

THE HAMILCAST

EPISODE 288 SHARON ROSE 1 TRANSCRIPT

[00:00:00] Hi, I'm stage and stage's Lin-Manuel Miranda and you're listening to the Hamilcast.

Gillian Pensavalle [00:00:18] Hello, everyone. Welcome back to the Hamilcast, I am Gillian, and today it's 9:00 a.m. here in New York City because I am talking to the one and only Sharon Rose. Hi, Sharon, you're in London.

Sharon Rose [00:00:31] Hey! I am in London. Thank you so much for getting in touch with me, Gillian This is awesome.

Gillian Pensavalle [00:00:36] This is amazing. So before we get started, can you please tell me your pronouns?

Sharon Rose [00:00:39] Yes, absolutely they are she/her

Gillian Pensavalle [00:00:42] Excellent. Thank you so much. So you are currently Eliza Hamilton in Hamilton and London on the West End.

Sharon Rose [00:00:49] It's pretty incredible. And I'm just so excited. Like there are no words. After 15 months of being sort of in the four corners of my yard just being like, going crazy. And now we're back at work. I'm so excited.

Gillian Pensavalle [00:01:04] I know. And so you. The reason we're doing this so early, it's not so early for you because you have a show tonight.

Sharon Rose [00:01:08] Yes, I do.

Gillian Pensavalle [00:01:10] Yeah. Also, there's been like a lot. We were going to do this with Stephenson and Leslie Bowmen, and then we were going to do like a little group hang. And then the schedules were so crazy where I was like, change of plans. Everyone gets their own couple episodes, which is great. Like, I would have it would have been so much fun to have a little party, a virtual party with everyone, but they're not great to really get to know all of you one on one. I'm just thrilled to be here.

THE HAMILCAST

EPISODE 288 SHARON ROSE 1 TRANSCRIPT

Sharon Rose [00:01:33] Man, honestly, it was crazy because I feel like because we're all doing so many incredible things like in different places, it's so hard to pin everyone down, but I'm glad you're doing this.

Gillian Pensavalle [00:01:43] Well, Thank you. Also, before we get into the Hamilton of it all, you are in Jingle Jangle. You're Joanne Jangle.

Sharon Rose [00:01:49] Yes, I am.

Gillian Pensavalle [00:01:52] That opening number, my goodness, you're amazing.

Sharon Rose [00:02:30] Well, thank you so much. It was just like one of the most exciting things I've ever been a part of because God, just a Black Christmas story is just everything to me. And just to celebrate blackness in such a beautiful way, the afros, the colors, the hair. I once had a discussion with the producer and they were like, We want to incorporate the colors of your country and your outfit. And I was like, What? So I'm Zimbabwean, and my dress was like green and yellow and red, like all the countries of my flag, and it was just beautiful. Yeah, it was this.

Gillian Pensavalle [00:03:08] What a question.

Sharon Rose [00:03:09] I know it was just phenomenal.

Gillian Pensavalle [00:03:11] Yeah, yeah. People should take note. That should be a question. You should people should be thinking about things like that a little more. That's a very cool detail that is like so personal to you. And just like the such like a point of the story, you know, like, you know, like you just said, like celebrating blackness and celebrating like...

Sharon Rose [00:03:26] I know

Gillian Pensavalle [00:03:27] Do it on every level, right?

THE HAMILCAST

EPISODE 288 SHARON ROSE 1 TRANSCRIPT

Sharon Rose [00:03:28] Exactly. Do it on every level. Do it often, because then people feel seen and we feel embraced. And I think it's so important to just sort of all around. So yeah.

Gillian Pensavalle [00:03:39] Are you a Christmas person to begin with? Do you like the holidays?

Sharon Rose [00:03:41] You know what? No, I wish I could say like, yes, absolutely. My family and I have a great Christmas, but it's never like, it's never Christmas the way people know it, it's very Zimbabwean. So we have a huge barbeque and winter, and we have like lots of African food. So it's never really the same Christmas that everyone else has. I think we just have our own way of celebrating.

Gillian Pensavalle [00:04:11] That's cool. That makes it yours. That's awesome

Sharon Rose [00:04:12] Yeah, exactly. Exactly. So yeah, I'm definitely not like Super Christmas caroly. I don't start playing Christmas carols in November or I don't start decorating our house like we don't decorate until like the 24th and then we take them down on the 26th.

Gillian Pensavalle [00:04:29] Just very it's like a long weekend of Christmas. It's just,.

Sharon Rose [00:04:32] Yeah.

Gillian Pensavalle [00:04:32] That's great, though. And I again, like, just got to incorporate that in the telling of this story that you were so proud to be a part of just that that you took a little bit of that with you. That's amazing.

Sharon Rose [00:04:42] Exactly, exactly. And what an honor, right? What an honor to be able to have such a huge on such a huge stage to be able to tell these stories of people who were traveling all over the world in the eighteen hundreds and seventeen hundreds like, we don't really get to know that part because there's so many people from all over the world who were traveling and discovering the world, and it's beautiful that the director really captured that thing.

THE HAMILCAST

EPISODE 288 SHARON ROSE 1 TRANSCRIPT

Gillian Pensavalle [00:05:08] And now there's like this whole new generation of kids like people who are into Christmas have things they watch every year. Certain episodes of certain TV shows, movies, of course. And now Jingle Jangle is on so many lists and you're a part of that. I think it's so beautiful. Congratulations, really.

Sharon Rose [00:05:24] Listen, thank you so much. I've had so many, like little girls and parents, little girls sort of coming, Oh my goodness, that's the only song she's been singing for the last few months. And I'm like, Oh, it's too much. Yeah, yeah. So I feel pretty grateful. Yeah.

Gillian Pensavalle [00:05:45] That's amazing. I have oh my god, we I have so much to talk to you about. I'm OK. This is amazing. So you just got back on stage a couple of days ago. We're recording this on August 24th like days ago. And then they go back into your Hamilton story. You're like, How you got involved? But tell me about like, I can't wait to hear about what your lockdown was like, what the pandemic has been like for you, and then what it's been like to revisit the character of Eliza because you were only playing her for a little bit before everything stopped, right?

Sharon Rose [00:06:12] Mm-Hmm. Sure, it's been insane. Yeah, it's been absolutely insane. We had like six weeks or thereabouts of rehearsals, and we were surprised at how much we forgot. Like we were all laughing at ourselves, like in the first week going Alexander Hamilton. Like, I'm making some weird hand movements because we had no idea. Like. And 15 months of like heartache and pain and and separation. And, you know, not really wanting to listen to the music because it breaks your heart to you don't know whether you're going to come back. And all of that just kind of culminates to getting there and going, Am I really here? Is this really real like being in the rehearsal room, standing on the stage for the first time? All of us like super close to tears on that first day of rehearsal. And yeah, just so many things sort of bringing you to the point of like almost tears and then sheer joy and the up and down of emotions. It was just, yeah, the rehearsal period was insane. And then to be able to, like, get back on stage and do it and

THE HAMILCAST

EPISODE 288 SHARON ROSE 1 TRANSCRIPT

your knees not buckle because you've not had that many people scream, Oh, I was just, yeah, I can't even explain it. The words are a jumble. Because that's how the feelings were like we were all just at the edge of our seats constantly.

Gillian Pensavalle [00:07:33] I get it as much as I can. You know, I've been watching all of these Insta stories of people and just Instagram post because so many of the tours are getting back up like things are are really happening.

Sharon Rose [00:07:44] Happening.

Gillian Pensavalle [00:07:45] Karl, our good friend Karl, because we were going to do this the other day when you were still at the theater and that didn't work out because then we realized we didn't have a lot of time. Yeah, which I appreciate you trying to jump on then. But I was like, No, let's really talk about it. But Karl was there helping you set up Karl Queensboro, and he had this really like beautiful emotional and these Insta stories of him, just like I can't believe, like, I can't believe it. Just the response from the audience. And then the reason I saw that was because the Patreon Peep so many of them were in the theater that night when you when you all came back.

Sharon Rose [00:08:18] Oh, wow.

Gillian Pensavalle [00:08:20] So they were like, Oh, we made Karl cry.

Sharon Rose [00:08:22] Oh my goodness.

Gillian Pensavalle [00:08:24] Our love made him cry. So. People are that jumble of of emotions and words and not being able to find it like it's being. I hope you feel it being sent right back to you because it is

Sharon Rose [00:08:35] like, honestly, oh, I can't express it. I'm terrible at like at online interaction, so so I can never really do that and be fully present. But he sang Alexander Hamilton and the crowd screamed for twenty seven seconds. I shit you not. Sorry. I mean,.

THE HAMILCAST

EPISODE 288 SHARON ROSE 1 TRANSCRIPT

Gillian Pensavalle [00:08:56] You can say anything you want.

Sharon Rose [00:08:57] OK, OK. Twenty seven seconds we were stood there shaking like my knees were paper, like we couldn't breathe. And when I turned around to sing when he was 10, I was like, Oh, well, like, I couldn't breathe. I just kept taking like deep breaths. And our MD was like, "you OK" afterwards, you OK?

Gillian Pensavalle [00:09:25] I don't know. How do you answer that? Like, I've never been so great, but also, I don't know, and I handled it like, what do you even say? I'm getting like teary eyed and chills, just like imagining what you must have been going through.

Sharon Rose [00:09:35] Honestly, we were like because, you know, he also they asked if we were OK. I was like, No, no, I'm not OK, I'm I'm OK and I'm not OK, and I don't know how to deal with this right now. And it was the exhaustion because we've been in tech week just before and we done lots of dress runs and, you know, starting in the mornings, finishing at ten and just being shattered and then getting on stage and having this the audience send so much love was just overwhelming. It was, yeah, yeah, we like we are so grateful. There are no words to describe. And being back on that stage.

Gillian Pensavalle [00:10:17] Because its, nothing like this has ever happened before. How do you prepare for what it's going to be like to come? I mean, you can prepare as much as you can like any actor to prepare for a role, but you can't prepare for that like that wave of love. And just like people being so thrilled to be in the room with you. Like, there's a prep for that. How do you do that?

Sharon Rose [00:10:34] Honestly, I don't know. I think I think it depends on on every individual. There is no blueprint, right? There is no blueprint for what should be and what shouldn't be. And the show in itself is, is is about that. It's the fact that anyone can do anything. And and and I think that's what's so beautiful. But I feel like for me, it was just having a lot of time for peace because I knew it was going to be overwhelming. I

THE H★MILCAST

EPISODE 288 SHARON ROSE 1 TRANSCRIPT

I deal with a lot of anxiety myself, and it was just increased and enlarged over the lockdown period, obviously. And so I just felt incredibly overwhelmed by the beauty. It's such a hugely important role for me. I know, and for so many people who watch it. Eliza to me, was just wise beyond her years and and well ahead of her time. And so it was just carrying this beautiful gift and knowing that I have to carry it with dignity and with grace and with wisdom, and just know that she doesn't have to be perfect, but she has to be honest every time. So I think that filled me with a lot of like concerns, but I was very I was very clear about making sure I had as much peace surrounding me as possible, making sure I talked to my therapist on a regular basis. Like I, I meet her usually. Well, I normally do it like every other week, but close to those like opening night weeks, I was like, No, no, no, it every single week, I need to be with you. A lot of breathing, a lot of just prayer and meditation and just being centered. That's what I needed and not a lot of talking. I was like, all of yall, when It's opening night week, I everything that you all are doing is none of my business, I'm not talking to anyone.

Gillian Pensavalle [00:12:34] Was it strictly for your voice or was it just for your own?

Sharon Rose [00:12:37] Yes, absolutely. I have not sung this shit for 15 months. Like Eliza is a huge track to sing, so you just got to be extra careful. So I was just like, yeah, not talking now for about a week and a half.

Gillian Pensavalle [00:12:52] Yeah. Has your perspective of Eliza shifted at all? I mean, what were your feelings on her when you first got the role? And then have they changed in those 15 months at all and this meditation?

Sharon Rose [00:13:05] Yes, absolutely. Like, she's definitely shifted and grown and a lot of the discussions I was having with our resident directors about Eliza and a lot of the things that we discussed even with Tommy and and and Blank. Like the team from the US, there's a lot of growth and that the show has had over this period and we realize that we don't live in like in a bubble, right? We live in a world that is growing around us and we have to grow with it. And therefore Eliza has to grow with

THE HAMILCAST

EPISODE 288 SHARON ROSE 1 TRANSCRIPT

it. She she, you know. And I feel like I've experienced a little bit a tiny bit of what she might have experienced in her time. And there's nothing like that loss. And there's nothing like the pain of losing someone right before your eyes. And and I feel like I've sort of connected with her a little bit more since and since closing, and I feel like I love her all the more.

Gillian Pensavalle [00:14:17] Hmm.

Sharon Rose [00:14:18] And I appreciate her all the more. And I've always said that to me when I play Eliza, I think of my mom and, you know, because my mom has always been incredibly supportive of my dad and everything he did. And. I feel that even more now because of everything that my mom has gone through this last year, so it's just it's been a growing period in a learning period, and I've really gotten to know her a little bit more Eliza a little bit. Yeah.

Gillian Pensavalle [00:14:47] Yes, of course. So can we go back a little bit because I'd love to just hear your whole Hamilton story because you know, this is not your first time on the West End. You were in Motown, the musical and beautiful, and I'd love to know your how you heard about Hamilton. Was that something that made its way to you before your audition process and just your whole journey how you got to Eliza?

Sharon Rose [00:15:13] Yeah, I mean, I heard about Hamilton in 20... 2014, 2015. And, you know, I didn't really listen to it because I was like, This is never going to happen. It's never going to happen. Whatever. Like they were saying that not everyone was being seen. Everything was really secretive. And I was I was it beautiful and that was my first West End job. But even the way I got into the West End and got onto stage, I just knew that something like Hamilton was just not even in my grasp, in my reach.

Gillian Pensavalle [00:15:46] Why? Let's go back further. How did you get to the West and then tell me that story?

Sharon Rose [00:15:51] It was just like a happy accident because a friend of mine who worked for an amateur dramatics company in Essex was looking for a Sister Mary Clarence, for Sister Act,

THE H★MILCAST

EPISODE 288 SHARON ROSE 1 TRANSCRIPT

right? Because, you know, because of the world we live in, they didn't have a black member in there.

Gillian Pensavalle [00:16:09] Sharon.

Sharon Rose [00:16:12] Yeah.

Gillian Pensavalle [00:16:13] Uh huh.. OK, well, well,

Sharon Rose [00:16:15] look, it's listen um

Gillian Pensavalle [00:16:19] we're sipping tea literally right now

Sharon Rose [00:16:21] Yes. Well, look, it's the world we live in and Essex is, you know, whatever it is that people think of England, that's what like Essex is like deep northern villages in the U.K., you know, not to say that they're all ignorant people, but like, you know, it's a very isolated.

Gillian Pensavalle [00:16:42] Hmm.

Sharon Rose [00:16:43] And that's where I grew up. And then a friend of mine had listened to some of my music online that I performed in, like pubs and clubs when I was younger and and was like, Hey, we need a Sister Mary Clarence, do you want to do it? I was like, OK, I've watched Brandy and in Cinderella in 1997, and I was like, I love that I can. I can do that. I think which is why representation is so important. Anyway, we'll talk about that later.

Gillian Pensavalle [00:17:10] And now you're part of that, Joanne Jangle just saying, Yeah, that's you now.

Sharon Rose [00:17:14] Exactly. I mean, what a what a full circle moment.

Gillian Pensavalle [00:17:18] And that's you as Eliza, too, by the way. But I'm saying, that's you.

Sharon Rose [00:17:23] But yeah, so so I was like, Yeah, I'll just do it. And I performed it. And then another AMDRAM company,

THE H★MILCAST

EPISODE 288 SHARON ROSE 1 TRANSCRIPT

which didn't have people of color again called me in a different part of the country and and they were like, Hey, come down, you look great. And I was like, Yeah, sure, why not? I like it. I can do it for free. I don't care. Like, I'm just I'm singing and having fun. And then there was an agent in the audience and they were like, Hey, do you want to come and audition for some shows? I was like, Yeah, why the heck not? I'm free on a Friday or whatever. I don't have a gig until Saturday fine. Because that was my life. I was doing gigs and stuff like that. I'm just short of live gigs with my band. And then I auditioned for Thriller Live and for Beautiful, and I got both oh, like within the space of, I don't know, it was such a short amount of time. It was just insane. And I decided to do beautiful because I also wanted to keep doing my gigs right in London and, you know, doing gigs in the city. And yeah, that's how the story goes.

Gillian Pensavalle [00:18:25] Are you a dancer?

Sharon Rose [00:18:26] No, I'm a I'm a I'm a mover. Sure, sure. Sure. I move and I can, like, keep rhythm. But they were just like, Yeah, we'll trust you with this huge undertaking. And ever since then, like I tell you, Gillian, I don't know what happened, but it just it. The bug like hit me. I started reading and learning and and getting books, and I was like, There is no way these people are going to catch me with my pants down like, I need to be prepared. So I just feel like waiting, taking notes, meeting directors, discussing things like finding advice, having people teach me because I really was learning on the job.

Gillian Pensavalle [00:19:08] That is unbelievable. Like, that's the. Unreal. Unbelievable story. And like so and beautiful you were cast as as a replacement, right?

Sharon Rose [00:19:19] Yes, I replaced Lucy St. Louis, who is now doing some amazing things in Phantom of the Opera. The first black female lead in Phantom in many, many years, so it just again, incredible.

Gillian Pensavalle [00:19:34] amazing. But the thing is, you, whatever you read, whatever you did, all that advice, you got, it worked because then you were in the original West End production of Motown.

THE HAMILCAST

EPISODE 288 SHARON ROSE 1 TRANSCRIPT

Sharon Rose [00:19:45] I mean, OK, so I wasn't in the original. I was in the second I was in the second year, but still like the fact that I got a second job was to me like, what the hell?

Gillian Pensavalle [00:19:58] It's still worked

Sharon Rose [00:19:59] Yeah, yeah. All of those like acting works like, well, the Stanislavski folks and the books.

Gillian Pensavalle [00:20:05] Oh, you really dove in. You really just went to the deepest end of the pool.

Sharon Rose [00:20:09] Honestly.

Sharon Rose [00:20:10] Like, I was like, Ain't no way I'm getting called out here. I have to work real hard. And yeah, I did. I just kept booking, which was a surprise, but a wonderful surprise.

Gillian Pensavalle [00:20:22] And then you got to do what you also really another thing you really loved because you you learned, not even learn to love this. You realized, Oh, I love being on stage performing in the theater, but then you got to do your own music, too, which, by the way. Shameless plug for you. Your single, honest mistake is on Spotify. I was, Oh, no, listening to it.

Sharon Rose [00:20:42] Oh my God, that was my single when I was like, what? 18, 19 20? Oh God, I was. I was a baby. Oh Lord. Yeah.

Gillian Pensavalle [00:20:52] What are you talking about? I'm playing some of that.

Sharon Rose [00:20:54] Oh, thanks.

Sharon Rose [00:21:26] I mean, I literally as soon as I started working in musical theater, I was like, take down all the music, leave everything.

Gillian Pensavalle [00:21:34] why?

THE HAMILCAST

EPISODE 288 SHARON ROSE 1 TRANSCRIPT

Sharon Rose [00:21:34] Because I was just I was just surrounded by such incredible people. And that's what happens when you kind of feel like an imposter right in the room.

Gillian Pensavalle [00:21:41] Well, that I get.

Sharon Rose [00:21:43] You just start to doubt yourself. And I was doubting everything and and going, all these people have studied for four or five years for this. Some people have been doing this their whole lives. What the hell am I doing here? So I was like, Hide, hide, everything good about me, hide everything so that people don't know who I am, and they don't pay much attention to me. And that's been like a journey. It's been a journey to get to a place where I can celebrate myself. And yeah, .

Gillian Pensavalle [00:22:10] Well, call me.

Gillian Pensavalle [00:22:11] If you ever need help with that, I will celebrate you whenever you want. I will be a celebration sponsor.

Sharon Rose [00:22:17] I appreciate.

Gillian Pensavalle [00:22:18] I know. I mean, imposter syndrome is brutal. It's relentless, you know? I totally understand what you're talking about, that anxiety. And Oh, I'm going to be found out. And you know, it's so funny. Like, you made that because you were excited to do it and proud to do it. And then there's a part of you who got this really amazing gig. And still, that imposter syndrome is saying, you've got to take it down, but you were happy about, you know, like, it's this like the inner battle that it causes.

Sharon Rose [00:22:44] honestly

Gillian Pensavalle [00:22:45] yeah, its a lot.

Sharon Rose [00:22:45] it's debilitating and it really like it stops you from achieving the things that you you're supposed to achieve it and it ends up taking you much longer. Right? So I

THE HAMILCAST

EPISODE 288 SHARON ROSE 1 TRANSCRIPT

started hearing about Hamilton when I was a beautiful and that was like my very first job and I was like, Hell, no. There is absolutely no way I can even get into the ring. And then when I was at Motown, and I think. Oh, yes. So I was at Motown and I was auditioning for for Dreamgirls. And they I they brought me in for like ten calls for Dreamgirls, right? And and they wanted me for Dinah, and I was like, Come on. This is this is a dream of mine. I've watched Dreamgirls since I was a kid. This is what I want. And after, like my 10th audition, I got rejected and my heart was torn in two. I was like, I thought they wanted me. They told me I was perfect for it and I didn't get it. That was then. My imposter syndrome is real. Then I'm I'm absolutely terrible at what I do. And and then I got called for Hamilton, and then I was like, Oh, OK, well, maybe that was just like lies. I was telling myself, like it? Yeah, you know what I mean? So I do feel like it really does, like slow you down and I don't know what we can do to heal from that. But someone needs to write a book real quick to help us with that.

Gillian Pensavalle [00:24:11] It's interesting. You know, we talk about this. This just comes up a lot on the podcast, just mental health or anxiety and especially imposter syndrome. I mean, that's something that is discussed a lot. Yeah, I mean, this is such a hard thing to to. It's so easier. It's so much easier said than done. But my therapist has said and I know many other therapists have said, like the more you want to silence it, the louder it's going to be. So if you just ignore not just sort of be nice to whatever's happened, whoever that is inside you, you're your younger self, you're whoever is saying like, you can't do this, they're going to find you out. Like, Well, it's a little to have a little compassion toward it. Like, This is you're you're terrified and that's I hear you. Yeah, I have to go to work right now and do this. I will talk to you in a minute. But like I see you, I hear you. We will get to it at another time. Because the more you try to like, sweep it under the rug, that pile is going to get bigger and bigger and it's going to get louder and louder. And it's going to say it's going to like demand to talk to you now. And if you just say a little like some whatever your version of, yeah, I totally hear you like I. Yeah, I am terrified. I'm acknowledging that. But like, I got to get through this show, I got to get through this whatever. I got to go to work today or whatever it is, then

THE HAMILCAST

EPISODE 288 SHARON ROSE 1 TRANSCRIPT

like, I'll deal with you at a later date. And it's just sort of like, Oh, OK. Like, as long as it's like heard in its own way, you can manage it a little bit. maybe.

Sharon Rose [00:25:30] Absolutely. And honestly, like to tell you the truth. The first time I did Eliza before the lockdown, the the the the volume of the imposter syndrome was so loud it would it would almost like it would get to a point where I would tire myself out vocally because the nerves would build to a point and my chest was always like full of worry and doubt. And I would constantly have to go to and to someone to sort of get a vocal massage and to to relax because everything was so tense around my neck and my shoulders were on my chest and and it was hard. It was hard to be to be kind to that, to that part of me because it felt like it was hindering me so much.

Gillian Pensavalle [00:26:17] Totally.

Sharon Rose [00:26:17] I would just get so angry. And instead of dealing like what you're saying, dealing with it and just saying, Hey, I hate you, that's OK. What I would try and do is distract myself from the.

Gillian Pensavalle [00:26:28] Absolutely right, of course.

Sharon Rose [00:26:30] Because because that's kind of work before in our lives. Distraction is kind of one of the easiest go-to things. Mm-Hmm. And I was like during lockdown, I was like, am I really healed. Or am I just distracted? Like, you know, have I just distracted myself with a book or TV show or movie or whatever it is just to silence the noise because I don't want to listen to that voice inside my head?

Gillian Pensavalle [00:27:00] Yeah.

Sharon Rose [00:27:01] And that's been a huge journey. I still don't know the answer to that, but I do feel like when you when you're really real with yourself and ask those questions, you, you started on the journey, you know

Gillian Pensavalle [00:27:15] and just everyone's experience during this time, like when lockdown first happened. I remember

THE HAMILCAST

EPISODE 288 SHARON ROSE 1 TRANSCRIPT

families going viral with their kids because they were doing all these like everyone was like bored and trying to have fun, and my work never stopped. Thank God, because podcasting, you know, podcasting was something that people wanted and something I could do virtually.

Sharon Rose [00:27:35] So, of course.

Gillian Pensavalle [00:27:36] But there were people sort of like having fun with it for the first couple of weeks, like, Oh, you know, going live on Instagram and chatting and zoom cocktails and all this stuff. And then we all hit this plateau of like, is this forever? Like what? And then we all sort of lost some social skills. We lost some, like going to the grocery store was kind of like a thing. It was a big deal. Like, Are we safe enough? Are we cleaning everything? Are we doing this? And it's like, what our mental health has gone through? I don't even think we all really know. Well, and now we're back, and that's exciting, but it's scary, and now you're in a room full of people, and that's exciting and it's scary and like, you're coming back to this character who's so big and important, and that's exciting and that's scary.

Sharon Rose [00:28:22] Yeah, you're so right. And it's it's it's those things that we that we might not deal with because we're just so excited about being back right that are like, No, no, no, no, Sharon, you haven't. Knock, knock, knock. Here's an issue that you haven't dealt with knock, knock, knock. Here's an issue and that might, you know, and for me personally, I worry about stuff like that turning up mid-show specifically, right? Because we all, well, the people who watch the show know sort of Eliza story arc in that she sort of goes up and down emotionally. And we get to this point where she is just like in bits because something incredibly painful has just happened to her.

Gillian Pensavalle [00:29:10] Are you trying not to give spoilers?

Sharon Rose [00:29:12] I am. I'm sorry. Talk about it.

THE HAMILCAST

EPISODE 288 SHARON ROSE 1 TRANSCRIPT

Gillian Pensavalle [00:29:14] You can totally say what it is. You're so sweet. Oh my gosh. And here's when Phillip dies. Is what you're saying.

Sharon Rose [00:29:21] Yes?

Gillian Pensavalle [00:29:22] Yes, that is. I'm like, that is this that is the sweetest thing. And almost 300 episodes of this podcast, oh my god, that is adorable. You are so kind.

Sharon Rose [00:29:30] No. You know what? No, it's because that's all the trauma from the media training. It's like, Don't!

Gillian Pensavalle [00:29:39] this is a safe space. You get all the little details, a little Easter eggs, the little everything is. You can say anything you want here.

Sharon Rose [00:29:45] Yeah, I mean, yeah. So for me, I was like, you know, I went through a lot. My family and I went through a lot overlook lockdown. And one of the main things for me, and one of the reasons why I was like, Hello, therapist, I need your help was because when I didn't want was for everything to pour out at Philip's death. Because because it's easy for that to happen with Eliza, it's it's easy to just give everything in that moment because that's what you want to do. And in order to be honest and and to be as real in that moment, you need to give quite a lot. And I was panicking. I was really panicking because immediately after your voice needs to go to a really soft place. And then the next thing, it's going to soft place. And then for the very final song, it's in a soft and then a big place like, so you still have, you know, it's it's a marathon, not a sprint. This show for Eliza. So I was incredibly worried about just giving everything away at that point because I. I was feeling so much of it, so much of it. And when I listened to the music back again for the first time, I broke down in tears and I was like, I don't know if I'll be able to get through the show. I don't know if I can do this. I told my agent, I told, I told everyone. I told the company, I said, I don't know that I can do this because this is too heartbreaking and I won't be able to get to the end of the show.

Gillian Pensavalle [00:31:12] Wow.

THE HAMILCAST

EPISODE 288 SHARON ROSE 1 TRANSCRIPT

Sharon Rose [00:31:12] I, my therapist, said, OK, let's get to work. So we got to work and we're here now.

Gillian Pensavalle [00:31:19] I love that your therapist's response was, All right, let's let's go

Sharon Rose [00:31:22] Let's do this. Yeah, yeah. And it's it's a thing to be able to regulate your emotions as a performer. Oh my god. I mean we're actors, we were our hearts on our sleeves. So, it's not been easy, but we got there.

Gillian Pensavalle [00:31:38] Yeah. And especially that moment. I mean, that release of emotion because you've been we as the audience has been for lack of a better term and in a very sensitive way, sort of waiting for Eliza to have this release, you know, like Burr is beautiful, but she's she. Depending on how it's played, it can be the sort of angry like this defiant moment, right? And then the Reynolds pamphlet happens and you're waiting like, its cathartic for us, for Eliza to finally have this emotional release and like, rip her hand away from Alex. Like how can no like? So for us, for her to finally stand in, that is really comforting for the people who've been rooting for her this whole time.

Sharon Rose [00:32:23] Yes.

Gillian Pensavalle [00:32:23] And we I'm realizing as I'm talking about it, we're taking that for granted that whoever is on stage is Eliza is so good at it that that it helps us too.

Sharon Rose [00:32:32] Yeah.

Gillian Pensavalle [00:32:33] Hearing you talk about how hard that is, of course it is. But now in the context of this world that we're in today, it's really like that just blew my mind hearing you talk.

Sharon Rose [00:32:44] Yeah, yeah. And and, you know, emotionally, even after the fact that she's so up and down means that if you don't find a way as an Eliza to regulate your emotions, you're doing this either seven or eight times a week,

THE H★MILCAST

EPISODE 288 SHARON ROSE 1 TRANSCRIPT

right? And and that could be a third act after every show, right? Because emotionally, you're still in a place that's like on edge and you are drained and exhausted because it takes a lot when someone gets to a place where they're crying on stage. It gets it takes a lot for someone to get to a place where they're screaming on stage and that to be honest and not be weird and kind of wet. And you know what I mean, like a scream needs to be guttural and it needs to. Well, for me, that scream anyway. I can't speak for anyone else, but it needs to be guttural. For a parent to lose a child, that's unthinkable. Unimaginable, as Lin would say. Yes, and it's unimaginable. And so it takes a lot of your out of you emotionally. And so my heart goes out to every single Eliza because girl, I feel you. Because sometimes the third act comes out when I'm at home and I'm talking to my boyfriend and he's like, What's wrong with you? What's happening? And I'm like, You don't understand. I just been through a lot, you know?

Gillian Pensavalle [00:34:10] Yeah, what do you do for that when you feel yourself in that moment? Like how how do you disconnect in a way that isn't like totally shutting yourself down? And, you know, in a healthy way to protect your mental health and emotional health care?

Sharon Rose [00:34:27] I mean, it's different for everyone, but for myself, I do a lot of breathing and feel like I'm fortunate enough to be to do a lot of prayer as well and just finding a way to send to yourself whether that's meditation or or having a partner at home where you can just hold hands with and say, Hey, I'm here with you right now in this moment. And a lot of times like, you know, we as actors can be very, I can't describe it any better than just be like fru-fru. You say that here in the UK with my friends, just like because we wear our hearts on our sleeves. Everything is like overdramatic and just that. But I think because this takes so much out of you, you do need to just have someone that can send to you something that can bring you back down. For me, it's my breathing and praying.

Gillian Pensavalle [00:35:16] I am so glad we didn't do this. After your show on Sunday, I would have felt like the biggest jerk in the world, making you talk about it after, like in your dressing room, after you just came down from that. Like, I'm so

THE H★MILCAST

EPISODE 288 SHARON ROSE 1 TRANSCRIPT

glad it worked out that we're doing this when we're doing it, because you need to take a break after that. That's yeah, you're going to be talking to me for for no,

Sharon Rose [00:35:43] you know, I really wouldn't have minded like it would have been if. Have been really nice, a good experience for me as well, because you just never know how you can feel in that moment. You never know what you're going to say and it might have been very revelatory. I think it might have been very interesting to to have that conversation because honestly, I don't know where I was at mentally at that point like and I don't know if you remember, but the whole time I had like one of our directors who was like, Hey, I can get you a laptop, and someone else was like trying to arrange things. But I think it's because after the show, I still have those like Eliza tears and those Eliza Eliza

Gillian Pensavalle [00:36:27] wet face because we were. So let's tell them what happened, though, Sharon, because now we were so we were supposed to do it at like 3:00 pm your time. 11:00 a.m. My time on Sunday. Yeah, and then that didn't happen

Sharon Rose [00:36:44] because I was on stage and onstage. And who does that like? Who forgets that you're supposed to be doing the show?

Gillian Pensavalle [00:36:51] Someone who didn't do it for two months and is playing Eliza and who has a crazy schedule and some annoying podcasts are trying to get her to talk about her job. Like that's it's that's valid.

Sharon Rose [00:37:03] No, for real, though, I was just like, Damn it. So we were like, Let's do it after the show. Yes, yes, let's do it after the show. Quickly, let's put it all together

Gillian Pensavalle [00:37:12] And I thought you meant like you would be home

Sharon Rose [00:37:15] Oh no

Gillian Pensavalle [00:37:15] and we would do this in Europe. Like when you said, like, can we do it at this time? I was like,

THE HAMILCAST

EPISODE 288 SHARON ROSE 1 TRANSCRIPT

Oh, OK, great. I assumed you'd be where you're sitting right now. I did not think you were going to be still with the Eliza like the hair stuff on. And then there's Karl setting up your computer and the ad is there and like, as it's happening, I was like, Sharon, wait a second, but they're going to be the minute we start getting rolling. They're going to be closing the theater right? And you were like, Wait, is that are they? Have you asked someone? Wait, when do I have to leave? And they were like in about 30 minutes and they were like, That's

Sharon Rose [00:37:50] that's that's not going to work. And no, for real, though, like I must have I must have gone up to these people looking deranged, right? Because because they all started freaking out a Karl, here's my Hamilton was running around desperately trying to find me a device. And then the director was like, Oh no, I'll run upstairs, which is like five flights of stairs to go up to the studio to get me. So I must have looked insane just going. Can someone help me, please? And so and so no one needs to be seeing Eliza at that point.

Gillian Pensavalle [00:38:25] Thought about a third act. You're just like frantically running.

Sharon Rose [00:38:29] That's what I'm saying. If I don't do my breathing afterwards, I must look insane. But yeah, that Sunday was interesting, and I'm so grateful for your patience. Thank you.

Gillian Pensavalle [00:38:40] Oh, please. I mean, I'm yes. Now that I have a full picture, I would be patient anyway. Like, I mean, I'm grateful that you even want to talk about this before a show event or your time off. Like, I'm incredibly grateful to have you here, and this conversation is amazing. So, yeah, and I understand like the whole like time is a flat circle. Nothing makes sense anymore. Everyone's getting back into its schedules are every day on like, what day is it especially like, you know, there are there's no such thing as weekends, really. It's just sort of like one day into the next. I totally completely understand.

Sharon Rose [00:39:12] Truly. Yeah, yeah. Time for me right now is L.O.L. I have, but I have no idea. It makes no sense to me

THE HAMILCAST

EPISODE 288 SHARON ROSE 1 TRANSCRIPT

right now. Yeah. Everything will probably be just a jumble until I can afford to get on a personal assistant and that way for a few years, maybe. Until then, it's just going to be guesswork.

Gillian Pensavalle [00:39:37] Look, that sounds like fun to me. Very spontaneous. A lot of improv.

Sharon Rose [00:39:41] Exactly. Exactly. Oh God. Yeah. So I drove people crazy this weekend, but thank you so much.

Gillian Pensavalle [00:39:50] Thank you.

[00:39:58] Isn't she the nicest? I had the best time. All right. Next week, I'll be back with Sharon Rose to wrap up our conversation. She's talking about her audition and rehearsal process, sharing the tricks to burning Eliza letters just right. Seriously, it's way more complicated than it looks. Plus, more on getting out of your own way, and stories from the set of Jingle Jangle. And lastly, before we get to Lac's amazing Yorktown arrangement, I wanted to play you some more of Sharon's music. I fell in love with the song called Let the Women Eat that came out in April of 2021, and I want you to hear some of it, so I'm going to say goodbye. Then I'll play some of the song and then we'll go right into Lac. OK, but I'm going to say goodbye first. So I love you. Thank you so much for listening. Stay safe. Stay healthy. I'll talk to you next week. I'm G. Pen.

Gillian Pensavalle [00:42:47]

The Hamilcast is brought to you by my love of the thing TM and my complete lack of chill, please join me in raising all the glasses to Sir Alex Lacamoire for generously making my intro music and this custom Yorktown arrangement that I will never, ever get over. Thank you. Thank you. Thank you. To become a patreon peep and join the best, kindest and most welcoming corner of the Internet, go to Patreon dot com, slash the Hamilcast. You can submit questions to guests, join Zoom Hangouts, get behind the scenes access and of course, my unending gratitude. I'm at the Hamilcast on all social media and you can listen wherever you get your podcasts. Visit the Hamilcast dot com for transcripts, episodes and more. You can see what's going on with Mike. You know Mike at Michael Paul Smith dot net. True Crime Obsessed is my true crime comedy

THE HAMILCAST

EPISODE 288 SHARON ROSE 1 TRANSCRIPT

podcast with my podcast soul mate Patrick Hinds of Theater People and Broadway BackStory fame. Thank you so much for listening. It means the world to me, to the revolution