

CAN WE PULL YOU FOR A CHAT?

THE COMEDIAN ON *DANCING ON ICE* AND FELINE FRIENDS

LOU SANDERS

As a professional funny lady, Lou Sanders is no stranger to the pressures of live performance. But, as the 38 year old – who won *Taskmaster* in 2019 – has learned as a contestant on ITV's *Dancing On Ice*, comedy club and theatre audiences are a little different to primetime Sunday night TV viewers.

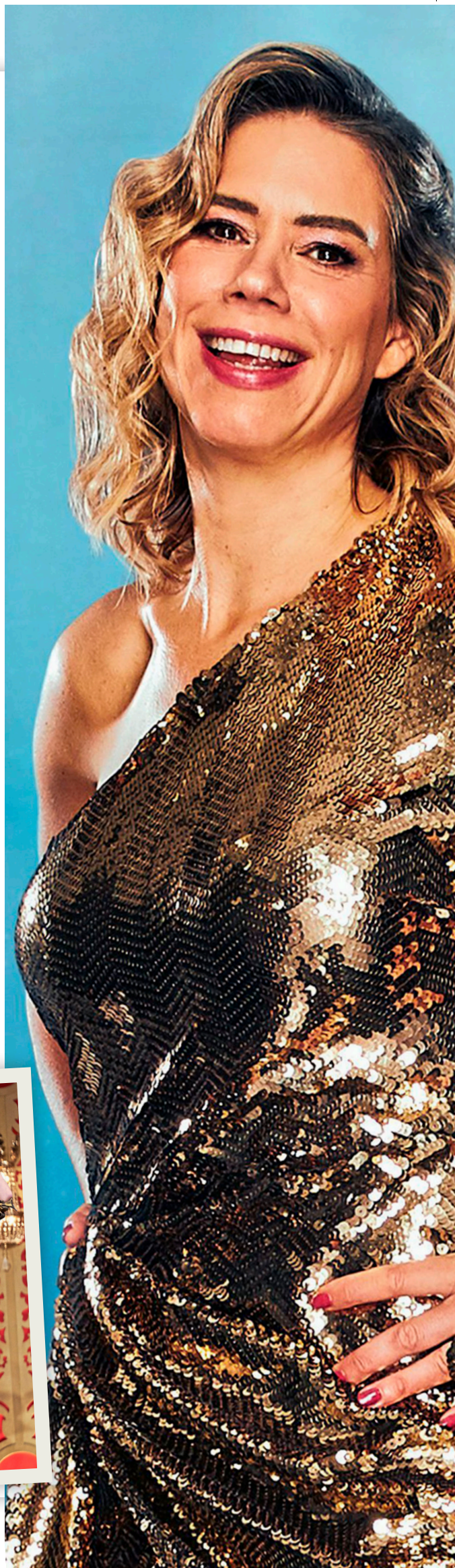
The self-deprecating star, who lists Mel Giedroyc, Katherine Ryan and Aisling Bea among her skate supporters, speaks to us about her 2025 tour *No Kissing In The Bingo Hall*, dangerous lifts, and facing the judges...

Congrats on your *Dancing On Ice* journey. How have you found it?

I feel like a little kid in a ruffly dress – which I do love, the costume department are amazing – doing my little dance. It's like I'm a five year old, saying, "Do you like my dance?" And the judges are like, "No, we don't really."

How have you coped with the pressure?

There's a lot of highs and a lot of lows. It's the most fun, but then, when it's tense, it is also quite stressful. But also, we're not in a war zone – it's an ITV show. **It feels like there's a lot of camaraderie...** I always wanted to



Nailing those lifts with Brendyn

All about the pussy: with one of the other men in her life

be in a dance troupe. Obviously, I've got no ability for dancing, and I'm nearly in my forties, so that's not going to happen – this is the closest I'm gonna get! **Who do you want to win?** My flatmate put a bet on Adele Roberts winning. Do you know that a woman hasn't won it in 12 years? I think Adele and Amber [Davies] are really strong contenders. And Roxy Shahidi! She's my new wife – we're going to have an affair, I think. **You and your pro partner Brendyn Hatfield must have to get incredibly intimate in rehearsals. How did you – pardon the pun – break the ice?** It's funny, isn't it? Because you're not used to being so close to someone

physically and then not going home with them. He wasn't awkward, because that's his day-in, day-out, but I was a bit like, "Oh, you're holding me, are you?" But after the first day, it's not awkward, because it's just a job.

'Roxy Shahidi is my new wife!'

There's clearly a lot of trust between you, especially with those lifts... I feel like I've broken Brendyn. I'm like 11-and-a-half stone, and he's very strong, but it's like picking up the biggest baby he's ever held. **Are your comedy friends supporting you?** Annie McGrath, Jon

Robins, Harriet Kemsley, Mel Giedroyc – they all came down to watch me skate. I think we all thought I'd be better than I am. But it is a strong year, in my defence. **You're heading out on tour next year with your new show. What are the best – and worst – things about life on the road?** I like to stay in places with nice things to do, like wild

Do you think stand-up prepared you for the pressures of Dancing On Ice? I guess it's all adrenaline, right? It's more exposing dancing to the nation. For some reason, I don't get three-and-half-million people coming to my shows – weird. **What's worse: being heckled or the judges' comments?** With *Dancing On Ice*, you've got to be mindful of what the audience are expecting – you don't want to act ungrateful. Whereas, if somebody's heckling me, I can deal with it however I want to deal with it. I can't just take out Ashley [Banjo], Oti [Mabuse], Chris [Dean] and Jayne [Torvill] with security. Imagine if I could do that? They give me the scores, then "Security!" ■

Lou Sanders tours the UK in 2025 with her brand-new stand-up show No Kissing In The Bingo Hall. Tickets can be found at Lousanders.com