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Titolo	Aerial Dance : A Guide to Dance with Rope and Harness / / Jenefer Davies
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ISBN	1-315-45244-8 1-315-45245-6 1-315-45243-X
Descrizione fisica	1 online resource (214 pages)
Disciplina	792.8
Soggetti	Aerialists Dance - Equipment and supplies Modern dance
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di contenuto	chapter 1 The Rig -- chapter 2 Floor Barre: The Warm Up -- chapter 3 Wall Barre: Coordination and Balance -- chapter 4 Center Floor: Turns and Inverting -- chapter 5 Across the Floor: Motion and Agility -- chapter 6 Phrases: Traveling Through Space -- chapter 7 Cool Down -- chapter 8 Post-Class -- chapter 9 Wellness -- chapter 10 Caring for Your Students -- chapter 11 Other Essentials -- chapter 12 The Performance -- chapter 13 Philosophies and Advice.
Sommario/riassunto	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.

