

During this short one-minute film, professional Candoco Dancer Olivia articulates her thoughts on performing in the piece Last Shelter. The images shown whilst she talks about the piece were filmed during rehearsals in the studio. At the beginning of the film Olivia is travelling sideways, pushing her palms forwards behind the other company dancers who are moving around a table with aluminium legs, (the type you often find in a school dining room). Olivia shifts a chair to the side and briefly sits down on it, leaning forwards and turning her head to observe the other dancer's individual free movement. A light touch on her arm from Megan instigates her to stand up and join in again, crossing her legs, elbow inverted in towards her centre, torso folding to the side over twisted legs trapping her arm, hand shaking - the camera cuts to Olivia sat on a sofa in a denim shirt talking directly to the camera, she gestures with her hands when she talks about her craft.

As she continues to talk there are more images shown from a run of the piece in the studio demonstrating the playful aspects of the piece and the relationships between the dancers. Although they move individually the connections between the dancers are strong. A movement or Knock from another dancer triggers each dancer's personal movement. As a movement ricochets through one dancer's body, it sparks off a response in another's. Brief contact leads to intimate moments, demonstrated by an interaction between Ihsaan and Olivia where he slowly guides her tightly curled up body down to the floor.