Twist in the feat Jamie First

Australian Ballet dancers Dana Stephensen and Andrew Killa limber up for Vanguard, described as a contemporary "celebration of the body" at the Arts Centre from today to June 17.

It features works from George Balanchine, Jir Kylian and Wayne McGregor.

Balanchine uses an Ancient Greek notion to shape his piece The Four Temperaments.

Kylian brings insight and invention to Bella Figura that includes swirling flamered skirts.

McGregor tests the limits of movement in a laboratory-white setting for Dyad 1929.

Tickets start at \$39.