



The dance of
those who
can't
let go

Ana Al Bitar

CREATION 2025 - 2026
Aerial rope and dance

A woman with long dark hair, wearing a light-colored t-shirt and shorts, is suspended in a dark space. She is holding onto a thick, light-colored rope that runs vertically through the frame. Her body is positioned horizontally, with her legs extended and arms gripping the rope. The background is dark with faint, glowing geometric patterns. The lighting is dramatic, highlighting the woman and the rope against the dark background.

Synopsis

A body trapped in its own imbalance, stretching the limits of the world that surrounds it. A play of tensions, resistance, and manipulation. A suspended state between what supports and what suffocates.

The act is part of my second-year personal project at ESAC (École Supérieure des Arts du Cirque) and explores different forms of relationship between the body and the rope. This research transforms the use of the space surrounding the aerial element, shifting its traditional verticality and opening up new architectural possibilities.

The rope, initially anchored to the wall, can also be moved to outdoor spaces, where it is held by another person. This variation introduces new dynamics of dependence and generates different forms of balance, tension, and suspension.

The dance of those who can't let go is the limbo between dancing or letting go of what holds us.

A metaphor for the complexity and absurdity of life.

Technical rider

General information

- **Typo:** Circus number
- **Duration:** 10 minutes
- **Stage:** Frontal, in a semicircle (adaptable to a circular setup)
- **Discipline:** Aerial rope and dance
- **Installation:** 15 minutes (with the structure and technical elements pre-installed)
- **Breakdown:** 15 minutes (with the structure and technical elements pre-installed)
- **Rigging:** None during the performance (the rope remains at a fixed height throughout the act)

Stage

- **Material:** Aerial rope
- **Artist:** 1
- **Minimum stage dimensions:** 7 m x 7 m
- **Minimum height:** 8 meters. One point for the rope and one lateral anchor point (if possible)
- **Height of the lateral point:** 1.35 m
- **Distance from the lateral point to the center:** 6.7 m
- **Surface:** suitable for dance

Light and Sound

- Provided by the organiser
- Mini-jack or USB input
- Preferably one overhead light and one floor light to illuminate both the vertical and horizontal axes

Other needs

Private space for warming up

These are the ideal measurements and conditions.

The performance is adaptable.





FULL ACT

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