

CRINGE - Synopsis

CRINGE is a solo sketch comedy show written and performed by Sam Roulston. CRINGE is inspired by all of those intrusive thoughts or embarrassing memories that slip into your mind while you're brushing your teeth. Most medical professionals don't recommend re-traumatizing yourself but Sam Roulston wrote this show for YOU, for the art, but mostly for the attention.

Sam used his most cringeworthy experiences as a seed of inspiration and developed them into comedy sketches. CRINGE explores themes like homophobic microaggressions, cancel culture and pandemic related anxieties all through a comedic lens. After an incredibly difficult year and a half it's important to make fun of the scary stuff and laugh together. Laughter really is the best medicine (except for Pfizer, Moderna or Astrazeneca).

CRINGE has cowboys, baristas, gay bars, burlesque and many many costumes changes. Sam has also joined forces with musicians Ryan Sheedy and Nicola Dempsey to create two original songs for the show - a country song called Gay For Freedom and techno bop called Fucking Poor.