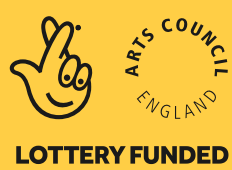
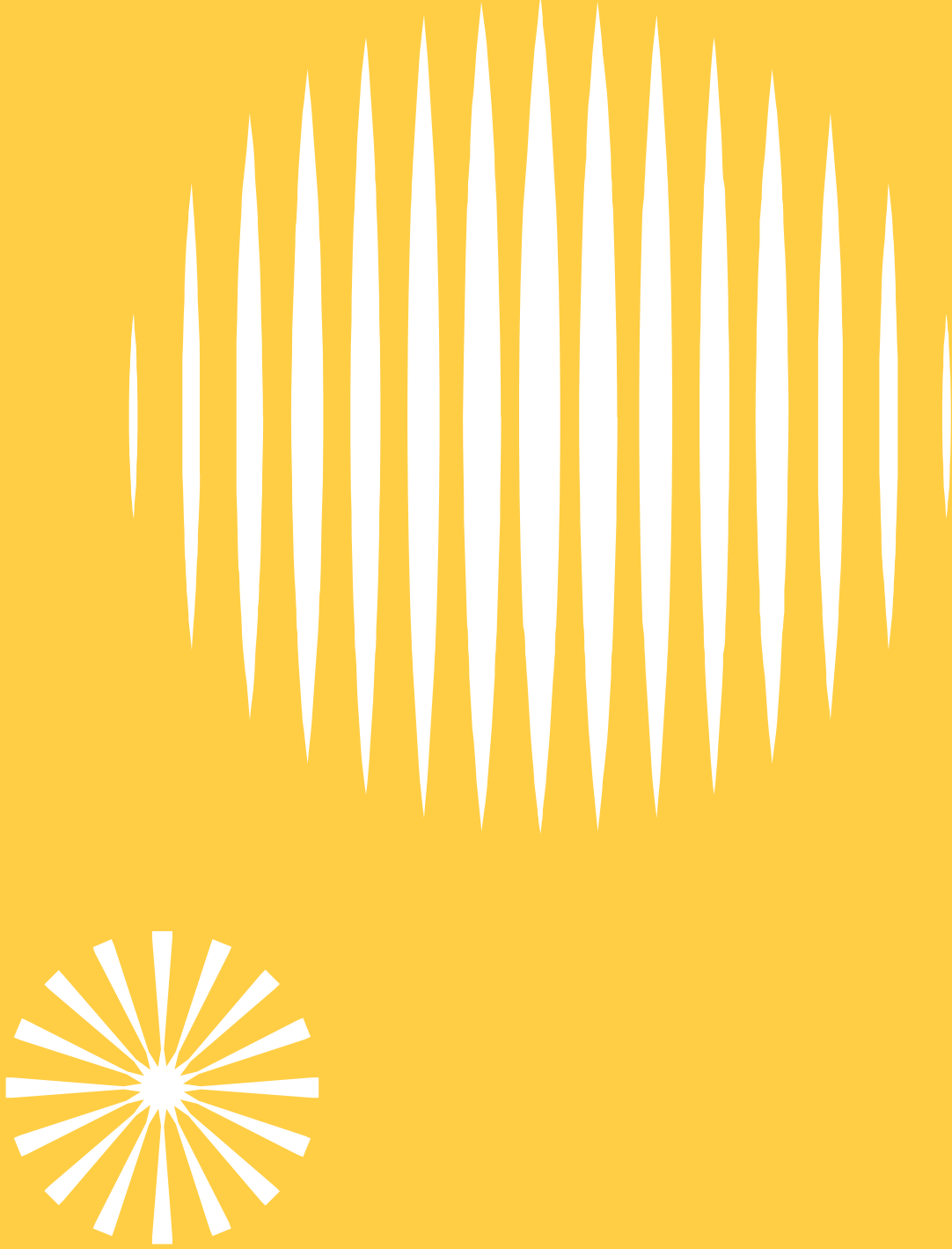


ROYAL BALLET & OPERA



Roots in
● Motion ●



Supported using public funding by
**ARTS COUNCIL
ENGLAND**

Family Sunday

Roots in Motion

Sunday 18 October 2026
10am — 12.30pm

Welcome to a special *Family Sunday: Roots in Motion*, curated with Just Us Dance Theatre UK.

Celebrate Black culture through ballet, Krump, street dance, hip hop, African dance and body percussion, in a joyful day of creativity, connection and movement for all the family. Expect inspiring performances, hands-on workshops, big energy and plenty of fun.

There is something for everyone to enjoy. In the Clore Studio, hip-hop theatre company DHW presents *Go Grandad Go!* — a heartwarming intergenerational story filled with love, music and movement, with touch tours before each performance.

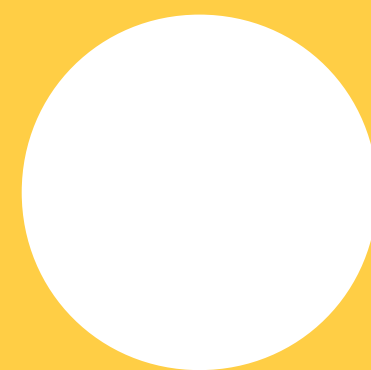
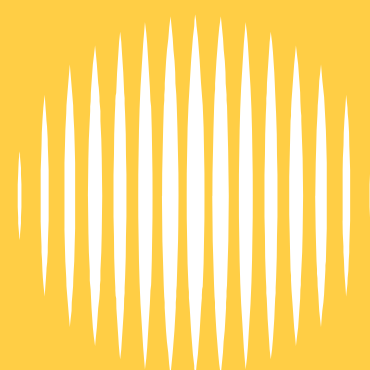
The programme also features *The Aunties: House of Masks* by OLÚWATÓŠIN OMOTOSHO — a bold celebration of family, culture and the aunties we all know and love. Just Us Dance Theatre's Apprenticeship Company presents *Between*, exploring the spaces between styles, people and ideas through movement. Artistic Director JOSEPH TOONGA reimagines the story of Swan Lake in *Two Sides to Every Swan*, followed by a ballet workshop where everyone can get moving.

Throughout the day, former First Soloist of The Royal Ballet TARA-BRIGITTE BHAVNANI leads three joyful Ballet Barre sessions, while SHAWN AIMEY brings the grooves and rhythms of popping to a high-energy workshop for the whole family. You can also make music with your body in AZIZI COLE'S body percussion workshop or hear stories from the stage in *Ask a Dancer Anything*.

Fancy getting creative? Head to Level 5 for playful upcycling workshops with TRACEY BUSH, discover the magic of animation with stop-motion artist REZA BEN GAJRA in the Crush Room, or explore the dressing-up box in the 1858 Foyer, with costumes from past productions to try on.

End the day on a high as resident party maestro AMBER OGUNSANYA brings everyone together for a feel-good, interactive dance party bursting with music, movement and celebration.

Family Sundays can be quite noisy. Ear defenders are available for you or your child. Please ask a member of staff in a black t-shirt. If you need a little break, there is a calm, cosy chill-out space on Level -1, between the Linbury Foyer and the female toilets.



Take Part

Welcome to the Groove

DJ DANI sets the tone for the day with feel-good tunes on the decks. Come along, get settled, soak up the atmosphere and groove your way into a day of dance, music and creativity!

Main Entrance Foyer
9.45am — 10am

Dressing Up

Step into the enchanting world of the Royal Ballet and Opera with costumes inspired by magical characters from our stages. Who will you transform into?

1858 Foyer
10am — 12.30pm

Ballet Barre

Fancy being a ballet dancer for the day? Give it a go in this barre workshop led by former First Soloist TARA-BRIGETTE BHAVNANI, accompanied by FRANCES YONGE on piano.

Ballet Barre sessions have limited spaces and may fill up quickly. If the session is full, there are lots more fun activities to explore around the building.

Linbury Foyer
10.10am — 10.30am
11am — 11.20am
11.45am — 12.05pm

TOUCH TOUR: Go Grandad Go!

Before each performance of *Go Grandad Go!*, the doors will open for a touch tour. Participants can explore the set and costumes by touch, discovering their shapes and textures to help build a picture of

the characters and deepen their understanding of the performance and its cultural context.

Please note that this is a guided touch tour, not a performance. Touch tours offer blind and visually impaired participants the opportunity to explore sets, props and costumes through touch. Everyone is welcome to take part.

Clore Studio
10.15am — 10.30am
11.45am — 12pm

The Aunties: House of Masks Workshop

Experience a Nigerian party for yourself and join Sade and the Aunties for a fun, interactive workshop inspired by the performance.

Explore African dance movements, play with the rhythms of the talking drum, learn Yoruba greetings and discover the sounds, expressions and movements of the Aunties through music, dance, storytelling and play.

Can you dance like an African Aunty?
Can you speak like an African Aunty?
Can you walk like an African Aunty?

Bring your energy and join the Aunties for a playful celebration of music, movement and culture.

Led by OLÚWATÓŠIN OMOTOSHO, Choreographer, Writer and Director of *The Aunties: House of Masks*, supported by the performers of the show.

Linbury Foyer
10.35am — 10.55am

Roots to Groove: Popping Workshop

Get up, get moving and find your groove in this fun, energetic workshop with SHAWN AIMEY. Explore the social roots of popping, from its history and foundations to the grooves, rhythms and individuality that make the style so distinctive.

Learn new moves, connect through dance and discover the social side of hip hop culture, with plenty of opportunities to get on your feet and find your own style.

Paul Hamlyn Hall
11.15am — 11.45am



Ask a Dancer Anything

What have you always wanted to ask a hip hop dancer? Bring your questions and meet two emerging artists from the Just Us Dance Apprenticeship Company for an informal Q&A exploring dance, creativity and life as a performer.

Linbury Foyer
11.25am — 11.40am



Dance Party with Amber

Join party-maker extraordinaire AMBER OGUNSANYA to shake a tail feather and show off your best dance moves in this lively, family-friendly workshop, full of music, movement and feel-good fun.

Paul Hamlyn Hall
11.50am — 12.15pm



Music through Movement with Azizi Cole

Explore the world of body percussion, using movement to create rhythms and sounds through flicks, clicks, claps, hits and stomps. This interactive workshop invites families of all ages to get moving, make music and join our very own movement orchestra.

Linbury Foyer
12.10pm — 12.30pm



The Aunties: House of Masks

Join Sade at a Nigerian family party, where she meets the Aunties and embarks on a joyful journey through music, dance and storytelling.

As the party comes to life, the Aunties teach Sade how to greet the family, show respect and, of course, dance.

With colourful costumes, joyful music and the talking drum bringing everyone together, Sade discovers the magic of family, culture and tradition.

Performers KABUKI JOHNSON, SHANELLE CLEMENSON, DEBORAH GODCHASER
Musician PAUL ‘PABLO G’ TOLUWALOPE
Choreographed, written and directed by OLÚWATÓŠIN OMOTOSHO

Paul Hamlyn Hall
10.10am — 10.25am

Just Us Dance Apprenticeship Company: *Between*

Between is a fun, energetic work by the Just Us Dance Apprenticeship Company, exploring the spaces between styles, people and ideas. Expect playful movement, sharp grooves and plenty of personality as the dancers move between different textures and influences.

Just Us Dance Apprenticeship Company dancers: TYLER ARCHER, IMMANUEL ISINGOMA, MELISSA MASON, D’JON MCTERNAN, REBECCA WINTER

Paul Hamlyn Hall
10.30am — 10.40am

Go Grandad Go!

Go Grandad Go! is a heartwarming intergenerational family story rooted in love. This relatable hip hop theatre production inspires the young and empowers the not-so-young through music, movement and storytelling.

Led by the dynamic and multifaceted DANI HARRIS-WALTERS, CompanyDHW is a hip hop theatre company with community, relatability and inclusivity at the heart of its work.

Clore Studio
10.35am — 10.55am
12.05pm — 12.25pm

Capacity is limited for this event, seats will be allocated to first come, first served.
Doors and queue will open at 10.20am/11.50am

Two Sides to Every Swan: (Followed by a ballet workshop)

Inspired by *Swan Lake* and the idea of the Black Swan, JOSEPH TOONGA’S new work reimagines the story through a different lens. Bringing together Krump, hip hop and ballet, the piece explores the contrasts, connections and unexpected relationships between these styles, with plenty of attitude, energy and funk along the way.

Created in collaboration with INÈS VEBOLE and JOSEPH TOONGA.
Performed by INÈS VEBOLE.

The performance will be followed by a ballet workshop, inviting audiences to explore some of the movement ideas for themselves.

Paul Hamlyn Hall
10.45am — 11.10am



Animation Magic

Join animator REZA BEN GAJRA to create colourful props and puppets, then bring them to life in a large-scale stop-motion animation activity celebrating diversity, inclusion and unity. Get creative, collaborate and become part of the action.

Crush Room

10am – 12.30pm
Last entry 12.15pm

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Paper People Pop-Ups!

Get creative with TRACEY BUSH and bring your very own pop-up dancer to life. Choose a dancer template, find inspiration in old Royal Ballet and Opera programmes or design your own. Will your dancer break, spin, pop or lock, pirouette or leap? A fun, hands-on craft activity for all the family.

Level 5

10am – 12.30pm
Last entry 12.15pm

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Our craft activities are much loved, so there might be a short wait during busy times. We'll be doing our very best to get everyone crafting as soon as possible.

Timetable



9.45am — 10am

Welcome to the Groove

Main Entrance Foyer

10am

10am — 12.30pm

Dressing Up

1858 Foyer

Paper People Pop-ups!

Level 5

Animation Magic

Crush Room

10.10am — 10.25am

The Aunties: House of Masks

Paul Hamlyn Hall

10.10am — 10.30am

Ballet Barre

Linbury Foyer

10.15am — 10.30am

Touch Tour: Go Grandad Go!

Clore Studio

10.30am — 10.40am

Just Us Dance Apprenticeship Company

Paul Hamlyn Hall

10.35am — 10.55am

Go Grandad Go!

Clore Studio

The Aunties: House of Masks workshop

Linbury Foyer

10.45am — 11.10am

Two Sides to Every Swan

Paul Hamlyn Hall

11am

11am — 11.20am

Ballet Barre

Linbury Foyer

11.15am — 11.45am

Roots to Groove Popping Workshop

Paul Hamlyn Hall

11.25am — 11.40am

Ask a Dancer Anything

Linbury Foyer

11.45am — 12pm

Touch Tour: Go Grandad Go!

Clore Studio

11.45am — 12.05pm

Ballet Barre

Linbury Foyer

11.50am — 12.15pm

Dance Party with Amber

Paul Hamlyn Hall

12pm

12.05pm — 12.25pm

Go Grandad Go!

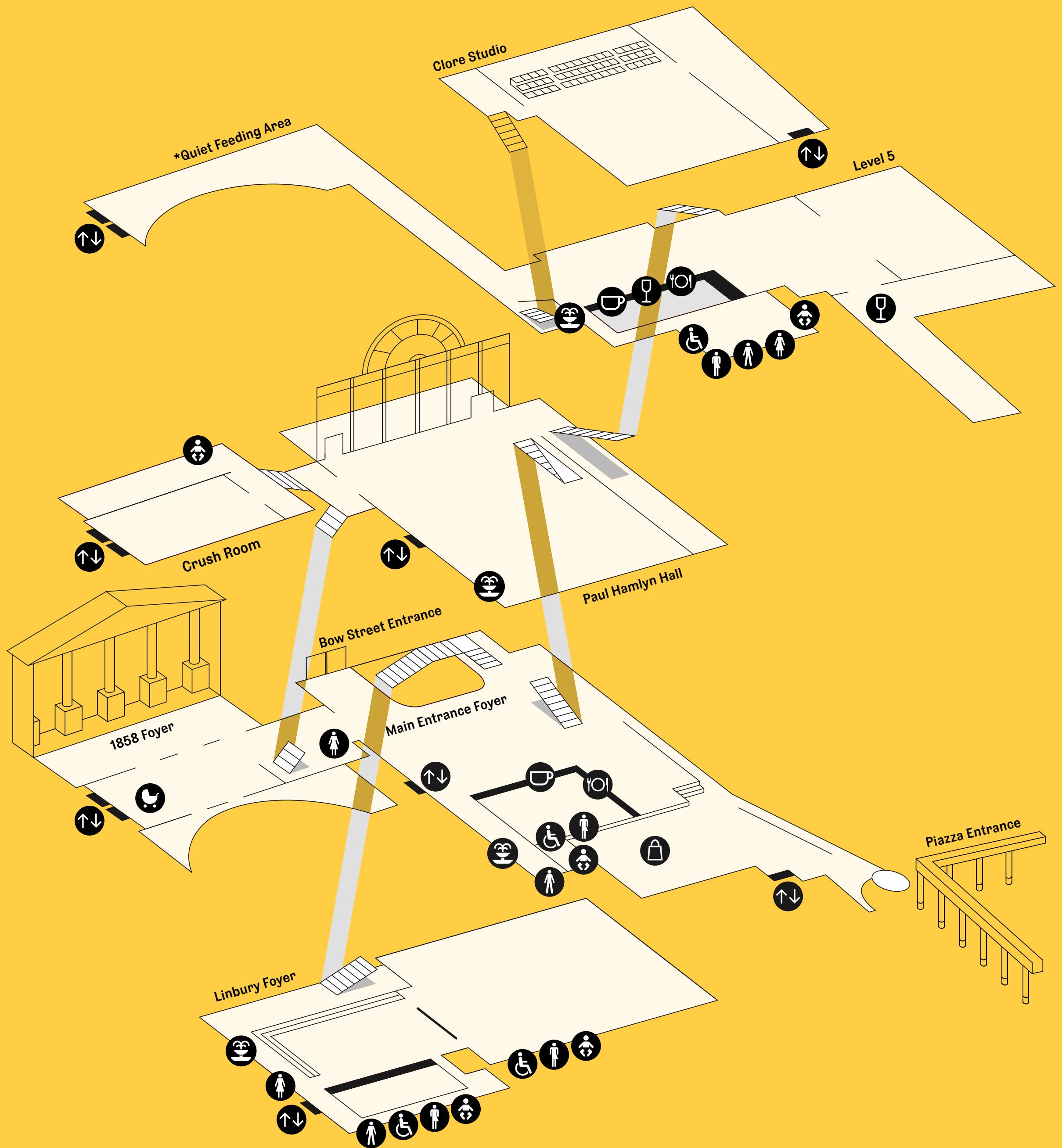
Clore Studio

12.10pm — 12.30pm

Music through Movement with Azizi Cole

Linbury Foyer

Map



MEN'S TOILETS

WOMEN'S TOILETS

ACCESSIBLE/GENDER
NEUTRAL TOILETS

BABY CHANGING

WATER FOUNTAIN

BUGGY PARK



CAFÉ

BAR

FOOD

SHOP

LIFT



The Royal Opera House is a breastfeeding friendly venue. If you require a quieter place to feed please head up to Level 5.