

Professional Candoco dancer Anna talks about adaptability when preparing and performing in Last Shelter. Anna is deaf so an interpreters voice verbalises for her whilst she signs directly into the camera in an interview interspersed with images filmed in the dance studio during rehearsals.

The first images show all 6 dancers performing as part of a structured improvisation. Ihsaan and Olivia are in the forefront, Ihsaan's hand is on Olivia's shoulder and she is focused on brushing her fingers through his open hand. Behind Megan is bent over so that she can talk into a low microphone stand. Mickaella enters she briefly touches Anna's thigh which triggers her to start moving as she turns Joel spins his chair.

The dancers then cross in front of the camera each performing their own movements in the same space varying their speed, as they lounge or tip they extend and bend their arms at different angles.

Anna sits on a chair signing in-front of a table tipped on its edge

Ihsaan sits torso bent forwards between Joel and Anna reaching one arm up to Joel's knee his other arm pulled back by Anna who is sitting on the back of an upturned chair on the floor. As Ihsaan sits up Anna hooks her arm through his and lies against his shoulder. As Joel propels his chair past them Ihsaan twists to the side leaning forward Anna remains on contact lying down his back as they both stretch out their bodies.