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By Robert Beale, 5 STARS

YESTERDAY at The Lowry, Salford Quays

JVC are energy-filled and entertaining, with very physical dance – tumbling as much as dancing, much of it --- allied to text, video and very clever use of projection.

The programme, called Yesterday, is a retrospective of 10 years of their choreographer's work. A bit tricky for those of us who haven't been following Jasmin Vardimon through that time, but what you get is a sequence of contrasting episodes that makes a fascinating programme.

There are some recurrent themes, and bits of stories. It was rather disturbing that one of those themes seemed to be violence (simulated violence, anyway, but it was still vivid) as a metaphor of human relationships.

It was ameliorated by some tender images, too, and the final burst of 'Christ, have mercy' from Mozart's Requiem offered a kind of redemption, but that was because of the music mainly.

There's fun and comedy in Vardimon's creations, too, whether it's dancers showing us the dimples on their bottoms or bouncing like jelly beans to Hot Butter's Popcorn (one of my favourite instrumentals from 1972, I admit).

But most impressive of all was the split-second precision and control of those performers. They are virtuosos of contemporary physical dance, and whereas some do it pretty well, Jasmin Vardimon Company do it to perfection.