

Substance

MOVEMENT EXTRAVAGANZA

TONIGHT'S PLAYBILL

FROM A HOPELESS DREAMER

BY NADEYA RAE & TATI BLUE

ABOUT & OUR VALUES

The movement extravaganza SUBSDANCE isn't just a performance, it's a movement. It's where creativity, sensuality, and individuality take centre stage.

A space for low-flow heels, connection, and self-expression. We believe in building community, not competition. We want performers and audiences to share an experience that feels honest, inclusive, and alive. We're creating a space where dancers can own their style, celebrate their bodies, and break free. It's a platform for those who want to explore movement in an inclusive, welcoming atmosphere that embraces diversity in every form.

THE ORGANISERS



Nadeya Rae is a Berlin-based heels pole dancer known for her fluid, introspective style rooted in contemporary dance and contortion. She teaches in Berlin and Portugal, creating safe spaces for expression and connection. Passionate about uplifting others, Nadeya curates platforms where pole artists can be seen, share their work, and grow.

[@nadeya.rae](https://www.instagram.com/nadeya.rae)



Tati Blue is a Berlin-based and internationally travelling pole artist celebrated for her low-flow heels style that blends raw sensuality with technical precision. An international teacher and performer, she brings her edgy, story-driven movement to dancers worldwide—awakening confidence and creativity wherever she goes.

[@tatibluuue](https://www.instagram.com/tatibluuue)

HISTORY OF STRIPPING & POLE

A text by Madeleine Rose / [@madeleine_rh](#)

Pole Artist, educator & kaiwhakahau in Aotearoa

Erotic dance alongside sex work goes back millennia, past biblical times. Pole dance, as we know it, is inseparable from this history; the evolution of stripping is the history of pole.



Madeleine is a professional pole dancer, full-time instructor & fierce SW advocate from Aotearoa. Madeleine has been involved with various forms of sex work for 7 years, having learnt everything she knows about pole from the club. Madeleine is known for her authentic stripper style movement & her work educating polers across the globe on the realities of SW & its deep ties to pole dance.



We owe deep gratitude to the POC dancers who navigated the beginnings of this industry and whose style and innovation still shape modern pole. Belly dance, one of the world's oldest erotic dances, also laid the groundwork; its rolls and undulations can be seen in sensual pole dancing today.

The first iterations of modern pole appeared with hoochie coochie dancers in early 20th-century circuses, where performers weren't paid but tipped between acts. Burlesque added further influence, though racist and classist hiring practices excluded most POC performers, pushing them into vaudeville and grindhouses instead.

By the 1950s and 1970s, the strip club as we know it emerged. Poles, stages, and nudity were central to performance. Strippers worked under harsh, often dangerous conditions while creating and perfecting tricks you'll know today, many named after them. The 1990s saw the legalisation of lap dancing, the emergence of pole instruction, and the first official studio opening in Las Vegas, founded by Fawnia Monday, marking the pole's shift into fitness and performance spaces.

Despite ancient and modern ties, the pole's origins remain one of the industry's most contentious topics. Some insist pole comes from Mallakhamb or Chinese pole, yet the undeniable truth is that the modern pole was born in strip clubs and the artistry of strippers.



Sex work remains deeply stigmatised and dangerous, which is why erasing or sanitising pole's roots is harmful. This erasure is rooted in whorephobia, misogynoir (misogyny directed at POC femmes), and misogyny. Acknowledging pole's history can be confronting to some, especially those who feel uncomfortable with pole's proximity to sex work. Still, **that discomfort** is an invitation to reflect, unpack, and resist the societal conditioning that fuels this stigma.

We must honour the dancers who carved a dangerous path so that the pole could exist as an art form that liberates so many. And we **must uplift sex workers today**, using the privilege that comes with engaging in pole in safer & more accepted ways to help dismantle the stigma attached to sex work.

How to Support?

1. **Donate** - Give directly or set up recurring contributions; organise fundraisers, like [Red Umbrella](#)
2. **Amplify** - Share their campaigns, challenge stigma, spread accurate information.
3. **Volunteer Skills** - Offer help with communications, tech, legal, or training.
4. **Shift Culture** - Treat sex work as work, support sex worker art and storytelling.



Subdance



**TONIGHT'S
PLAYBILL**

LINE UP

NADEYA RAE & JANA

VANESSA

TATIANATHEFROG

LUNA LOBA

IVY NOH

THE SUBSDANCE ENSEMBLE

TONYA MUSEMOTION

DR HEAD

CARIN

AYA

LOVE CERVERE

POLISHA LI

SARA

WANDERLUST MORGANE

EMMY LEGS

OLEKSII & THE CHIMÈRE

CELANY PASSION

LOTTIE B

EGGSTRAVAGANZA

RANGEL

LALA TELES

INDI

TATI BLUE



This year, we launched something completely new: the The SUBSDANCE Ensemble is a new performance-focused coaching project created for dancers who want to commit, grow, and experience the process of taking the stage as a collective.

During one intensive week leading directly up to the SUBSDANCE SHOW, five dancers with different backgrounds and movement experiences came together to create one shared performance.

The process focused on artistic expression and individual style, while building synchronization, clean formations, stage presence, and confidence as a group.

The Ensemble is not about competition. It is about discovering what can happen when individual growth becomes part of something collective, creating space for each dancer to develop their own artistic identity while learning to trust, support, and move alongside others.

SUBSDANCE ENSEMBLE

For its first edition, the SUBSDANCE Ensemble brings together:



YA BAHARI | @ya.bahari

Seattle-based heels performer and instructor focused on slow flow. For Ya Bahari, heels dance is a language and a form of poetry that allows her to connect, express, reveal, and heal.



MERCY.TWIST | @mercy.twist

With a background in gymnastics and aerial arts, mercy.twist is exploring a deeper connection to low flow. Heels allows her to feel confident, strong, fluid, sensual, and unapologetic about taking up space.



MANNI | @pole_manni

Manni loves translating emotions into movement. Heels gives her a space to explore sensuality, feel safe in her body, and express herself in a way that feels honest and true.



SU | @s.angi

After more than 12 years away from dance, Su found a new way back through heels pole. It has taught her to care less about outside judgement and focus more on what genuinely feels good to her.



Neeni Moon | @neenimoon

Nico is an Italian neuroscientist based in Belgium who sees heels as a connection to pole dance's stripper roots. For them, dancing in heels is also a way to explore and connect with their femininity.



NADEYA RAE & JANA

Germany

Subsdance Co-Founder Nadeya Rae and returning artist Jana both took the stage with solo performances at the very first edition of Subsdance. This year, the two friends return together, bringing their individual movement languages into one shared piece.

Connected by a long braid, they explore the invisible threads that can exist between two people. Two bodies are drawn towards each other, moving through closeness, trust, longing, and surrender.



What begins as attraction slowly becomes entanglement, blurring the line between choosing to stay connected and being unable to let go. A slow and sensual exploration of connection, and of the delicate tension between holding on and letting go.

TATIANATHEFROG

Netherlands

This year's SUBSDANCE Scholarship recipient, Tatianathefrog is a crawly creature based in the Netherlands whose work explores raw sensuality and pain, drawing inspiration from Atlanta-style pole culture. Coming from a religious background shaped by shame and taboos around sensuality and sin, she uses her practice to challenge and destigmatise these ideas.

Man Down is a painfully sensual story of betrayal, revenge, and reclamation. Spoken words and physical movement collide with raw pain, regret, and shame, until silence is no longer an option. The piece captures the moment a woman fiercely reclaims her voice and chooses action, marking the beginning of her rebirth.





LETYCIA RANGEL

Brazil

Brazilian pole artist Letycia Rangel is known for her sensual, expressive, and deeply musical style. Blending fluidity, intensity, and theatricality, her work uses movement to explore femininity, presence, character, and storytelling.



In *Negro Gato*, Letycia transforms the essence of a black cat into movement. Sensuality, curiosity, presence, and instinct create a feline language on the pole. Rather than simply portraying the animal, she allows its gestures, energy, and personality to take over, moving beyond imitation towards embodiment.

LOVE CERVERE

A passionate beast, demi-human, demi-panther, demi-wolf, demi-snake, Love Cervere has explored the erotic realm through pole and aerial movement for 12 years. Their practice becomes a vessel for inner fire, sensuality, and an intricate inner world.

Their piece finds a body lost in the desert, far from home and searching for something it can no longer remember. Guided by rituals of lineage and the body's endless source of sensual energy, the journey turns inward. Erotic wisdom becomes a compass, leading towards memory, belonging, and self.

I am, I am, I am.

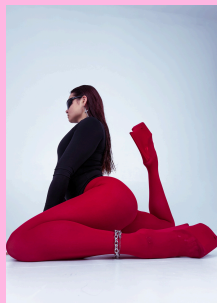




POLISHA LI

Ukraine

Ukrainian pole artist Polisha Li brings more than 20 years of stage experience across circus, television, and live performance, alongside a professional background in gymnastics and choreography. Each of her performances reveals a different side of her artistic identity.



Fascinated by props and the possibilities they create for interaction, Polisha believes that we reveal ourselves most deeply through the way we interact. Her exploration of shibari opened a new dimension within this idea, introducing another language through which bodies, objects, tension, and connection can communicate on stage.

TONYA MUSEMOTION

Germany

Pole artist Tonya Musemotion has developed a distinctive movement language rooted in pole dance, exploring theatricality, sensuality, and contemporary interpretations of familiar archetypes. Her work investigates how the body itself can become a powerful visual statement.

Inspired by classic James Bond cinema, this piece reimagines the female Bond through power rather than seduction. Movement becomes her weapon: sharp, controlled, and precise. Beneath its cinematic surface lies an exploration of ego, self-image, and the tension between appearing powerful and truly embodying power. Strength is no longer performed for others, but claimed from within.





INDI Australia

Australian artist Indi is known for her fluid and ethereal movement. For her, dance is a practice of self-worship, self-mastery, and meditation, as well as a way to share space, connect, and create community.

A 90s kid at heart, Indi brings the ethereal, grungy sounds that defined her teenage years to the stage. Her piece explores softness as rebellion and vulnerability as power, finding strength in qualities often mistaken for weakness.

After supporting SUBSDANCE from Australia last year through her brand indipoledance, Indi has travelled all the way to Berlin to perform with us this year, while once again supporting the show as a sponsor.

EMMY LEGS USA/UK

OG Cali girl and pole artist Emmy Legs found pole after a cycling crash left her with a broken hip and elbow. Nearly seven feet tall in heels, her wild, raw and unapologetically erotic movement is rooted in the old-school strippers she first fell in love with while living in Los Angeles in the mid-2000s. Her work explores eroticism as something deeply personal: a way of accessing our emotional lives and discovering the deepest and most authentic parts of ourselves.

Her performances transport you into a world full of feelings and raw expression, where vulnerability, sensuality, power and rock 'n' roll collide.

Tonight's performance is a love letter to the dancers of Hollywood's legendary Jumbo's Clown Room, where Emmy first fell in love with pole in 2006 and to OG stripper style, and the freedom and raw expression that continue to shape the artist she is today.





LOTTIE B

UK

UK-based pole dancer Lottie B describes herself as an indulgent performer, transforming emotional energy and romanticised memories into movement. The stage is where she expresses herself most freely, often exploring love and its many complex layers.

Her piece moves through different phases of love she has personally experienced. As a Black woman, this exploration also carries another significance: challenging portrayals of Black women as a monolith and creating space for vulnerability, tears, pain, and tenderness to be recognised. At its heart is the desire to be seen, understood, and loved as a full and authentic self.

NYX VIXEN

Italy

Berlin-based artist Nyx Vixen explores self-discovery through embodied feeling. Moving through sensuality and the subtle edges of eroticism, she uses movement to understand her body, its power, and its shifting emotional landscapes.

Her piece journeys through a body that feels immobilised while the world continues racing forward. Depression and suppressed rage meet the awakening of sexuality as a form of survival. Oscillating between near paralysis and raw, instinctive eroticism, the body gradually fights to reclaim itself, its power, and above all, its right to feel.



AYA MORGAN

Ukraine

Aya Morgan is a distinctive Ukrainian dancer and one of the leading figures of heels pole dance in Ukraine. At the forefront of the movement, she has trained and inspired several generations of dancers and teachers. Her style blends different movement influences with a strong emphasis on dance and expression.

Her piece explores the elusive boundary between passion and love. Where does one end and the other begin, and was there ever truly a difference? Caught in a web of feelings, emotions, and reason, the roles begin to blur. Are you the fly, or are you the spider?

WANDERLUST MORGANE

Belgium

Belgium-based describes herself as a sweet slut devoted to self-love and body awareness. Her movement takes its time, balancing raw sexual energy with caring softness. She is also the founder of Lust Collective and the creator behind community projects including Ass&Cakes, Lust Retreat, and Lust Competition.

For this piece, Morgane melts together different styles and visions into something both diverse and cohesive. Slow yet deeply controlled, every movement is intentional. Tiny, juicy details meet a larger atmosphere of sensuality, designed to seduce, captivate, and draw the audience deeper into her world.





OLEKSII & THE CHIMÈRE

Ukrainian, based in Austria / France

Last year, Oleksii and The Chimère each entered the SUBSDANCE stage as solo performers. It was here that the Ukrainian contemporary mover based in Vienna and the French flow monster based in Paris first met. Their movement universes seemed worlds apart, yet their bodies discovered a shared story waiting to be told.

Returning together, they step into the world of the Maenads, followers of Dionysus whose rituals drove them into states of divine frenzy. Known as the raving ones, they danced through mountains and forests in ecstatic and dangerous abandon. For one night, two of them emerge to guide us through a ritual of hunger, desire, and frenzy.

LUNA LOBE

Switzerland

Zurich-based international dancer and educator Luna Loba is known for her intuitive interpretation of music. Her movement shifts seamlessly between fluid, floating transitions and sharp, powerful isolations, creating a captivating play of dynamics and softer contrasts.

Her piece enters a space where desire, resentment, and truth collide. Tracing a path through loss towards reclamation, softness meets sharpness and silence meets impact. What begins with losing love, hope, and parts of oneself becomes a dramatic story of reinvention, shedding what was lost to become a woman capable of holding her entire truth.





LALA TELES

Brazil

Brazilian independent artist, dancer, and teacher Lala Teles returns to SUBSDANCE for the second year, travelling from Portugal to join us once again. An absolute flow obsessive, her work explores sensuality, intimacy, power dynamics, and the endless possibilities of fluid movement.



This time, Lala takes us into the rave. Inspired by electronic sounds rooted in the Global South, her piece exists somewhere between chaos and connection, erotic energy and liberation. Fluid. Sharp. Weird. Raw. Slinky. A celebration of freedom, experimentation, and the collective ritual of losing yourself in music.

EGGSTRAVAGANZA

Greece

Greece-based dancer Eggstravaganza moves through unusual shapes, interrupted flow, and sentimental, quirky elements. With a background in ballet, contemporary dance and barefoot pole, she has developed a compelling and distinctive path within the heels pole community as a performer, award winner and international instructor.

Inspired by the ancient myth of the Phoenix, her piece follows a creature slowly tearing apart and surrendering to ashes. From this deeply personal destruction, something new begins to emerge. Fragility transforms into rebirth, rebirth into power, announcing the arrival of new form...

A new reign.





DR HEAD

Uk

International pole competitor, instructor, and professional troublemaker Dr Cerys Head comes from the heart of South Wales. Known for her feral flow, distinctive musicality, and unapologetic sensuality, she blends provocative movement with powerful emotion and a healthy disregard for behaving herself.



Tonight, the doctor has a prescription ready: a potent dose of lust, filthy musicality, and unapologetic raw, feral energy. Created to satisfy even the most persistent symptoms and cravings, this treatment comes with one warning: side effects may include unintended climax.

The doctor will see you now.

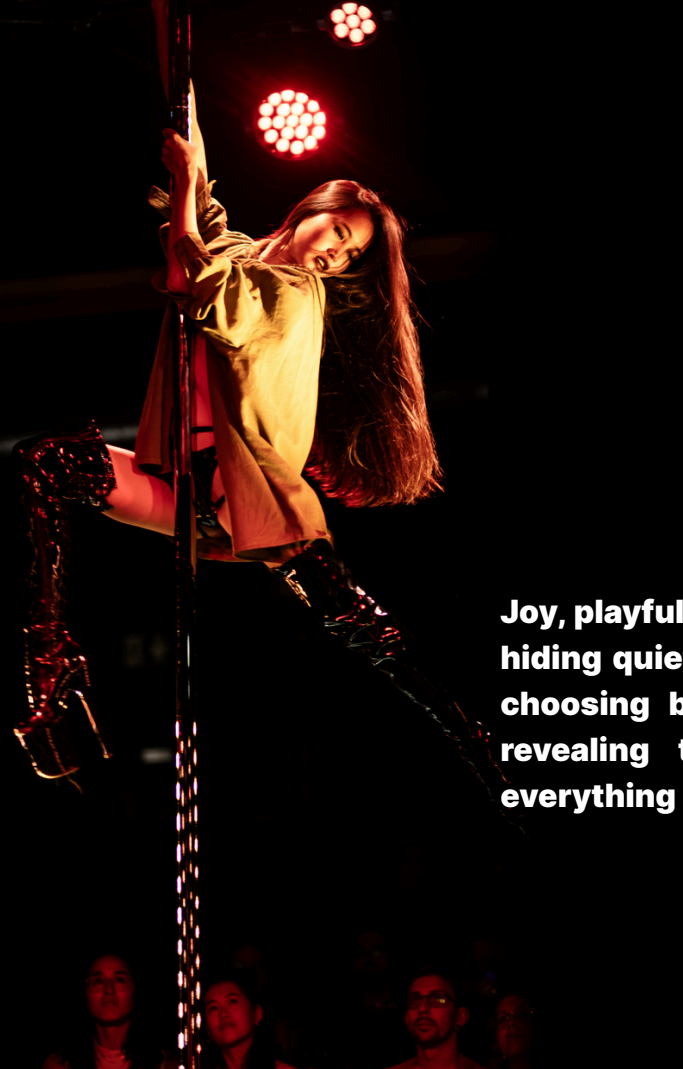
CARIN

US

US-based dancer, emcee, and improviser Carin blends her backgrounds in acting and improvisation to create character-driven performances. For SUBSDANCE, however, she takes on the character she finds most intimidating to reveal to an audience: her true self.

Her piece explores vulnerability and the frightening amount of trust it can demand. The words heard within the performance come from real messages Carin received after ending a relationship with a partner struggling with substance abuse. Faced with words designed to pull her into shame, the piece asks what we do with them: swallow them and risk choking, or bring them into the light and hope for compassion?





IVY NOH

Germany

Berlin-based pole artist Ivy Noh explores sensual dance, experimental movement, and an intimate connection with music. Movement gives her a language through which the different facets of her inner self can emerge. Her piece explores what music can unlock within one body.

Joy, playfulness, and the dreamer exist alongside the emotions hiding quietly in the corner: fear, regret, and grief. Rather than choosing between them, the piece allows them to coexist, revealing the contradictions and complexities of feeling everything at once.

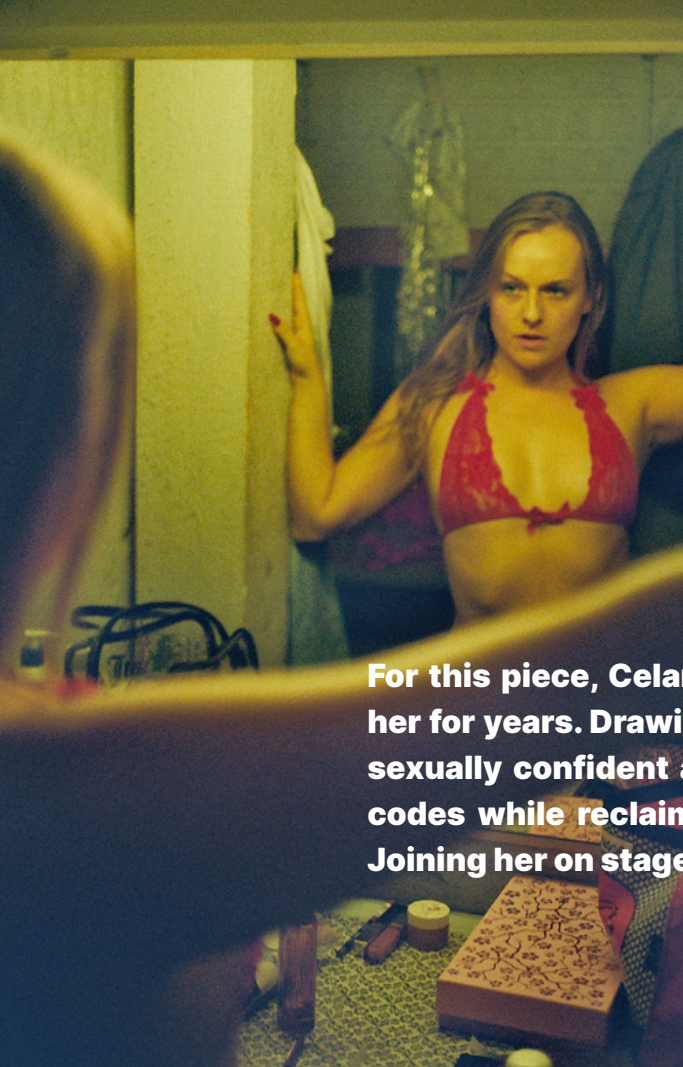
VANESSA

Uk based / Taiwan

London-based Taiwanese dancer Vanessa Tang loves experimenting with different forms of movement and musical expression. Her distinctive "Aquarian style" combines waves, fluidity, and sharp musicality.

Vanessa feels most confident while dancing, creating such a contrast between her onstage and offstage selves that the dancer has become an alter ego. This piece brings those identities together, inviting more vulnerability onto the stage and more confidence into everyday life. It is a reminder that every side of ourselves deserves attention and care, and an invitation to discover the powerful self within.





CELANY PASSION

Germany

Celany Passion is a performer and instructor based in south west of Germany. Raw, authentic, and deeply rooted in freestyle, she creates from the place where she feels most at home: instinct. She is also the founder of Slutfamia, a live music and dance project building bridges between strippers and pole dancers and challenging slut-shaming through performance and community.

For this piece, Celany reclaims Love Man, a song that has empowered her for years. Drawing from her experiences of being shamed for being sexually confident and active, she plays with feminine and masculine codes while reclaiming subjecthood, pleasure, and sexual autonomy. Joining her on stage is special guest Philipp.

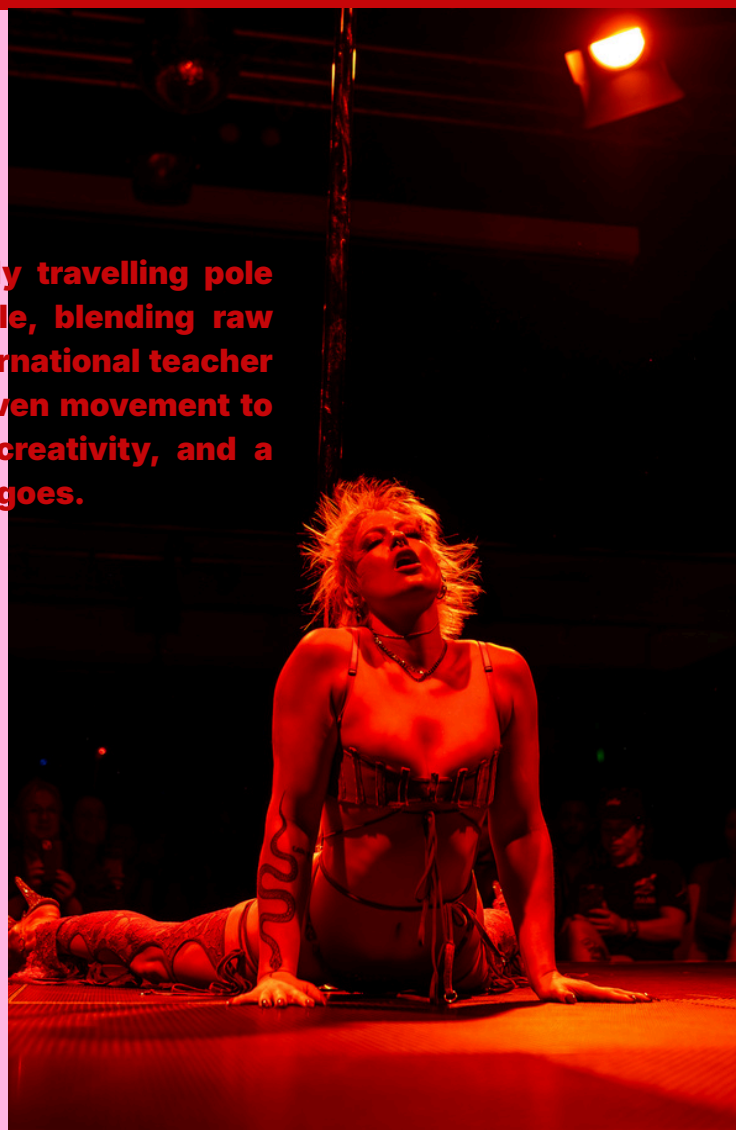
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The piece explores the space between softness and harshness, fluidity and impact, surrender and control.

A study of texture, literally SUBSDANCE: invites us to surrender, adapt, and discover that sometimes, losing control is part of learning how to hold it again.



OUR SUPPORTER

This show would not be possible **without the generous support of our sponsors.** Their belief in the arts and commitment to bringing performers and audiences together has made this stage a reality. **We are deeply grateful for their support - without them, we could not create, share, and celebrate this experience here.**



INDI POLE

Love dancing in heels? Welcome to Indi Pole Dance – your global home for heel pole. Since 2014, we've been bringing dancers together through online classes, worldwide retreats, mentorships, and instructor training. We're a worldwide team of women shaping the future of pole – inclusive, empowering, and BIPOC & SWer friendly. So, if you're looking for a pole vacation or want to learn from an international team of instructors, Indi Pole is the place to be.

<https://indipoledance.com/>



JEWEL HEELS

The heels we dance in, the sparkle that moves with us.

We're so excited to have Jewel Heels as a sponsor!

Designed to shine on stage, Jewel Heels creates some of the world's sparkliest pole heels – with eye-catching, edgework-enhancing designs made to move with you.

For us, the right heels are more than just part of the look.

They become part of the movement, the performance, and the energy we bring to the stage.

Thank you, Jewel Heels, for supporting dancers and helping us shine a little brighter every time we dance.

<https://jewelheels.com/>



EUTOPIA EROTICA

Eutopia Erotica was born out of a desire to reclaim a space that, quite simply, does not exist, neither within the world of pole dance nor within the realm of eroticism in Italy.

Eutopia Erotica is a sanctuary for pole dance and for anyone wishing to reclaim their own self-expression. A space to be profound, tender, sensual, and erotic, guided by a personal vision of eroticism that transcends imposed boundaries and challenges what Italian culture often dismisses as "vulgar."

Between 20-22 November, come to Bologna. Enjoy a show.

https://www.instagram.com/barethreadz_/



LUST COLLECTIVE

Lust Collective ASBL is a Belgian non-profit organization devoted to the art of pole heels. We cultivate a community where every body is celebrated and every soul is free to express itself. Our vision is to create collaborative hubs, intimate retreats, and diverse spaces that honour the raw power of sensual movement and the transformative beauty of self-reclamation through dance.

We believe in creating spaces where sensuality becomes a form of expression, movement becomes a pathway to freedom, and every individual is invited to reconnect with their body, their confidence, and their authentic self.

<https://wildandfreehc.com/>



WILD & FREE HANDMADE CREATIONS

Was born from a love of pole dance and the magic of self-expression. Behind the brand are two friends who turned their shared passion into a creative journey.

At Wild & Free, it's all about unleashing your wild side, celebrating individuality, and pushing past limits. Every piece is designed to empower dancers to move with confidence, authenticity, and freedom. Here, movement meets style – and self-expression always leads the way.

<https://wildandfreehc.com/>



MUSE POLE DANCE

At MUSE POLE DANCE, we help everyone push their limits and discover new sides of themselves - regardless of age, fitness, or gender. Our international trainers guide you to reach your full potential in strength, dance, and expression, all while keeping fun and passion at the heart of every class. Whether you want to master pole tricks, feel elegant or sexy, stay fit, or simply try something new, MUSE POLE DANCE is your space to grow, explore, and unleash your inner muse.

<https://musepoledance.de/>

WANNA SUPPORT FOR NEXT YEAR?
HERE YOU CAN TIP & SUPPORT THE SHOW.





RESPECT FOR ALL & SUPPORT

Treat all performers, staff, and audience members with respect, kindness, and professionalism. Discrimination, harassment or inappropriate behavior of any kind (including but not limited to race, gender, sexuality, body, or experience level) will not be tolerated. **SUBSDANCE is a supported space for all identities and expressions—support and uplift each other.**

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EVENT DETAILS

SUBSDANCE

29 international performers from Australia, France, UK, Brazil, Portugal, Germany, Switzerland, Belgium, Ukraine, Italy, Greece, USA, Netherlands, Taiwan...

2 scholarships

2 SUBSDANCE team members

15+ helping hands

**THANK
YOU.**



BY NADEYA RAE & TATI BLUE