



# AL SON

SARA CANO COMPAÑÍA DE DANZA

Women dancing to the beat,  
to the beat set by men,  
society, history, customs, prejudices...  
It's time to dance to our own beat.

"AL SON" is a piece created by and for women, where I aim to make my small contribution to honor and bring visibility to the history of those whose own voice has been denied. Invisible women whose life stories have been diluted in anonymity, and also to the rebels, those who managed to achieve their dreams but were often erased from collective memory, often simply because they were women.



May this piece serve as my humble tribute to all these women and, at the same time, as a catalyst for those of us living in the present to continue moving forward, freeing ourselves from any form of oppression that still exists in our current society. Together, may we take a breath and continue advancing toward a path of liberation, acceptance, free choice, and the pursuit of our own dreams.

"To arms, to arms, to arms,  
to arms, war, war,  
the flowers clash,  
the birds meet."

Marcia Belisarda, Poem 58



Rooted in tradition, this scenic discourse revolves around the concepts of folklore and feminism, approached from a contemporary perspective marked by the intersection of stage languages and the quest for rupture, all to find a unique narrative. It's a call for female solidarity, the strength of collective action, and empowerment as tools to forge our own poetic revolution and continue the fight for gender equality, the defense of our rights, and the improvement of our own condition as women.

From roses, lilies, and carnations  
Little carnations, daffodils, and lilies  
Why so many flowers?  
Why so many sounds?  
For I have long understood  
Which beat  
Resonates within me



From roses, lilies, and carnations  
Of flesh, bones, and blood  
Of dreams, silences, and chores  
These flowers grow  
Beautiful and brave  
No longer just flowers  
They are... women.





Direction and Choreography: **Sara Cano**

Choreography Assistance: **Verónica Garzón** and **Begoña Quiñones**

Folklore Instructor: **Javier García Ávila**

Percussion Instructor: **Juan Antonio Torres**

Performers: **Sara Cano, Yolanda Barrero, Cristina Cazorla, Verónica Garzón, Irene Hernández, Ana del Rey** and **Nuria Tena**

Original Music: **Vigüela**

Text: **Sara Cano**, based on texts by Marcia Belisarda and popular songbook

Costume Design: **Carmen 17**

Lighting Design: **Marino Zabaleta**

Set Design: **Sara Cano**

Photography: **marcosGpunto**

Video: **Ana Verastegui**

Production: **Sara Cano Compañía de Danza**

Management: **Elena Santonja · ES Management**

With the support of the Community of Madrid, CC Paco Rabal, Torrejón Cultura, and SGAE Foundation.









**ARTISTIC DIRECTION**

Sara Cano

[sarcanduran@gmail.com](mailto:sarcanduran@gmail.com)

+34 667 652 052

**MANAGEMENT**

Elena Santonja · ESMANAGEMENT

[elena@esmanagement.es](mailto:elena@esmanagement.es)

+34 666 203 137