

In this short one-minute film professional Candoco dancer, Megan talks about the foundations of Shelter, what drives the piece and how it feels to perform from within. She talks over short clips from the piece which were filmed during rehearsals in the studio.

The film starts with Megan striding towards Anna who is moving in front of a vertical upturned table. She is followed by Mickaella whose prosthetic limb can be heard on the wooden floor. As the female dancer's movement projects off the table's surface Joel very gradually edges the table forwards using his head as his arms move his chair by the rims on the wheels. The female dancer's movement is continuous, limbs extending and folding effortlessly allowing the freedom of movement to travel right through their bodies.

Megan speaks directly into the camera wearing a rusty brown shirt.

The movement clips then give examples of the dancers non-stopping improvised movement in a tight group around two chairs, the dancers playfully respond and pick up on each other's actions for example exaggerating a little bounce and taking it into the shoulders and moving forwards connected by the chair. Exchanging positions and finding different ways of moving, leaning, sitting and responding to each other and the objects.

Is-an

Ihsaan Joel Anna Mickaella Olivia Megan