



*AIN'T NO  
SUNSHINE*

Choreography Concept Plan

# SHOW SNAPSHOT

Name of Piece: Ain't No Sunshine

Song choice: Ain't No Sunshine- Lido Remix by Bill Withers & |  
Lido AND Ain't No Sunshine by Michael Jackson

Intent: To go through a change

Style: intricate hip hop/ contemporary fusion

## Number in 1st Cast

MEN: 0      WOMEN: 0      NON-GENDERED: 10

## Number in 2nd Cast:

MEN: 0      WOMEN: 0      NON-GENDERED: 2

*INTENT:*

To go through a change

*INTENT PT 2*

This piece is about when the goodness and joy inside someone is overcome with sadness and grief. It begins with each character reflecting on their individual pasts in a day-dream, reminiscing on a happy relationship. After this glimpse of the past, they realize that their relationship is over and are met with a new and unfamiliar feeling of loneliness. Throughout the dance, they explore this contrasting feeling and fight to reclaim their inner “sunshine.” At the end, they realize they have to let go of the past, and the darkness overcomes them.

# CAST

## Chorus: Character Role

The first group of dancers are individuals who just went through a breakup. They all share similar stories but do not have a relationship with one another.

- 1.
- 2.
- 3.
- 4.
- 5.

The second group of dancers personify darkness and the first group's inner struggles. They are not real people with real feelings, but more of a force

- 1.
- 2.
- 3.
- 4.
- 5.

# STORY ARC

In 1 – 2 sentences, state what is happening in the story for each plot point.

## Middle:

The sunshine dancers realize that they need to let go of their past, surrendering to the darkness.

## Rising Action:

The original 5 characters begin to explore this new feeling of loneliness. They wonder if their partner will come back to them, holding onto a glimmer of hope. As they navigate this loss, the feeling of darkness becomes stronger and harder to fight off.

## Falling Action:

The characters representing darkness leave physically, but the original group of “sunshine” dancers is left with the heavy, looming feeling of loneliness.

## Hook:

The darkness enters, overwhelming the sunshine with grief.

## Beginning:

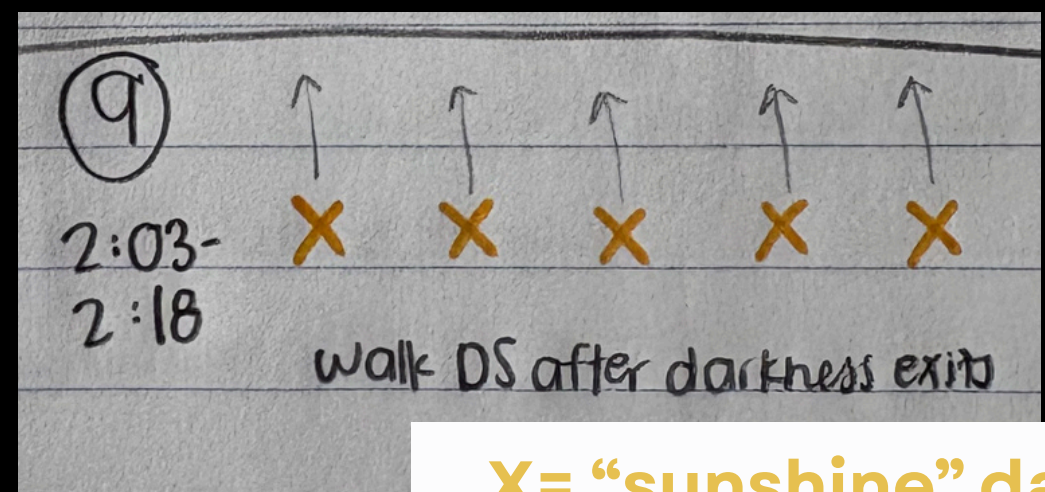
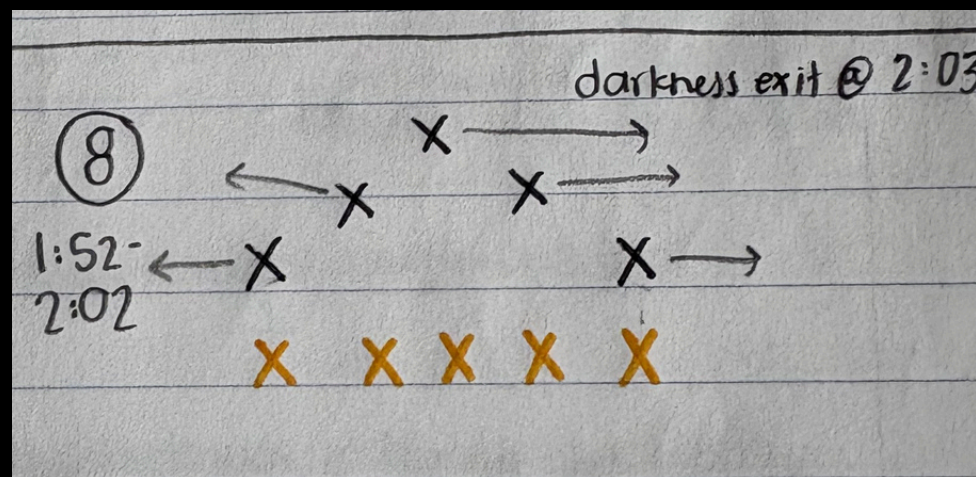
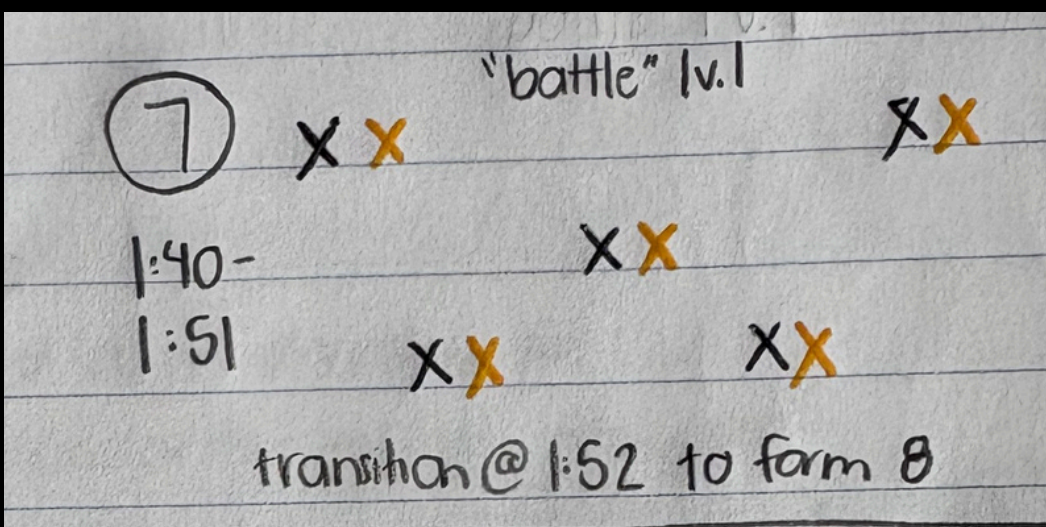
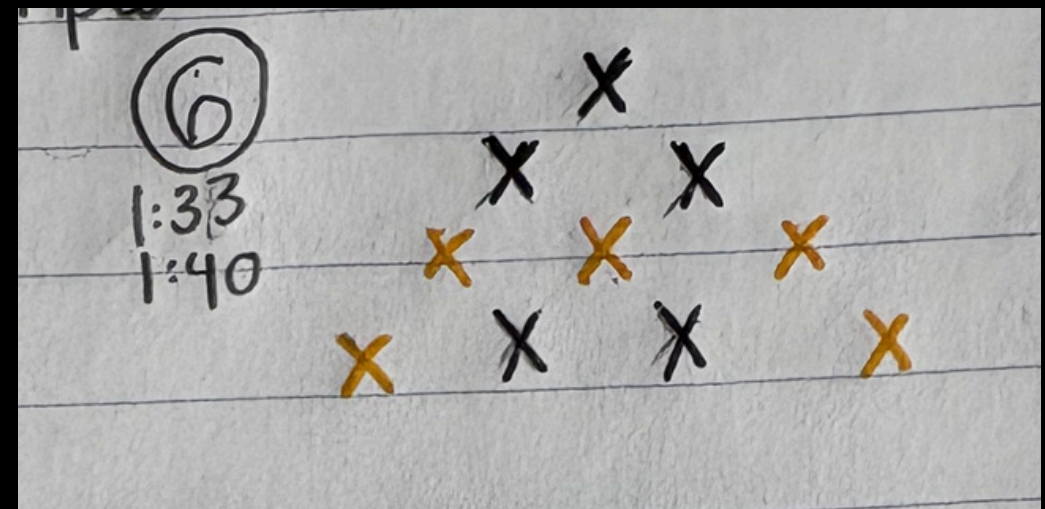
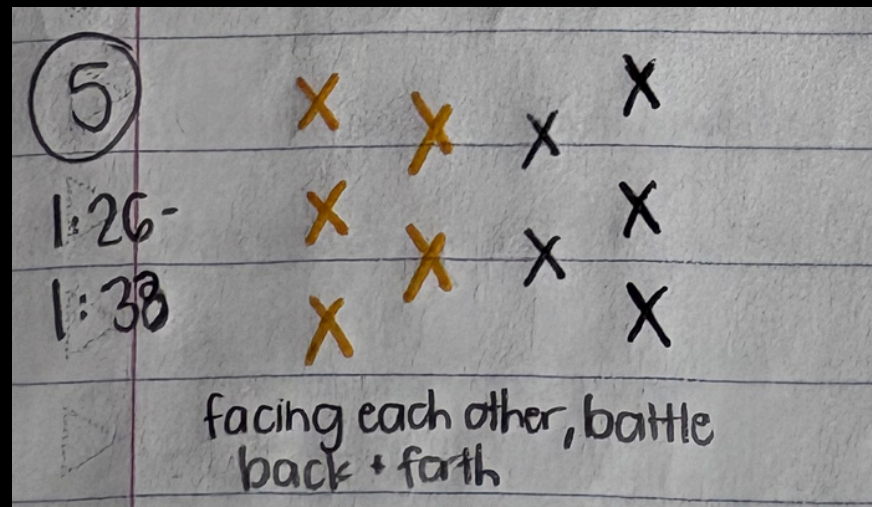
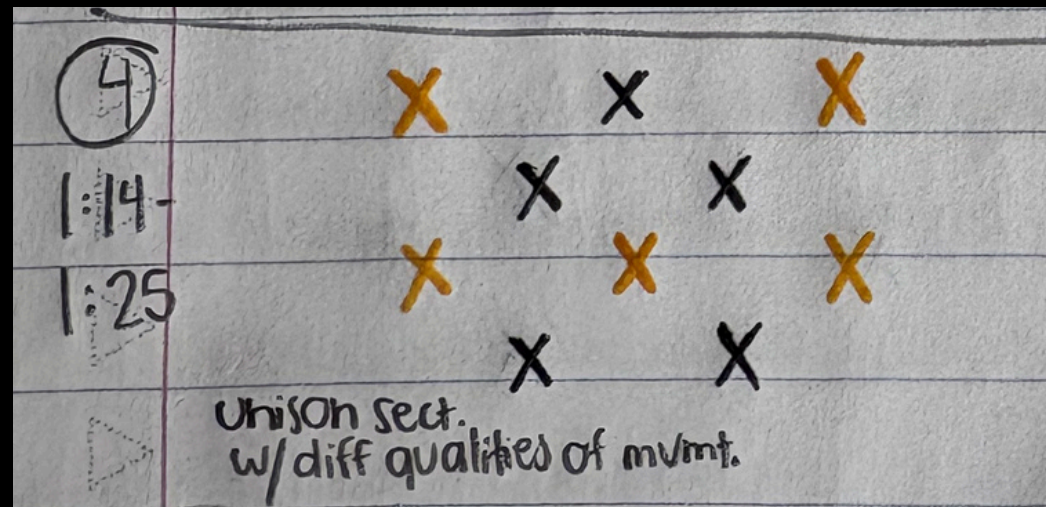
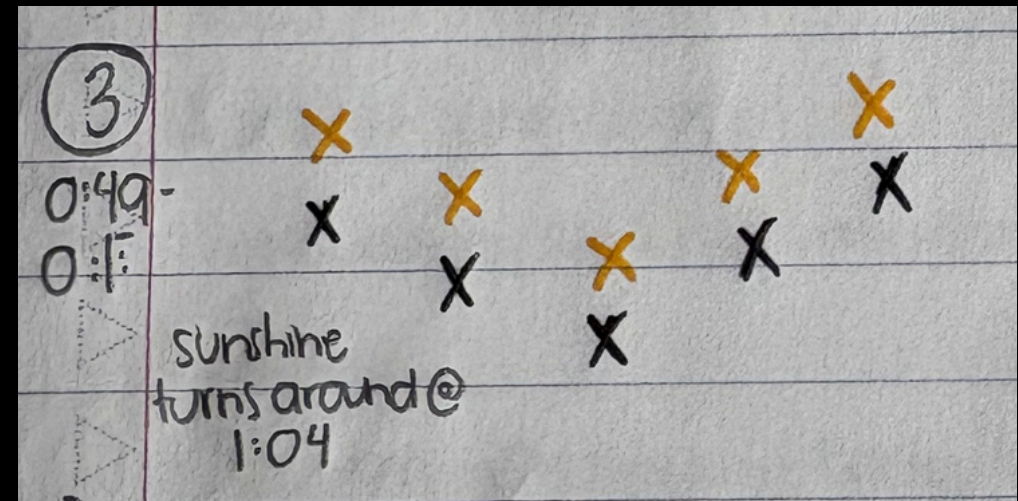
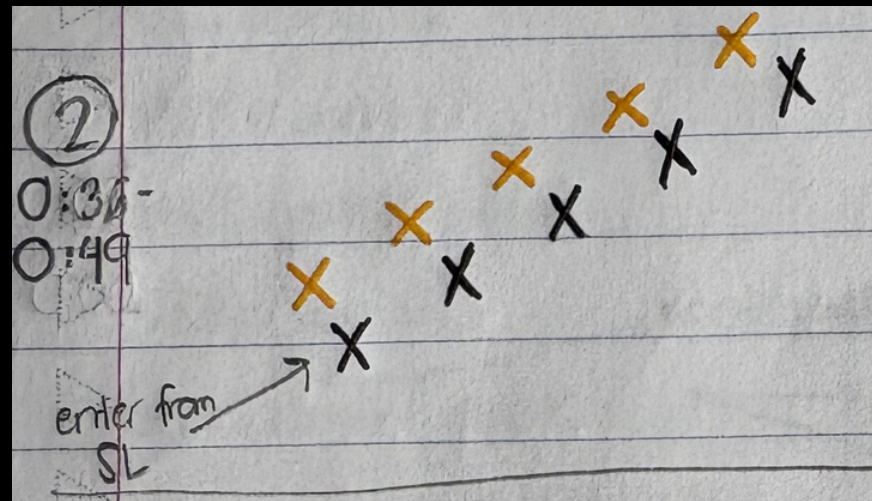
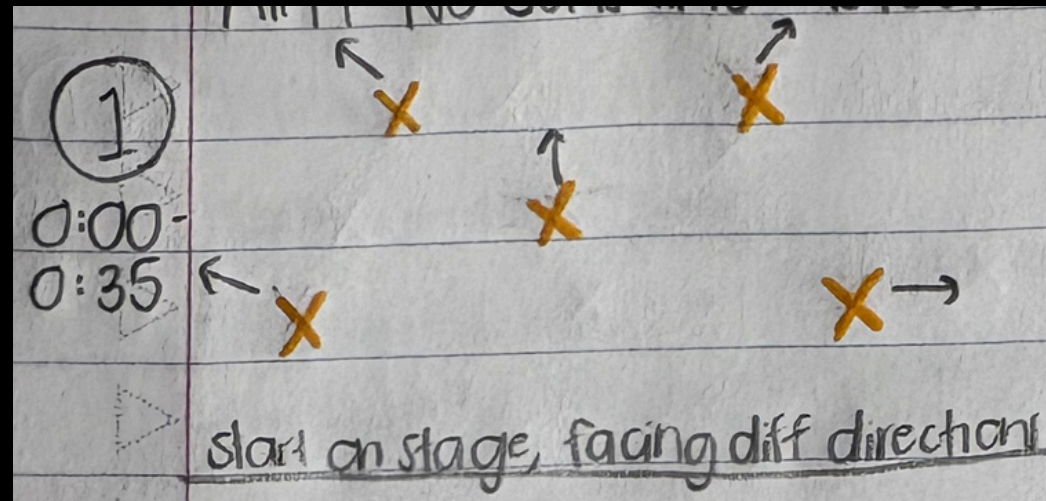
The first group of dancers (tracks 1-5) reflect on the joy and warmth of feeling safe and loved in a previous relationship. They start to feel gradually lonely and “cold” inside because the relationship is now over.

## End :

The original 5 sunshine dancers end in the same position they started in but emulate the opposite feeling: loss and darkness.

# BLOCKING CHART SAMPLE

\*\*Note that time stamps are referencing the cut version in the google drive\*\*



**X = "sunshine" dancers**  
**X = "darkness" dancers**

# ***HOW CAN THIS STORY BE DANCEABLE?***

*\*\*Note that time stamps are referencing the cut version in the google drive\*\**

**Beginning (0:00- 0:35):** The five sunshine dancers start on stage relatively spread out- their movement is internal and has a warm, melting quality to it. They are in an internalized daydream, pretending to waltz with an imaginary partner that symbolizes their past relationship. The darkness enters subtly, and the sunshine dancers begin to feel a cold and lonely shift (even though they can't see them) as the daydream disappears.

**Hook (0:35-0:38):** The five darkness dancers turn around to face the sunshine dancers who are still facing downstage, unaware of what's causing this feeling. Although they can't see the darkness, they stop in their tracks at this overwhelming force. The atmosphere changes and the sunshine dancers become visibly tense.

**Rising Action:** The darkness dancers perform strong, bold movement to represent their power while the sunshine performs more soft, deflated choreography as if they're being unconsciously manipulated by their counterpart (0:38-1:04). The sunshine portrays feelings of confusion, grief, and instability. Then, the sunshine turns around to see the darkness at 1:05 and tries to fight back now that they've realized what's causing their pain. Their movement becomes stronger as if their light is shining brighter to overpower them. The two groups continue to work in opposition, and the sunshine dancers react to the darkness' gestures. Eventually, each sunshine dancer pairs off to fight a darkness dancer in attempt to defeat the looming feeling.

**Climax (1:43-1:49):** The sunshine surrenders in the battle after putting up a fight, ultimately realizing that they are not strong enough to withstand this force. They crumble to the ground while the darkness remains standing- hollow and without feeling.

**Falling Action:** The darkness dances alone as the sunshine "melts" behind them. They perform more controlled, subtle movement to match the decline in the music, but their disregard for the dancers upstage demonstrates that they've overcome them. They slowly but boldly exit the stage without looking back.

**End:** The sunshine turns to face downstage, walking slowly and with emptiness. They appear drained, lifting their eyes and chest up in resignation and grief.

# COSTUMES

Tracks 1-5- individual looks



Tracks 6-10- all the same look



# TECH

## Look 1: (00:00–0:20)

Warm yellow/ orange cyc with dancers mostly lit from the side, showing how this scene is like a daydream



**Look 2:** Transitions out of Look 1 from 0:20–0:28, exists on stage from 0:28–1:44

Dark cyc with side and front lighting in dark shades of purple, pink and orange



**Look 3:** Transitions out of Look 1 from 1:44–1:46, exists on stage from 1:46–2:13

Dark cyc with minimal front lighting, showing that the dancers have been overcome with darkness



**Look 4: Blackout**

# *ADDITIONAL INSPO/ MOOD BOARD*



# LYRICS

\*\*White font indicates lyrics that will NOT be included in the cut\*\*

## Michael Jackson Monologue:

You ever want something  
That you know you shouldn't have  
The more you know you shouldn't have it  
The more you want it  
And then one day you get it  
It is so good too

But it is just like my girl  
When she is around me  
I just feel so good, so good  
But right now I just feel cold, so cold  
Right down to my bones

Ain't no sunshine when she's gone  
It's not warm when she's away  
Ain't no sunshine when she's gone  
And she's always gone too long  
Anytime she's goes away

Wonder this time where she's gone  
Wonder if she's gone to stay  
Ain't no sunshine when she's gone  
And this house just ain't no home  
Anytime she goes away

And I know I know I know I know  
I know I know I know I know I know  
I know I know I know I know I know  
I know I know I know I know I know  
I know I know I know I know I know  
I know I know  
Hooo I oughta leave young thing alone  
But ain't no sunshine when she's gone

## Lido Remix:

It's not warm when she's away  
Ain't no sunshine when she's gone  
And she's always gone too long  
Anytime she goes away

Wonder this time where she's gone  
Wonder if she's gone to stay  
Ain't no sunshine when she's gone  
And this house just ain't no home  
Anytime she goes away

And I know I know I know I know  
I know I know I know I know I know  
I know I know I know I know I know  
I know I know I know I know I know  
I know I know

Hooo I oughta leave young thing alone  
Ain't no sun... she's gone  
It's not warm when she's away  
She's gone  
She's gone