

## Free-Fall

Premiere 2023, Folkemødet, Allinge (DK)  
Performance, 28:00 min  
One or two performers, soundtrack, costume, spoken text

Text, choreography: Miriam Kongstad  
Musical composition: Josefine Struckmann, Miriam Kongstad  
Costumes: Stamm.Exchange

Light is within her  
she shall not fall

come suddenly to the ground  
height, fail, decay  
give in to sin or temptation  
of darkness, nights, empires, values and governments  
The one who falls is weak  
The one who falls is ill  
The one who falls is ageing  
The one who falls is impaired  
The one who falls is clumsy  
The one who falls is drunk  
Incompetent is the one who falls  
but falling is a delicate action  
falling is a delicate action  
when falling we laugh - others laugh too  
when falling we hurt or we injure  
when falling we shame, with horror we rise  
falling tastes like failure

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the fall above falls  
The birth of it all  
simply called The Fall, in the Garden of Eden  
I bit the apple  
and God punished us all with shame  
a fall is a rupture of standpoint  
and so we were expelled  
before the sin and after the sin  
So it all took form  
shame on me for falling into temptation

I am Adam and Eve

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A fall is an expansion of time  
The mind stretches between fiction and reality  
We fall into loopholes

Stumble down the rabbit hole  
Caught by imagination  
like this little girl who fell and fell  
and fell  
and fell  
and fell and fell  
and fell  
and fell  
and fell  
and fell  
and fell  
a magnificent journey beyond all  
a key to another magical garden  
like Eve, I couldn't resist the temptation  
I joyfully sing aloud  
"I see what I eat... I eat what I see"  
and am penalised with excessive appetite  
expanding my body into uncontrollable sizes  
massive as a giant, petite as a miniature doll  
No risk, no fun  
earth cracks open and gravity pulls me in  
In free fall I smile and laugh:  
It's nose going back to yesterday, back then I was a different person

I am Alice in Wonderland

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No going back was abruptly concrete  
When overnight I was split in two  
halt and hindrance - prevention  
shield and defense - protection  
A curtain of iron dragged down  
Now what belongs together will grow together  
In 1989 I fell  
a release against forces

I am the Berlin Wall

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Societies rupture  
Systems fall apart  
freefalling - a loss of the known  
Agreements fall through  
people fall ill  
they fall to the dark side too  
we fall in love and fall asleep  
We surrender  
repeatedly I must surrender  
A fall is the end of it all  
I must give up the will to do  
only then may I sleep  
only then may I love

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Late at night  
on a balcony I appear  
It is my lady, oh, it is my love  
Arise, fair sun  
and kill the envious moon  
Who is sick and pale with grief  
Driven by desire, I fake my own death  
Intend the impossible  
The (will) power of falling in love  
a chemical addiction  
unwisely and slow, we stumble  
Thus with a kiss we die  
a sleeping heart, broke another  
love is dangerous too

I am Romeo and Juliet

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On September the 8th  
1985 in New York  
I fell to my death from the 34th floor  
A fall  
not a jump  
yet, they claimed it was so  
Even though the face of my husband  
Was covered in scratches  
And my last word was heard to be: NO  
last year alone  
every hour of the day  
at least 5 women fell victim to a killing  
That's more than 50.000 goodbyes (/falls)

I am Ana Mendieta

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when you die they say  
you fly into heaven  
Pure and divine  
the land of angels  
but angels they fall too  
Down is loss  
Up is gain  
A fall fights against control  
A fallen angel indeed  
has rebelled against god  
and is exiled from heaven  
The story goes that one-third of heaven's angels  
fell down and joined the devil's rebellion  
pride goes before a fall  
the bigger they are, the harder they fall  
how the mighty have fallen  
That was what led to my downfall

I am Lucifer the fallen angel

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When falling you move from one place to another  
the world is turned upside down  
a fall releases adrenaline  
laughter stabilises with endorphins  
a balancing act beyond your control  
My role as a clown is to make you laugh  
And through laughter to shift your perspective  
I'm a fool by intention  
With my tricks and my falls  
I hope to amuse  
And invite you to relish my suffering  
In disguise I am in control  
Out of my pocket  
I pull a banana  
The riper the better  
The fall will hit harder  
I throw and I stumble  
tumble between thrill and despair  
And I turn myself into an icon of comic release  
I find joy in the face of loss and sorrow  
I pull the truth from a nest of lies  
I laugh at human foolishness  
I tolerate a margin of mess  
my smile is a highway between heaven and hell

I am Charlie Chaplin