Movenglish® – a movement language in progress that directly corresponds to English. The translation of spoken conversations is complemented by fragmented and deconstructed phrases that represent what happens between the lines and inside the mind, embodying a ceaseless yet hopeful striving toward balance between thought and feeling, mind and body, self and other.

Choreography and performance by Charly & Eriel Santagado.

mignolo dance is a 501-c3 nonprofit contemporary dance company founded by sisters, Charly and Eriel Santagado, in 2017. They have been dancing and creating together for more than ten years and use this experience to continue to collaborate with each other and other dancers and artists to create new work that explores elements of various artistic mediums through movement. Their work has been produced by HERE Arts Center's Co-op Sublet Series, Inclined Dance Project's inQuad Split Bill Series at Dixon Place, Jamaica Center for Arts and Learning's Friday Nights Series, Gardenship Art, and The Berrie Center at Ramapo College.

Music Credit: Haven & Hazard (Music composer and the performer.)

Website: [mignolo.dance](http://mignolo.dance); Facebook: [mignolodance](https://www.facebook.com/mignolodance);  
Instagram: [mignolodance](https://www.instagram.com/mignolodance)

## Susie McHugh + Dancers

### "Below the Bottom"

Susie McHugh + Dancers' "Below the Bottom" is a riveting dance work that depicts one person's journey through the mental health system. Inspired by her own experiences with bipolar, anxiety, and OCD, Susanne McHugh uses her inventive movement language to encapsulate the fear, confusion, and frustration that comes with living with a mental illness. The complex narrative creates space for empathy and self-reflection while initiating coping, acceptance, and an overall understanding of a subject matter that can often be difficult to talk about. Susie McHugh + Dancers give a voice to the individuals continually struggling with their mental health and inspire people to never stop persevering.

Dancers: Caitlin Knowles, Emily Tarrier, Kristen Hedberg, Susanne McHugh

Choreography by Susanne McHugh

Susanne McHugh studied at SUNY Purchase before continuing her studies at University of the Arts where she was awarded the Nadia Chilkousky Nahumck Award for Creativity and Dance-Making. Susanne was chosen for the Ann and Weston Hicks Choreography Fellows Program at Jacob's Pillow in August 2018 and has had artist residencies at New Dance Alliance and CHEN Dance Center. She is a recipient of the NYFA City Corps Grant and the NYFA Barbara and Carl Zydney Grant for Artists with Disabilities. Susie McHugh + Dancer's mission is to bring awareness to mental illness through dance performances that empathize, educate, and dismantle stigmas.

