

*Se não  
agora,  
quando?*



cia  
trupe  
toe



NOFEET

TAP  
DAN'S  
ART BORAK



## “IF NOT NOW, WHEN?”

is a show that brings a very lucid presentation of current times to the stage through bodies, dance, music and voice. It's a necessary reflection that emphasizes the search for equality of different genders, ethnicities and races, bringing to light the discussion about social justice. Moreover, it's an invitation to reflect on the inequalities that we are reproducing in this context and how we can inspire the new generation.

**We really need to talk about this.**  
**“If not now, when?”**

## 1 - "Encontro"

Musical Composition: Fabio Mello, Natalia Livramento, Dandara Manoela, Alexandre Damaria, Addia Furtado

## 2 - "Vim para lhe contar"

Musical Composition: Iara Germer, Fabio Mello, Natalia Livramento, Dandara Manoela, Osvaldo Pomar e Addia Furtado

### **Lyrics:**

I came to tell you  
the winds there, blow new directions.

To be different teaches us  
to be open to understand.  
Those who wait always get tired.  
It's time to do it.

Words are conveyed through moving bodies,  
entering through the pores to be strengthened.  
I sing who I am.  
My word and voice are carried by the wind.

I came to tell you:  
The winds are there, blowing in new directions.

Words are conveyed through moving bodies,  
entering through the pores to be strengthened.  
I sing who I am.  
My word and voice are carried by the wind.

Sowing times, fertilizing dawn  
washed by the dew, an action that emerges.  
I saw the leaves surrounded  
By the whirlpool of sand."

### 3 - "Transformando"

Composition and Improvisation: Vivian Shimizu e Osvaldo Pomar

### 4 - "Da igualdade, sou irmã"

Musical Composition: Iara Germer, Fabio Mello, Natalia Livramento e Dandara Manoela

#### **Lyrics:**

"Body, soul and heart.  
Beat, pulse, spill.  
Everything is beautiful to see.  
I wear the world, I pick the rose.

The Japanese girl and the black  
woman from the backlands.  
Freedom, old dream.  
In the light of the morning.  
It's different to be a friend.  
Open my chest, dream and move on.  
I'm a sister of equality."



## 5 - "Revêses e Estimulos"

Composition and Improvisation: Addia Furtado e Bruno Maria

Percussion: Osvaldo Pomar

## 6 - "Voz"

Rhythmic Composition: Marina Coura

Percussion: Osvaldo Pomar

Declamation: Addia Furtado

### **Poems:**

"Perfection from an imperfect being is imperfect.  
A lie, a sham, a poor imitation.  
And the rigidity, the hardness, all the dedication  
to achieve it is the most precious time wasted in  
trying to contemplate it." - Roberta Estrela Dalva

*"Society is like a forest. The more diverse, the more sustainable it is." - Célia Xakriabá*

*"Wishing oneself freedom means wishing others freedom" - Simone de Beauvoir*

*"Let nothing define us. Let nothing hold us down. Let freedom be our own substance, because to live is to be free." - Simone de Beauvoir*

## 7 - "Força e ação"

Rhythmic Composition: Marina Coura.

## 8 - "Palavra"

Musical Composition: Fabio Mello, Natalia Livramento, Dandara Manoela, Iara Germer, Osvaldo Pomar e Addia Furtado.

### Lyrics:

"The world of words is a vast world.  
I wear this saying carefully.  
It's worth just as much.  
But don't take the weight on yourself.  
Tear up the words and patterns.  
Nothing they say defines you.  
Let the uncertainty in.  
Be happy to be."

## 9 - "Corpo, repetição e sentido"

Musical Composition: Natalia Livramento e Fábio Mello

## 10 - "(Mo)Ver-se"

Composition and Improvisation: João Peters e Yasmin Bogo

# 11- "Existencia e Resistencia"

Musical Composition: Iara Germer, Fabio Mello, Natalia

Livramento e Dandara Manoela

Poem: "Viver sem tempos mortos"; - Simone de Beauvoir

Declamation: Addia Furtado

Lyrics:

"Bodies are dancing to not get stiff.  
Transformation.  
Ways to live (well).

Health, bliss and freedom, amen.  
Whoever has it, can also share.

If I want more,  
you may want.  
Change is good,  
when you want to grow (come on).  
Turn the cold into sunshine.  
Knowing that together we are more.

Look at this crowd  
Mirror of diverse bodies  
made of sounds.

Come hold my hand.  
Wandering people, who live and who feel.  
The world is a nation.

For Maria and João,  
who believe in love and that makes a difference.

That deep down there is a reason.  
The color of the iris, grain by grain.  
Brightness of the soul that embraces and becomes  
resistance.  
Existence.  
Resistance."

Poem:

"The impression I have is that I haven't aged,  
even though I'm settled into old age.  
Time is unrealizable. Temporarily, time has stop  
for me. Temporarily.  
But I'm not unaware of the threats that the  
future holds, just as I'm not unaware that  
it's my past that defines my openness to the  
future.  
My past is the reference that projects me and  
that I must overcome.  
Therefore, to my past, I owe my knowledge and  
my ignorance, my needs, my relationships, my  
culture and my body.  
What space does my past leave for my  
freedom today? I'm not a slave of it.  
What I had always wanted was to communicate  
the joy of my life in the most direct way. Only  
the joy of my life, I think I've managed to do  
that.  
I've lived in a world of men, guarding the best of  
my femininity within me. I've never  
wanted or desired anything more than to live  
without dead times." - (Simone de Beauvoir)

## 12 - "Nos inspirar"

Lyrics: "Mulher de Luta" - Dandara Manoela

Musical Arrangement: Natalia Livramento, Addia Furtado, João Peters, Claudia Rivera e Osvaldo Pomar.

Lyrics:

~On the paths of life.

What a gift it is to find you.

Poet friend,

thank you for inspiring me.

On the paths of life.

What a gift it is to find you.

Poet friend,

thank you for inspiring me.

When I grow up, I want to be half of you.

When I grow up, I want to be half of you.

With lots of strength and love.

A soul that shines restlessly.

A fighting woman, yes sir.

A fighting woman, yes sir.

A fighting woman, yes sir.

A fighting woman, yes sir.~



*Credits:*

*General Director: Marina Coura*

*Music Director: Natália Livramento*

*Singer: Dandara Manoela*

*Flute: Angela Coltri*

*Bass: João Peters*

*Percussion: Addia Furtado & Osvaldo Pomar*

*Seven strings guitar: Natália Livramento*

*Declamation: Addia Furtado*

*Tap Dancers: Bruno Maria, Marina Coura, Vivian*

*Shimizu, Yasmin Bogo*

*Light designer: Gabriel Guedert*

*Sound designer: Rafael Pflieger*

*Production: Daniel Borak & Martina Konečná*

*Graphic Designer: Sanny Souza*



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