



Name: Sophie Howard

Gallery: Oc Eo Gallery

Sophie Howard, *She Goes*

Who and what has most influenced your work?

Right now it's got to be dancers. I went on a tango tour of Vietnam last year and the place and its people, its art and culture and utter beauty have really got under my skin. Dance challenges me as a sculptor. It is an overwhelming thing to try to tackle in static three dimensions.

At what age did you come into your own with your style?

I have always felt that I am just beginning to 'get there', ever since I was eleven and realised how much it mattered to me.

What has inspired your latest exhibition?

People's bodies and their fire and life, how fine, and how temporary and how fluid people and their lives are.

“ Ideas can't be shut up in a box. ”

What makes your work different?

It's texture and colour, it's an odd mix of materials and it's sensuality.

Are you fan of modern art?

Definitely. I am a modern artist! It's a great tide that has a life of its own. Ideas can't be shut up in a box.

If you had to summarise your work in one word, what would you say?

Sexy.

Apart from the gallery you're exhibiting in what is your favourite gallery in Bath/Bristol?

Bristol City Museum and Art Gallery is familiar and architecturally pleasing and a constant source of inspiration, from its dinosaurs to its new art. Banksy was amazing last year and showed just how brilliant and fresh such a place can be.

Why should people visit this particular show and gallery?

It is a dynamic and inspiring selection and will make people think about who they are and how they live.