



# SARAH FOSTER- SPROULL




*"If the Royal New Zealand Ballet can harness talent like hers, it may just become a creative force to reckon with"*

**Laura Capelle, Financial Times, United Kingdom. 2019**

## PROFILES



 [Click links to open profiles](#)

**University of Auckland**

**Royal New Zealand Ballet**

**Center for Ballet and the Arts at NYU**

**The Big Idea**

**'Thankful for the Arts' Creative NZ**

**Foster Group Dance website**

**Foster Group Dance Instagram**




## To Hold (2024)

Sarah Foster-Sproull's *To Hold* is her fifth original work for the RNZB. It explores the intricate wonders of the human form: shape shifting, endlessly inventive.

## VIDEO LINKS



 [Click to open videos](#)

**Full work**

**Trailer 1**


**Trailer 2 (full Solace programme)**

**Trailer 3**

**Trailer 4**

## REVIEWS



 [Click to open full reviews](#)

*"To Hold is an accumulation of Foster-Sproull's movement research. It is at times astonishingly ingenious, with intricate tableaux where filigreed hands create baroque images that disappear with the flick of a wrist. There are brilliant textures and complex choreographic structures all delivered with symphonic energy by a cast relishing the challenges. They move seamlessly to create refined points of focus, driven by a relentless score. Foster-Sproull and composer Eden Mulholland, are creating dance that reaches and moves audiences."*

**Lyne Pringle, The Post**

*"Sarah Foster-Sproull's To Hold presents... a pulsating ensemble piece that fills the stage with dancers in often thrilling combinations... Foster-Sproull celebrates connection, a feature that is highlighted in the way hands are used as a visual thread throughout the work."*

**Dr Ian Lockhead, Theatreview**

*"Sarah Foster Sproull's deeply personal To Hold, dedicated to her daughter Ivy, is the choreographer's most powerful, authentic, and enriching work for the Royal New Zealand Ballet to date."*


**Brigitte Knight, Dance Aotearoa New Zealand**



## The Autumn Ball (2021)

Commissioned by the Wanaka Festival of Colour, Autumn Ball celebrates the autumn season of people's lives.

### VIDEO LINKS

 [Click to open videos](#)


**Full work**

**Trailer 1**

**Trailer 2**

**Trailer 3**

### REVIEWS

 [Click to open full reviews](#)

*"Sarah's creativity is strikingly apparent long before her 400,000 moves are executed speedily in half an hour."*

**Mona Williams, Theatreview**

*"The Autumn Ball dances to an entirely different beat. The thunderous, heavy music gives the piece a more modern edge, and a challenge is set. The performers are dressed in bright, sometimes-70s-style costumes, and initially split along gender lines as they seem to challenge each other to Shark-vs-Jet-like duels."*

**Wellingtonista**

**Dr Ian Lockhead, Theatreview**


**Brigitte Knight, Theatreview**



## Ultra Folly (2022)

Responding to a period of isolation, Ultra Folly considers the tension between limited touch and full contact partnering.

### VIDEO LINKS


 [Click to open videos](#)

**Full work**

**Trailer 1**

**Trailer 2**

### REVIEWS

 [Click to open full reviews](#)


**Zoe Hunter, NZ Herald**  
**Andrew Whiteside**



## Inky Blue (2023)

My daughter started having seizures last year. She explained the experience as an inky blue place, where she walked with hybrid beasts.

### VIDEO LINK

 [Click to open video](#)

**Full work**



## Fever Dream (2020)

Created with dancers from the New York City Ballet amidst the COVID-19 lockdown. A dream like revisioning of life in isolation.

**VIDEO LINK**   
 Click to open video

**Full work**



## SARAH FOSTER-SPROULL

**FEATURES**   
 Click to open feature articles

**NZ Herald Feature 1**

**NZ Herald Feature 2**

**NZ Herald feature RNZB**

**University of Auckland feature**

**The Spinoff**

**The Post**

**Wellington Scoop**

**Mindfood**



## Artemis Rising (2019)

A work for the Royal New Zealand Ballet, connecting a dancer with the iconic goddess of young girls and wild animals.

**VIDEO LINKS**   
 Click to open videos

**Full work**

**Trailer 1**

**Trailer 2**

**Trailer 3**

**REVIEWS**   
 Click to open full reviews

"Artemis Rising, by New Zealander Sarah Foster-Sproull marks the welcome return of this preeminent, powerhouse choreographer to the Royal New Zealand Ballet."

**Brigitte Knight, Theatre Scenes**

**Dance Aotearoa New Zealand**  
**Lyne Pringle, Dominion Post**



**SFS**  
 Choreographer  
 New Zealand