

A Focal Press Book



# Aerial Dance

*A Guide to Dance with Rope and Harness*



Jenefer Davies

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# Aerial Dance

*Aerial Dance: A Guide to Dance with Rope and Harness* provides an introduction for the beginning aerialist. It covers rigging, equipment, advice on optimal conditioning, and a step-by-step guide to technique, including anatomical references, space and time considerations, and elements of force when working with and against gravity. Specific movements and choreography are framed anatomically and together reflect the pattern and order of an aerial technique class. Challenges inherent to this type of dancing are discussed, as well as wellness instruction and methods of altering these techniques for intermediate and advanced dancing. A companion website hosts video that corresponds with the technique and phrasing in the book.

**Jenifer Davies** is the Associate Professor of Dance at Washington and Lee University and Artistic Director of the W&L Repertory Dance Company. She received an MFA in Choreography and Performance from The George Washington University, and a MALS in Dance from Hollins University. Her choreography has been commissioned by dance, opera, and theatre companies and has toured to Spain, Greece, Scotland, and throughout the United States. Davies founded the contemporary modern dance company, Progeny Dance, which has performed at Green Space and Dixon Place in Manhattan, and annually at The Center for Performance Research in Brooklyn. Her work has been supported by the Virginia Commission for the Arts, Washington and Lee University's Lenfest Grants, Johnson Fund, and Glenn Grants; the Treacle Foundation; and an Associated Colleges of the South Mellon grant. She created one of the first academic programs in aerial dance in the country and her aerial dancers have performed at the Ailey Cigarette Theatre in NYC, at the Corcoran Gallery of Art in Washington DC, and from the rooftops of buildings on the Washington & Lee campus. Davies has been published in the International Planetarian Magazine, ICHPER-SD World Congress on Dance, the Nu Delta Alpha Journal and the Athens (Greece) Institute for Research in the Arts Consortium. She serves on the Editorial and Reviewer's Board of the Athens Journal of Humanities and Arts and has reviewed dance proposals for Oxford University Press.



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## A Guide to Dance with Rope and Harness

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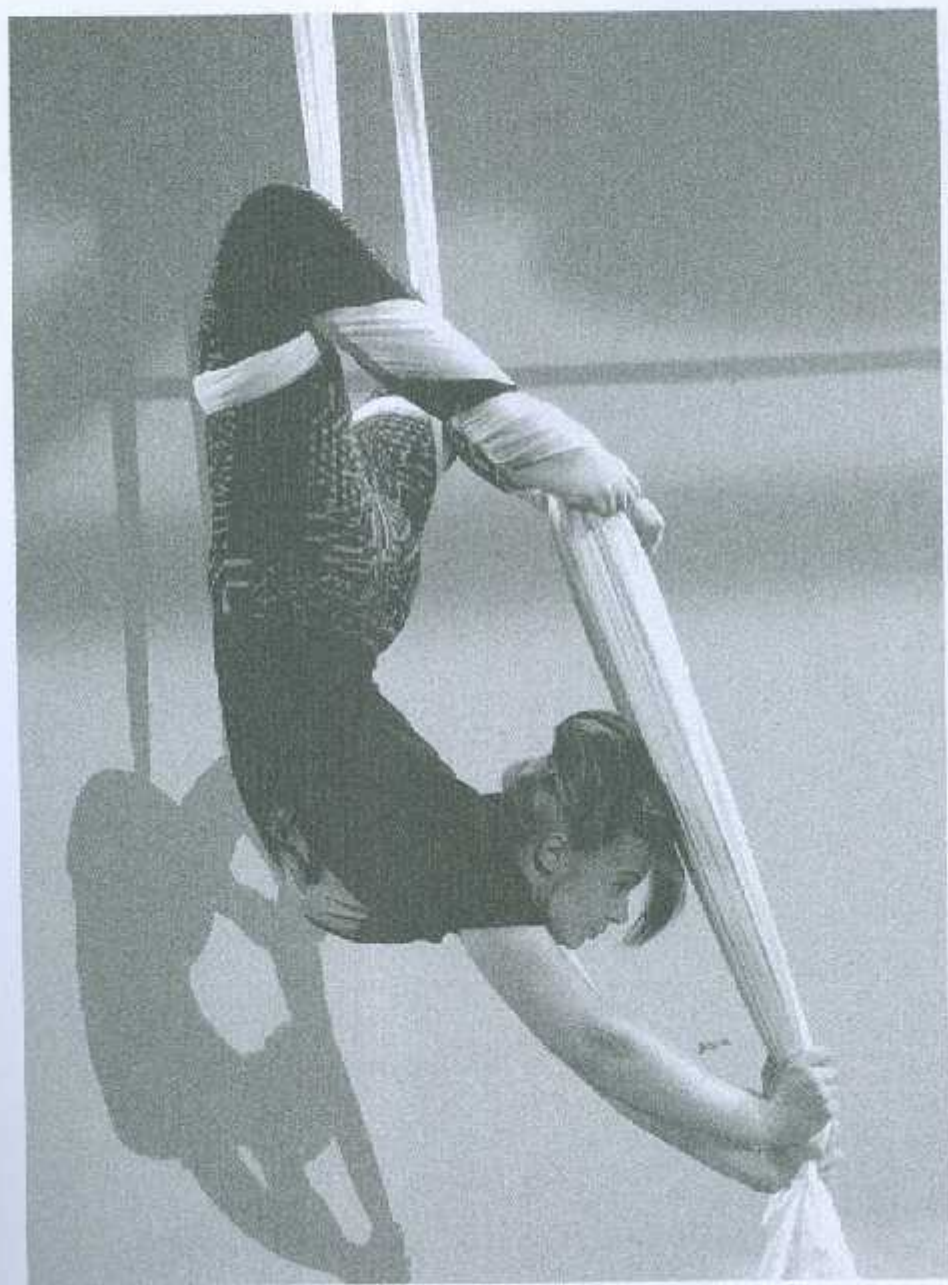
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*For Emma –  
who flew high with me in utero  
and has been ever since*



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