

Aerial Dance

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Have you ever done yoga? Or maybe gymnastics or modern dance? How about doing any of those moves while suspended in the air while hanging from a hoop and silk fabric? Aerial dance combines modern dance, athleticism and strength, and body control and understanding to create these magical moments of awe-inspiring spectacle.

Aerial dance was first recognized in the 1970's in the United States and has grown in popularity around the world. Argentina, Italy, France, Ireland and England all have well-known troupes or growing festivals. The most recognized performances of aerial dance include Cirque du Soleil, which tours the world and creates enchanted stories year after year.

The performers who do aerial dance and use lyras or hoops in their routine are not just dancers and they are not just athletes. Landing somewhere in between, these performers balance physical strength with artistic impression to craft fantastic shows for many to enjoy.

Sources

https://en.wikipedia.org/wiki/Aerial_dance

https://en.wikipedia.org/wiki/Aerial_silk

https://en.wikipedia.org/wiki/Aerial_hoop

https://en.wikipedia.org/wiki/Cirque_du_Soleil