



Cinderella: the **AWESOME** truth

Relaxed Performance Pack

A Polka Theatre and One Tenth Human co-production



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Cinderella: the AWESOME truth is a musical adaptation inspired by the classic fairy tale *Cinderella*. The audience will learn an alternate version of the tale and will be taken on a journey of self-acceptance and love, opposed to the cliché “happy ending” that is familiar to us all.

The iconic role of ‘Cinderella’ will be portrayed as two separate characters, ‘Cindy’ and ‘Ella’. The pair will also loosely represent the infamous characters ‘the ugly stepsisters’ as the characters are stepsisters in this story. Cindy wants to be rich and famous, whilst Ella practices boxing and wants to have fun; it is their complicated relationship that this story is based on.

Other returning characters include the comical servant ‘Dandini’ a not so charming Prince, ‘Prince Francis’, and of course the legendary ‘Fairy Godmother’ who has transformed from 1 person and multiplied into 4 puppets. Much like the original Fairy Godmother, they too possess powers and magic, however their intentions are not as heart-warming as in the original tale. Finally, the cast are joined by a nutty furry sidekick Squirrel ‘Sass’, a courageous companion on the journey to conquer the Fairy Godmothers evil plans.

The audience will be guided through the story by the 4 main characters known as ‘the REAL ugly sisters’. They will often break the fourth wall, which means they will acknowledge the audience and interact with the audience as they tell their story. Puppetry plays a significant role in this production and the cast will double up on roles and use puppets to represent specific characters, such as the different Fairy Godmothers and Sass the squirrel.

Although different, this tale features similar themes. For example, there is still a grand party with the iconic 12 o’clock deadline. The characters however do not live up to their cliché stereotypes, resulting in Ella being sent on a mission to save her sister from a terrible fate before the clock strikes midnight - but can brave Ella make it in time?

Creative Team

Director: Sarah Punshon

Book: Sarah Punshon

Music and lyrics: Felix Hagan

Co-Creator: Toni-Dee Paul

Set & Costume Designer: Oliver Townsend

Movement Director: Jreena Green

Sound Designer: Tom Attwood

Video & Lighting Designer: Gillian Tan

Puppet Designers: Judith Hope & Chris Gadd

One Tenth Human Producer: Rafia Hussain

We hope you enjoy the show!

The Location

When you get to Polka Theatre this is what it looks like:



When you enter through the main entrance, to your left will be the Box Office and the Shop. Please feel free to browse the shop whilst you wait.

Box Office:



Shop:



When you enter through the main entrance, to your right will be the cafe. We serve hot and cold food, pastries, sweet treats, and hot and cold beverages.

Cafe:



Main Theatre: This is where the performance will take place. The seating is sold at 50% of its full capacity for the relaxed performance; therefore, the auditorium will not be full. House lights will remain on during the performance at 50% so the space will never be in complete darkness, and the volume of the show will be reduced.



Chill-Out Space: This is located outside the main theatre upstairs. You can leave the theatre at any time and come back in when you are ready.



If you would like to learn more about Polka, please visit our website:
<https://polkatheatre.com/>

COVID SAFETY

We take the safety of our audiences, staff and volunteers seriously and we want you to have confidence when coming to a Polka show.

- We ask that face masks be worn by everyone over the age of 16 inside our venues to help protect, staff, performers and other audience members (unless exempt).
- We will continue to offer flexible ticketing under the updated 'See it Safely kitemark' (read more [here](#)). The 'See it Safely kitemark' means a venue is Covid-secure and following the latest Government guidance for live arts events.
- There will continue to be an enhanced cleaning regime and hand sanitiser stations available.
- Our team will continue with regular lateral flow testing and will be wearing face masks or remain behind screens.
- We will have the NHS Track & Trace available for you to check in, although this is no longer compulsory.
- We will ensure our spaces are well ventilated at all times.

Covid Safety

Below are measures we have put in place to ensure the safety of everyone visiting Polka.



We have an enhanced cleaning regime and hand sanitiser stations.



All staff continue with regular lateral flow testing and will be wearing face masks while in venue.

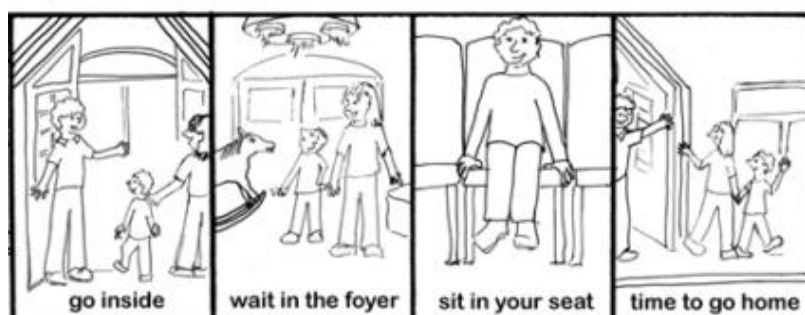


We will ensure our venue remains well ventilated at all times.



We ask that all visitors age 16+ wear face masks unless exempt.

Picture information strip - this is what you will do when you go inside:



To prepare you for your visit to **Polka Theatre** we have put together a synopsis- this is to help you to understand the story that you are about to see and prepare you for what to expect during the performance. The performance will last approximately 2 hours including a 15-minute interval.

Cinderella

the **AWESOME** truth!

This musical consists of 4 actor musicians, which usually means the performer will act and use or play an instrument. For ***Cinderella: the AWESOME truth*** the performers will be acting and using their vocal instruments (their voices) to sing.

The actors will play more than one role. Any other role they play aside from their leading role will be characterised by prop clothing or prop puppets.

This is what the characters look like:

Cindy



Ella



Dandini (Dani)



Prince Francis (Frankie)



Sass



Mother (Bridget)



Father (Steven)



Fairy Godmother puppets



The props are made for storytelling purposes and are not real.



The Fairy Godmother puppets are designed to look a little scary and have sharp teeth to represent their evil characteristics. It is ok to feel scared of these puppets and how they look.



During the show, the characters will interact with the audience. This musical has many interactive moments and you are welcome to respond to characters and laugh or smile.



During the show you might see something that makes you feel sad or scared. You are allowed to feel sad or scared, that is ok.

Stage & set as you first see it:

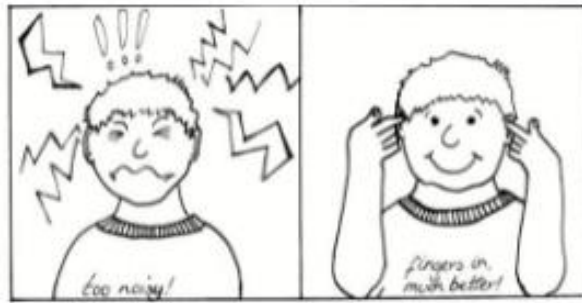
The first thing you will see on stage are closed red curtains with fairy lights draped across the top. There is a banner at the top of the stage that says, 'THE UGLY SISTERS PRESENT CINDERELLA THE AWESOME TRUTH'.



First set: Cindy and Ella's Bedroom

The story begins with a house move, so there are boxes everywhere. A bed is moved to centre stage and it is covered in boxes. There are boxes stacked at various points all over the stage and these are filled with Cindy and Ella's possessions.

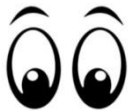




If you see this symbol, it means there will be a loud noise or a change in volume from the performers and you can put your fingers in your ears.



If you see this symbol, it means you will hear a sound effect coming from the speakers.



If you see this symbol, it means there will be visual projections on the stage, these are designed to aid with the story telling.



If you see this symbol, it means there will be a change in lighting, or a flash and you can cover your eyes.



If you see this symbol, it means there will be a musical number.

Scene Breakdown

Act 1. Scene 1. Prologue.

The 4 main characters act as narrators throughout the whole story. They will often break the fourth wall throughout the story, which means that they acknowledge the existence of the audience and speak to them directly.

Each of the main characters 'Cindy', 'Ella', 'Dandini (Dani)' & 'Prince Francis (Frankie)' will introduce themselves as the 'Ugly Sisters' and introduce the story of ***Cinderella: the AWESOME truth***. They will be breaking the fourth wall here and will explain to the audience what you are about to see.



The cast will sing the first song 'Cinderella: the AWESOME truth'.

After the song they continue to introduce the story to the audience and 'Sass' the Squirrel makes his first appearance.



Scene 2. Part 1. Cindy and Ella's bedroom.

The story begins in Cindy and Ella's bedroom where we learn about their background. The pair were previously close friends whose parents got married and now they are stepsisters. As a family they have moved in together and the dynamic is not good.

Dandini (Dani) and Prince Francis (Frankie) use props to characterise themselves as Ella's mother Bridget and Cindy's father Steven.



There will be several moments of raised voices and shouting as the characters show their frustration with their new living situation.



Scene 2. Part 2. Fairy Godmothers.

Props in use include computer and tablet made from wood with hollow centres.

Cindy has the desire to be rich and famous and wishes to do so quickly. 4 Fairy Godmother puppets enter from behind the bed via the computer screen. *The puppets are operated by Prince Francis and Dandini.*



Fairy Godmother puppets sing 'Like and Subscribe'.

Through this song we learn about the grand birthday party taking place at the palace for Prince Francis.

The Puppets sing about Cindy's flaws and tell her about all the things she needs to change in order to 'fit-in' and 'look good' to get the prince's attention. The aim of the song is to get Cindy to 'like and subscribe' to their free trial of the Fairy Godmother experience.

Cindy accepts and 'likes and subscribes' to the Fairy Godmother's free trial, leaving her feeling different in herself.

Ella is upset that Cindy went through with the subscription and the pair have a huge argument resulting in Ella feeling hurt.



Voices will be raised at this time.



Scene 3. An outside timeline moment.

There will be a set change to a forest. Cast will come on stage to move items of set.

The narrators enter the stage and break the fourth wall to speak with the audience. They reflect on the previous scene and then introduce the next scene.

Scene 4. Part 1. The Woods.

The story continues with Ella in the forest practising her boxing. She is feeling upset because of the argument she had with Cindy, and this is making her miss her father.

Here we briefly meet Sass who appears amongst the trees before disappearing again.



Ella sings song 'Go Another Round' to lift her spirits and remain strong.

Ella exits the stage.



Scene 4. Part 2. Prince Francis & Dandini.

Price Francis (Frankie) and Dandini (Dani) enter the stage and Dandini is blind folded. Francis shows Dandini his outfit for the party which includes a sword (*this is a prop*). He is extremely uncomfortable with his outfit and as a result he does not want to go to the party.



Prince Francis is very eccentric. He is quite dramatic and shouts a lot due to him feeling flustered all the time.



Dani tries to calm Francis down. They put on Francis's clothes and teach him how to act like a man through the song 'When you're a man'.



After the song, Dani picks Francis up and places him on their back ready to take him back to the palace. Amongst the trees Ella sees this happen and thinks he is hurting Francis and shouts and chases Dani offstage thinking she is helping.



Scene 4. Part 3. Ella meets Preston.

After realising Dani was Francis's friend, Ella and Francis officially meet and interact. Francis introduces himself as Preston, keeping his identity as the prince a secret.

Sass returns and Ella and Francis try to catch him and feed him some nuts.

The pair arrange to meet at the prince's birthday party in the evening and dance together.



Voice over of Cindy shouting for Ella.

Voice over of Dani shouting for Frankie.

(This is pre-recorded meaning the voices might sound a little different and will be coming from the speakers).



Scene 5. Elsewhere in the woods.

Dani is searching for Francis and Cindy is searching for Ella in the woods, the two cross paths and meet for the first time.



Cindy is a little hysterical from walking through a web and screeches.

Dani is still wearing Francis's clothes and introduces themselves to Cindy as a member of the royal household.

The pair arrange to meet at the palace in the evening to pick out a delicious soufflé.

Both parties exit separately.



You will hear a voice over from the Fairy Godmothers announcing a notification (This is pre-recorded and will be coming from the speakers).



Scene 6. Out of timeline.

Set change back to Cindy and Ella's bedroom.

Narrators are back on stage to interact with the audience.

Scene 7. Back at the girls flat.

Bridget and Steven are telling the girls they are not allowed to go to the prince's party until their room is clean and tidy.



Cindy is terribly angry and raises her voice a lot.

The parents exit, leaving Cindy and Ella in the room where they continue to argue.

Fairy Godmother puppets x2 appear on stage (operated by Francis and Dani).

🎵 They point out all of Cindy's flaws and begin to sing 'Glow up' - a song about changing your appearance to 'look good'.

Throughout this song, Cindy is transformed and 'princess-ed'. She will change costume and appearance throughout the song. When Cindy wears the shoes she is under the influence of a 'filter', which is designed to change her appearance.

Cindy is given fancy shoes and advised to keep the shoes on otherwise she will lose the filter.

⚡ Cindy is given a selfie stick and is told to 'capture the moment' - at this point there will be a flash on stage.



Scene 8. Squirrel magic.

Fairy Godmother puppets x4 are on stage with Ella trying to get her to subscribe to their evil plan. They are really pushing and trying to peer pressure her into subscribing.

Sass enters and observes for a moment before intervening and kicking the Fairy Godmother puppets away, saving Ella from their evil influence.

Through this interaction it becomes clear to Ella that Cindy is in danger as the Fairy Godmother puppets plan to eat her heart if she keeps her shoes on past midnight.

Here the Fairy Godmother puppets open their mouths and reveal their sharp teeth. These puppets are designed with sharp teeth to look scary and it is ok to feel scared.

🎵 Sass encourages Ella to fight to save Cindy and sings 'Get your squirrel on (Go Nuts!)' to motivate her.

Here Ella will change clothing, ready to go to the party and save Cindy. All narrators join in with the final part of the song.



Interval

Act 2. Scene 1. Tonight's the night.

Scene is set outside of the palace.



You will hear a voice over announcement welcoming everyone to the palace (This is pre-recorded and will be coming from the speakers).



Dandini enters the stage through the closed curtain and breaks the fourth wall. The cast join and proceed to sing 'Don't stop' to the audience.



Scene 1. Part 2. Trolls.



Loud Fanfare.

Fairy Godmother puppets x4 are on stage. They are operated by all cast members.

Fairy Godmother puppets break the fourth wall and will be interacting with the audience during this scene. They will exit the stage and come into the audience to engage with them. They will not touch any audience members and they will always remain at a safe distance.

The Fairy Godmother puppets observe and make arrival announcements. They are judging the guest's appearance and clothing.



There will be several loud fanfares (x9) and flashes (x4) throughout this scene.



Ella and Sass arrive at the palace and try to convince Cindy to take off her shoes. Cindy screeches as Sass jumps on her to try and get the shoes.

Cindy does not listen and goes into the palace.

The Fairy Godmother puppets block Ella from entering the palace and stop her from saving her sister.



Scene 2. The big mix-up.

Scene change to inside the palace. There will be a clock projection on the back wall.

Cindy and the prince meet for the first time. Cindy is looking for Dani and Prince Francis is looking for Ella, but because Cindy cannot see clearly from the filter and the flashes, they get confused and believe they are meeting the correct person.



You will hear a voice over announcement (This is pre-recorded and will be coming from the speakers).



There will be flashes in this scene when Cindy and the Prince are seen together.

Fairy Godmother puppets return to comment on the pair dancing together. Dani sees the pair dancing and is terribly upset by this. The Fairy Godmother puppets sense Dani's vulnerability and then close in to pray on them.



Clock (projection) spins fast to signify time going by.



Scene 3. The Kitchen.

Set change to kitchen.

Dani is sat alone in the kitchen eating their feelings in food.



Ella and Sass break into the kitchen through a window. You will hear a smash sound to represent the window breaking.

Ella apologises for scaring Dani in the woods. After sharing their common interest in food, Ella eventually recruits Dani to help save Cindy from the Fairy Godmother puppets.



Scene 4. Out of timeline.



There will be a Flash.

Prince Francis breaks the fourth wall and talks out to the audience.



Clock (projection) spins to signify time going by.

Scene 5. Part 1. On the dancefloor.

Cindy and the Prince are dancing on the dance floor. They are both feeling awkward as they know something is not right.

The prince learns of Cindy's filter and starts to feel sorry for himself. The Fairy Godmother puppets x2 reappear to feed on his insecurities. *(These will be operated by Ella).*



They sing 'like and subscribe' to Prince Francis. Cindy tries to stop Francis from subscribing. There is a moment of conflict between Cindy and the Fairy Godmother puppets. *(Volume of voices might increase at this time).*

Prince Francis asks the audience whether he should do it, but he eventually subscribes to the Fairy Godmother experience.



There will be a flash at this time.



Scene 5. Part 2. It's time to save Cindy.

In another moment of conflict between Cindy and the Fairy Godmother puppets, Ella and Sass enter.

Ella kicks the WIFI router causing the Fairy Godmother puppets to malfunction.



You will hear a “ker-clunk” and electrical fizzing coming through the speakers. This will be accompanied by flashes as the Fairy Godmother puppets are glitching.



Ella gets Cindy to unsubscribe by taking off the shoes. There will be a big scene on stage involving the shoes, with louder vocals at this time.




You will hear a loud “roooooaaarrrr” coming from the speakers accompanied by a change in lighting and extra sound effects. There will be multiple voices playing at once.

These voices belong to the Fairy Godmother puppets who reveal their true identity as trolls.



Scene 6. The chase.

Ella and Prince Francis (Preston) finally find each other as planned. The prince under his new filter is rude and upsets Ella.


 *You will hear troll voices coming from the speakers, announcing how hungry they are. (This is pre-recorded and will be coming from the speakers).*




Scene 7. Amidst the wreckage.

Set Change to the Forest. There will be a moon projected on the back wall of the stage.

Cindy and Ella are both reflecting on their mistakes and feeling bad. The trolls sense this hatred and come back to feed on this.

 *You will hear troll sounds through the speakers.*

Dani enters and convinces the girls to change their attitudes and focus on good things as opposed to negative things. This makes the trolls lose interest.

 Cindy and Ella sing 'You're awesome', reminding themselves what it is they love about one another.




Scene 7. Part 2. Let's make a plan.


Prince Francis joins the rest of the cast on stage. He apologises and starts to feel negative which prompts the trolls to return.


 *You will hear troll sounds coming from the speakers.*

There will be moments in this scene where the cast will break the fourth wall and speak out to the audience about everyone being AWESOME.

At this time, they make the plan to destroy the trolls and plan to use Francis as the bait since he still subscribed to the Fairy Godmother experience.

 *The characters carry out their plan. **There will be lots of loud screeches and screams at this time and you will also hear troll sounds. (This is pre-recorded and will be coming from the speakers).***


 *There will be projections of trolls all over the stage, signifying that the trolls are everywhere.*


 *There will be flashing lights and smoke as the trolls are defeated.*

The cast are left on stage and have been slimed to represent the trolls exploding.



Scene 7. Part 3. It's still Prince Francis's birthday!

 All the characters celebrate their victory over the trolls and continue with the birthday celebrations. To celebrate their victory they revive the song '*Don't stop*'.

 The show ends with a revival of song '*Cinderella: the AWESOME truth*'.



The End



The show has now finished. At the end of the show everyone will clap their hands, which is to show the actors and production team that they have enjoyed the show.

Thank you for coming - we hope you enjoyed the show!

Polka is reopening! Discover our wonderfully refurbished venue.

Whether you're seeing a show or getting creative in a workshop, relaxing in the Café, or exploring our free-to access indoor and outdoor play spaces, we can't wait to welcome you back!

Connect with us on social media, [@polkatheatre](#)



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