

The short film starts with the whole company moving around a table with aluminium legs, they are all moving individually but there is a common quality to their improvised movement, constant waves and ripples travel freely through their bodies, the flow of movement reaching the end of its journey with a jut of a hip or elbow to then smoothly rebound and travel through their bodies in a different direction. Ihsaan talks over the clips from rehearsals and directly into the camera.

A small group section also demonstrates the playful quality and relationships between the dancers and the random objects used in the piece. The dancers physically move each other and the objects. Ihsaan shifts Megan by placing his hands around her waist, to which she responds by placing his hand on a microphone stand that's laid on the ground. He picks it up and together they put it on top of a chair.

Anna and Ihsaan then rotate around the table which is balancing vertically on its edge.

The group are then briefly seen moving in the centre of the studio still as individuals but with a collective connection, fleeting light touches pass between the dancers. As Ihsaan talks about stepping into the piece and thresholds the image shows him physically picking up his knees and stepping forwards whilst moving with the group.

The final movement clip demonstrates Ihsaan's flexibility and core strength as he moves. He is pushing himself up off the floor by one arm pelvis leading, he gets half way, still arched back and hovers then lowers himself back down onto his back, he rolls his knees over his shoulder then rebounds back up to standing.