

Circle of Life: Hoop Dance at the Heard Museum

Pause, take a deep breath, listen to your heartbeat, and learn about the circle of life.

Each year since 1992, the World Championship Hoop Dance Contest at the Heard Museum brings together hundreds of dancers and thousands of community members to celebrate the artistry and athleticism of Hoop Dance in an extraordinary showcase of speed, rhythm, precision, showpersonship, and creativity. This short documentary film explores the deep-rooted history and cultural symbolism of Hoop Dance in Indigenous communities across Turtle Island and offers a glimpse into what audience members will experience at this signature event.

Discover the art of Hoop Dance from the perspective of experienced competitors and longtime contest Master of Ceremonies Dennis Bowen Sr. (Seneca).

Film by Josh Belveal.