



FOSTER
GROUP

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Foster Group make provocative, engaging and visually compelling contemporary dance. Rich with beautiful imagery and physical rigour, our work showcases strong, unique and diverse women performers and trailblazing design.

Upholding an ethos of authenticity and integrity our work focuses on building community with audiences and like-minded practitioners.



“Quite simply, Foster-Sproull would hold her own on any of the world’s top dance stages, and deserves a place there”

Financial Times (UK) – Laura Capelle (Royal New Zealand Ballet)

SARAH FOSTER-SPROULL

Artistic Director Sarah Foster-Sproull, is a critically acclaimed and award-winning choreographer based in Aotearoa, New Zealand. Sarah is the first woman to be named Choreographer in Residence at the Royal New Zealand Ballet, Resident Fellow at the Centre for Ballet and the Arts at New York University '21, and a session choreographer for the New York Choreographic Institute affiliated with the New York City Ballet (2021 & 2023). In 2019 Sarah was Director of Choreography for New Zealand’s largest performance event the World of Wearable Art (WOW), working with over 100 performers. Sarah was Creative New Zealand’s Choreographic Fellow for 2017-2019. She is a Senior Lecturer in Dance Studies at the University of Auckland in the Dance Studies programme.

Sarah has dance work in the repertoire of The Royal New Zealand Ballet, Footnote NZ Dance, T.H.E. Dance Company (Singapore), Tamsyn Russell (Edinburgh/NZ), VOU (Fiji), The New Zealand Dance Company, and Okareka Dance Company (NZ).





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PRESS



“...the ever evolving scope and skill of Foster-Sproull, to mould movement material, leads to an immensely satisfying viewer experience. Her trademark interlinking of human limbs and hands, to evoke mythic images, is taken to a new level. Mass body structures appear and disappear so rapidly that the intricate texture of the work is enthralling”

Dominion Post | Lyne Pringle

Mass Solitude - Footnote NZ &
Guangdong Modern Dance Company

“Sarah Foster-Sproull’s imaginative Forgotten Things was a real ensemble piece, very much in the mould of Crystal Pite. Refreshingly void of the usual contemporary dance tropes, the use of exposed hands and limbs to create skeletal imagery (such as spinal cords, deer antlers and impossibly long antelope legs) was exceptional”

Dance Europe | Gerard Davis

Forgotten Things - NZSD



"...this is a fully evolved piece of work and very, very satisfying to watch. Over and over, motifs of movement and complexity and genuine beauty unfold across the stage and are wonderfully danced. This is a detailed work, as much about smaller movements as it is the big sweep of a dancer's body... It was utterly intriguing. This performance felt like a big moment; the arrival of a major new show and the audience were completely with it. A real highlight"

Radio New Zealand | Justin Gregory

Orchids - Foster Group



"Artemis Rising, by New Zealander Sarah Foster-Sproull marks the welcome return of this preeminent, powerhouse choreographer to the Royal New Zealand Ballet. Following the extremely successful Despite the Loss of Small Detail for the 2018 Strength & Grace season, Foster-Sproull shoulders the bittersweet celebration of retiring principal dancer Abigail Boyle... Artemis Rising is a deeply moving and reverential gift to a sublime artist..."

As always, Foster-Sproull's choreography feels generous and current, and cohesively draws together artistry and production technologies"

Theatre Scenes | Brigitte Knight

Artemis Rising - Royal New Zealand Ballet





DOUBLE GOER



Double Goer (the English translation of Doppelgänger) is a surreal and physically gruelling new dance work, that chronicles the meeting, battle, and potential demise of two strikingly similar women.

Throughout this 50-minute dance show, the women battle for supremacy through acts of competition, wit, physical agility, and stamina in a terrain of intricately hand painted artefacts. Watch as two powerhouse dancers exert their physical labour, tricks, hustle, and feminist wile in an effort to decimate each other for your entertainment.



MASS SOLITUDE

In a landscape defined by surveillance and communication technology we return to forgotten movement rituals to find a sense of belonging.

Produced with Guangdong Modern Dance (China) & Footnote NZ Dance

Short scenes based on cell division, phagocytosis, family and hierarchy. Familiarity, isolation, frustration and hope mesh in moments of intimacy, loss and joy.

Produced with
New Zealand School of Dance

FORGOTTEN THINGS



ORCHIDS



Mesmerising imagery and spellbinding pathos, Orchids presents seven astounding women at different stages of their lives.



CLICK to view on *vimeo*

DOUBLE
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