

# Frontman

a performance  
by Action Hero

Action Hero is the collaboration of artists Gemma Paintin and James Stenhouse. They are a UK-based company working in Bristol, and have been working together since 2005.

In a very short time, Action Hero have developed a reputation as a company making work of exceptional quality that is challenging, invigorating and innovative but entirely accessible.

Frontman is the third piece in an unintentional trilogy following on from Watch Me Fall which toured the UK in Autumn 2009 and Spring 2010 and A Western that toured Jan/Feb 2008. The piece premiered at Inbetween Time festival, December 2010 and then at Fierce Festival, March 2011 and is touring the UK in Autumn 2011 and Spring 2012.

Frontman is a co-commissioned by Inbetween Time Productions and Fierce. Action Hero are members of Residence, Forest Fringe Artists and Chelsea Theatre Associates Artists

On a small raised stage surrounded by tightly packed crowd on three sides and cut through with haze and lights a frontman lip syncs, dances in spangled hotpants, sings her heart out and reminds us all how thankful she is that we're all here.

It feels like a music gig but we know its not, and no-one can play any instruments. The Frontman knows this and we know this. Behind her a gangly techie wearing rabbit ears knows this too and as the act turns more and more desperate, the tension between frontman, unsupportive techie and audience grows more and more intense until it explodes into a furious, chaotic and hilarious clash of personalities which unfolds and unfolds until both egos and crowd are subsumed and drowned out by violence, bright light, destruction and extreme noise.

Frontman is for a standing audience who like it loud (ear plugs provided....)



“a beautiful, poignant and  
comic performance”  
Don't Panic magazine

# Technical Information

**1 hour**

**2 on the road**

**no freight required if some items can be locally sourced\***

Frontman is set on stage decking surrounded on 3 sides by a standing audience. It can be presented in a theatre, club or gigspace and benefits from smaller spaces with a big crowd. It is often presented in theatre studio spaces but we're always happy to discuss ideas for alternative spaces and non-theatre contexts.

It benefits from being performed in a space with a bar but it is not essential.

\* Action hero are happy to drive to venues within 1600km of the UK and all set and props can be transported this way. If travelling by air, 2 specific guitar amps will need to be locally hired/sourced and there may be some excess baggage. Contact us for details.

## Technical Rider

### Sound

PA (exact or equivalent as follows)

2 x Mackie srm350v2 active fullrange speakers.

2 x Mackie srm1801 active subwoofers.

All relevant cables and connectors.

We will provide a stereo feed direct to the PA via 1/4" jack.

Loudness is an important aspect of the performance and the above PA spec reflects this. If you foresee any problems with this please contact us asap

### Lighting

The performance area is lit with 4 x fresnels to the front of the performance area + 7 x parcans to the back of the performance area with one blue gel. (lighting plan available)

### Space

We require 4x3m stage @700-900mm height or similar + one 1x2m raised platform at 100-200mm height or similar

It is essential that the 4x3m staging is at least 700mm high

The staging must be black or dark in colour (not white)

The audience stand on 3 sides

### Other Requirements and Information

We use a Hazer and and a smoke machine

We require a technician to operate the lights for the show (one lighting cue)

We provide ear plugs for audience members

During the performance there is some water spilled, we use a smoke machine and a tambourine is smashed.

### Set up/down time

We require one full day set up time (eg. 9am – 7pm) preferably the day before the scheduled performance day

We require one technician for 8 hours for the get-in

We require one technician for 1 hour for the set down

### Contact Us

For national & international touring, and to see full length, unedited footage of the show, contact Gemma on **+44 7717 096 813** or **[gemma@actionhero.org.uk](mailto:gemma@actionhero.org.uk)**

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