

---

## **SUSTENANCE**

**Restless Dance Company**  
**State Opera of SA Studio, Netley**  
Until March 19

Review by Rod Lewis

The youth of today cry out for sustenance in Kat Worth and Daisy Brown's impressive workshop piece that combines dance with echoes of dialogue.

Featuring sixteen fully-abled and disabled youth, we journey through the tumultuous landscape of their mind, set to the original, industrial music of Ian Moorhead.

We see their confusion and distress as they face peer pressure, responsibility and an uncertain future, rarely finding the time to find themselves. But in moments of silence, hopes, dreams, wants and needs float to the surface before being drowned again in the turmoil of everyday.

Their need to be nourished with love and guidance, and the desire to be heard and understood are balanced by the irony that they are in this together but alone.

Gaelle Mellis' triangular set contrasts the action against a tranquil backdrop of deer in a forest, reminding us of the inner space, the time out and the harmony that is craved.

Short but sharp, "Sustenance" is an important reminder to listen.