

Audio Notes to accompany Last Shelter Insight Film

Written by Caroline Burn

This short three-minute film contains footage captured in the rehearsal studio during the creation process and devising of Last Shelter, with Jeannine Durning. Throughout the film Candoco's 6 professional dancers are performing sections from the piece, the images of the company moving have the dancers themselves talking over the top of the movement, interspersed with interviews allowing us to see which dancer in turn is sharing their insight into the creative process. They each express how they personally feel while dancing and interacting with each other throughout the piece which uses directions, landmarks, and physical objects but no set steps.

The opening image is of the dancers around a simple table which has aluminium legs that can fold down, the type you often find in a school dinner hall. As Joel approaches the top of the table in his chair it triggers Megan to curve her torso forwards on straight legs lifting her elbows as she does so each of the dancers respond with individual movements that travels through their bodies with continuous momentum. They each twist, turn and rotate different body parts facing the table and away from it. As Megan bends her knees the movement ripples up through her spine. Megan is the first of the dancers to describe the foundations of the work.

The camera then focuses in on Joel with his chest resting on his legs propelling himself in towards Anna who is sat on the floor back-to-back with Ihsaan, he swiftly takes hold of her ankle to pull himself in closer forming a trio. Anna draws her knee up towards her shoulder, then places her hand on his shoulder and Joel tips his chair forwards shifting his weight into his hands on the floor.

As Joels comments on the piece we see him travel at speed across the studio and spin his chair. Then out of his chair he lies across the table top as the rest of the dancers move around and to the side of the table.

As Mickaella speaks Olivia is shifting the table holding it vertically moving it forwards which forces Mickaella to continue her movement shunting forwards

As Olivias voice is heard the image is of her leaning backwards looking up into the palm of Ihsaan's hand which is hovering above her head, each time she lengthens her legs with a quirky

ripple through her body her head is lightly pushed down again. Another shot of her rocking, leaning forwards, hip jutting to the side framed by the table vertically behind on its side.

Ihsaan talks over the film commentary there is a variety of snippets of the dancers moving towards the table and away from its surface as its placed randomly in the centre of the studio, physically breaking up the performance space.

Ihsaan takes a huge arch backwards whilst propelling his arms forwards.

Anna signs her interview and a voice interprets for her because she is deaf, whilst she speaks various objects are moved around the studio, a chair, microphone stands and the table are randomly placed then replaced as the dancers improvise movement around them and in between them.

The piece involves a lot of physical contact where one dancer instigates another's movement through touch and contact of different bodies parts or leaning their weight into each other. As Joel talks over the film for the second time he takes his full weight into his powerful arms tipping out of his chair and flipping over onto his back with Anna and Olivia on either side.

As the dancers speak the footage picks up pace showing the dancers moving across the space or in tight groups with continuous energy.