

# Sit and take a look at life

By CRISPIN TILL

People who enjoy ballet but are not quite sure about "modern dance" should go along to the Araluen Centre tomorrow night.

Alice Springs contemporary dance group Sprung is performing Sit which should have the audience standing in the aisles.

Sprung is a group of locals from a variety of arts backgrounds who use the five parts of the performance to explore different areas of modern day life.

"Modern dance is not how it is sometimes perceived, all writhing on the ground with incomprehensible movements," artistic director Liz Logan said.

## Explores

Sit explores what situations move us to activity or trap us in inactivity, and how we react as individuals. The concept for the performance has fascinated Liz for years.

"I love watching people and wondering what makes them act," she said.

"The aged care piece in Sit is straight from visits I made to an old people's home when I was in school.

"What better way to explore the way soci-

ety treats the aged than through dance and theatre."

The performance starts with "Lifestream" capturing the continuum of everyday life, its flow, warp and weft, supports and alienations, ending with the beginning to Sit.

In "Terminal" the growing tensions of travellers is examined as they wait for delayed flights in an airport terminal.

## Forced

"TV or Not to Be" explores the growing reliance on television for people's perceptions of reality.

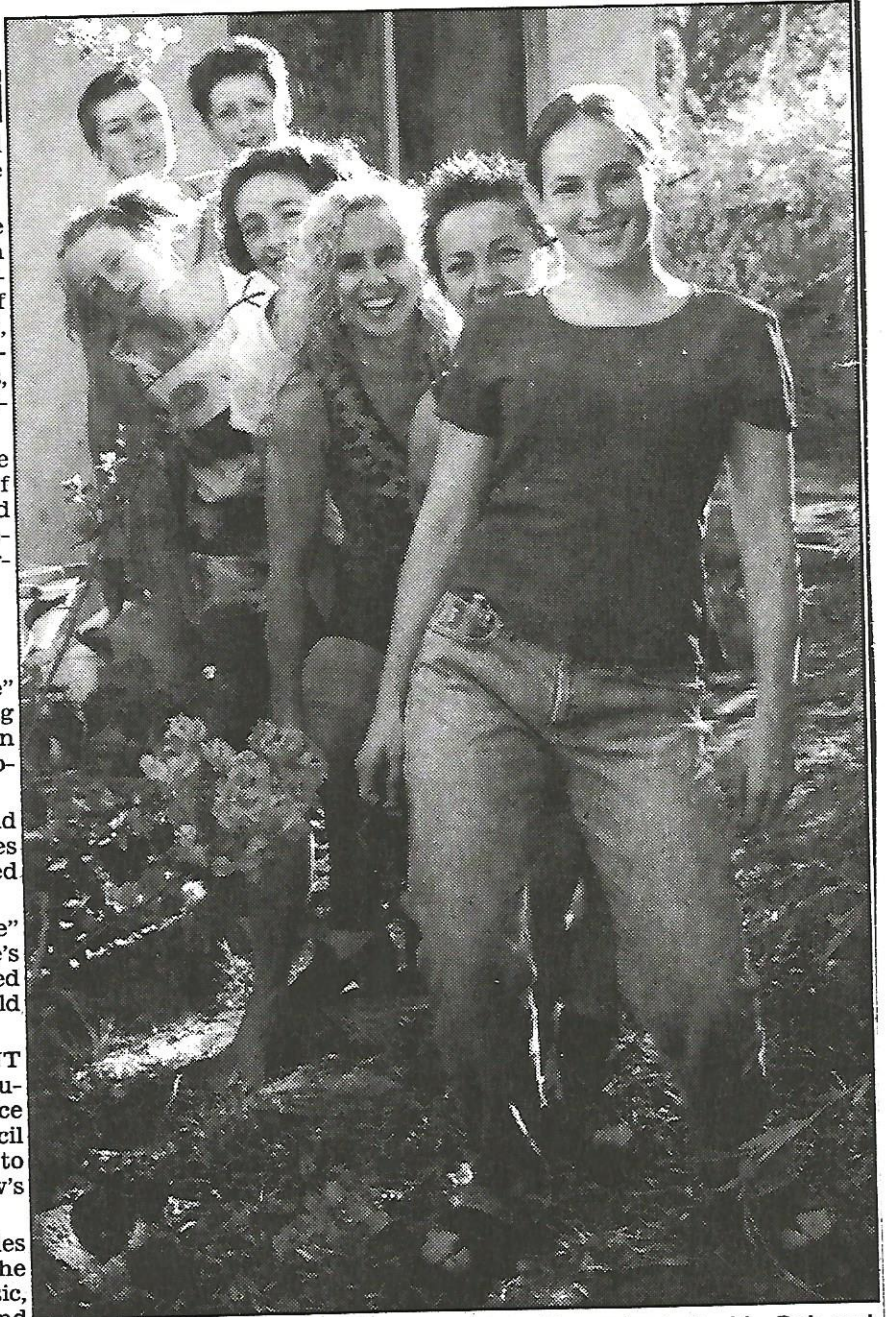
The changing and differing approaches to love are examined in "Lovesit".

The final act, "Care" shows the end of life's stream in the forced passivity of an old folks home.

Grants from the NT Office of Arts and Museums and the Alice Springs Town Council has allowed Sprung to put on tomorrow's show.

The group includes performers from the fields of dance, music, theatre, circus and martial arts.

Sit starts at 8pm.



● Sprung are (from back): Kristen, Desda, Prem, Arabella, Liz, Deb and Kelly