

DANC 2080: Aerial Dance I Proficiency Standards

At the completion of this course for advancement to Aerial II, students should successfully demonstrate an embodied understanding of the following:

Movement Foundations

- Scapular stability in beginning progressions of “long arm” and “short arm” positions (e.g. supporting partial weight on the floor).
- Pelvic stability in beginning progressions of “hollow body” position in various orientations to gravity (e.g. on the ground, standing, apparatus-supported inversion).
- Upper-lower body connectivity and spinal articulation in beginning progressions of inverted positions (e.g. from the ground, using a knot)
- Control in shifting weight off center and back on center at a height of 3-5 feet off the ground.
- Body parts functionally required (versus expressively free) in various beginning bases of support (e.g. footlocks, hip/shoulder block, cross-lateral hangs).
- Basic actions of posting (1-dimensional), blocking (2-dimensional), and wrapping (3-dimensional) in body/apparatus relationship.

Dance Vocabulary

- Vertical apparatuses:
 - Various upright climbs (to a height of two body lengths) with controlled descent.
 - Single and double figure-8 footlocks from the ground and in the air.
 - Basic single footlock skills with single pole (e.g. passe lean, ball) and split pole (e.g. ice skater, air splits front/back, single footlock roll up, lotus, airplane)
 - Basic double footlock skills (e.g. splits, figure 4 sit, splits roll up).
- Bar apparatuses:
 - Various mounts with apparatus at hip to chest height (e.g. single thigh mount, single/double knee mount, threaded arm pullover)
 - Basic hanging skills (e.g. double knee hang, bird’s nest, hip hang)
 - Basic seated skills (e.g. layback, pencil, L-sit, gazelle, coffin, man/lady in the moon, Leanna).
 - Basic standing skills (e.g. ice skater, arabesque, hammock, wrapped legs front/back arch).
 - Various transitions among hanging, seated, and standing levels on the apparatus.

Performance

- Perform (simultaneous solos for peers in class showing) an instructor-structured bar apparatus creative sequence with a focus on level transitions including a minimum of two selected skills at each level to ambient music.
- Perform (individual solo or duo for peers in class showing) a student-structured creative sequence on apparatus of choice that incorporates ground to air and air to ground movement to ambient music or music of choice.

DANC 3080: Aerial Dance II Proficiency Standards

At the completion of this course for advancement to Aerial III, students should successfully demonstrate an embodied understanding of the following:

Movement Foundations

- Scapular stability in “long arm” and “short arm” positions while supporting full body weight in the air.
- Pelvic stability in full “hollow body” position (i.e. hip extension, lumbar spine flexion, ribs reaching towards hips) in hanging and inverted positions.
- Upper-lower body connectivity and spinal articulation in inverted positions from the air (i.e. no jumping or “foot tagging” to compensate for inefficient mechanics or strength).
- Control in shifting weight off center and back on center at a height of 5+ feet off the ground.
- Body parts functionally required (versus expressively free) in various intermediate bases of support (e.g. hip key, crossback, knee hooks).
- Intermediate actions of posting (1-dimensional), blocking (2-dimensional), and wrapping (3-dimensional) in body/apparatus relationship.

Dance Vocabulary

- Vertical apparatuses:
 - Various upright climbs (to a height of 15 feet) with controlled descent.
 - Beginning progressions of inverted climbs (e.g. crochet, single knee).
 - Single and aerial dance “egg beater” footlocks from the ground and in the air.
 - Intermediate single footlock skills with single pole (e.g. arabesque, vertical splits), split pole (e.g. iron cross, Elsie cross), and single footlock on single pole with free piece (e.g. twirl to coffin, assisted vertical split)
 - Intermediate double footlock skills (e.g. uneven splits, crossback variations).
 - Beginning progressions of hip key position and pathways (e.g. in the knot, manual wrap from ground, scissor pathway from ground).
- Bar apparatuses:
 - Various mounts with apparatus at chest height (e.g. tuck under bar, square/profile straddle)
 - Intermediate hanging skills (e.g. angel, ankle hang)
 - Intermediate seated skills (e.g. straddle back balance, front balance, scissor roll up, seahorse, diagonal splits).
 - Intermediate standing skills (e.g. tuck in ropes, coffin in ropes, iron cross).
 - Additional transitions among hanging, seated, and standing levels on the apparatus.

Performance

- Perform (for peers in class showing) a collaboratively composed small group study with a focus on maintaining unison while honoring personal safety.
- Perform (individual solo or duo for peers in class showing) a student-composed aerial study that focuses on the relationship between aerial movement and music.