

Iiris Puustinen

choreographic work

My artistic work is an exploration of themes of identity and existence, popular culture and internet phenomena, and a constant exploration of the connection between body and mind. My choreographies are a playground for the thoughts and themes that are tickling my mind and imagination. They tie together complex choreographed movement material and improvisation, intense soundscapes, sensitivity and somatic work using the tools of contemporary dance making. Combined with the extensive movement language of mine including an identifiability from commercial dance, I create unique and multi-dimensional, current performances.



Still we play it

2025

Still we play it portrays a person in the process of emotional repair after the loss of a significant relationship, revealing a moment of vulnerability and disorder.

The performer finds solace in everyday objects, the surrounding sound and repetition. In this performance inner and outer instability, sculpture like compositions, urge to move, desire to turn inwards, urge to disappear and desire to be seen walks hand in hand.

The performance is created using elements and tools of contemporary dance and performance art.



Choreography and performance Iiris Puustinen
Sound design Eliel Tammiharju
Song Another Life Naomi Sharon

Premiered as part of 'Avis de Tempête Raccords festival'
At Césure in Paris, France

3,2,1 (The Walk) 2023

The performance was born out of an interest in exploring the mutual possibilities of dance, fashion and clothing design.

The work is influenced by characteristics of fashion shows, bringing them into the museum environment. The costumes designed by Angel Emmanuel for the piece are made from recycled materials. Their textiles, weight, thickness and size add their own dimension to the dancers' movement and inspired the process of creating the choreography.

A new kind of rhythm is created in the space when the restrained atmosphere of the museum meets accelerating energy that draws from fashion shows.



Choreography Iiris Puustinen
Costume design Angel Emmanuel
Sound Design Eliel Tammiharju
Performers Alen Nsambu, Elli Virtanen-Roth, Iiris Puustinen
Mentoring Tero Saarinen & David Scarantino

Residencies
Tero Saarinen Company
Culture Center Sähinä
Villa Arttu

ILONA 2023

ILONA is a character exploring It's own identity through internet-realities. Starting its life from the Instagram-platform it reaches out, finally expanding to real life adjusting itself to be seen live.

The solo work is divided into two.

The first part, a visual diary following the character development can be found on Instagram @ilonawho. It includes 14 Instagram length videos created using the dance-a-day method. In the second part audience is witnessing the character outside the cyber reality. Who is it and how does it act in the 'real world'? The performance uses movement material of the visual diary and acts as an extension of it.

The audience is invited to explore the differences of witnessing dance in a social media platform versus in the present moment.



Choreography & performance Iiris Puustinen
Artistic supervising Tiia Kasurinen & Sanna Myllylahti
Production Theatre Academy

ILONA was the choreographer's artistic thesis from the University of The Arts Helsinki