

Constance Echo Palmer

Aerial Artist | Fire Performer | SAG-AFTRA Stunts | Teacher

Background

Highly motivated and versatile, Constance can perform on stage or work behind the scenes in tech and rigging. Constance is an aerialist and fire performer specializing in vertical apparatus (rope, silks, multicorde) and slings (sling, net, double loop straps). Constance is also versed on bars (trapeze and lyra) and experienced in aerial duo as a base and fly. Born in Germany, Constance moved to the United States in 1999, where she continued her classical dance training focusing on ballet. Later she discovered circus arts, primarily performing in small stage productions and at corporate events as a magicians assistant, fire performer, and aerialist. Constance has later toured nationally in the US and internationally in live shows and performed as a SAG-AFTRA stunt performer in various productions since 2020.



Physical Details

Height: 5'6" | Weight: 132 lbs | Hair: Blond | Eyes: Brown
Passport: U.S. & German | Language: English & German

Notable Details and Education

- 20 years stage performance experience in circus arts
- 10+ years experience in movement education
- B.S. in Biology (Anatomy & Physiology) Oglethorpe University
- SPRAT – Level 1 Rope Access Technician (Rigging)
- Training/Certifications in Yoga, Aerial, Pilates, Disability and Accessibility in Circus

Disciplines

Aerial - fabric, pole, double sling (fabric, straps, or chain), corde lisse, lyra, trapeze, duo

Rigging - aerial rigging and safety knowledge, aerial rig set up, performer flying and pulley systems, rescue

Fire - fire breathing, fire eating, fire dancing (fans, palm torches, jump rope, dragon staff, rope dart)

Stilts - stilt walking, stilt character/creature, quad stilts

Model - body art, figure subject for sculpture and print

Most Recent Work: A complete list of appearances and education is available at CircusEcho.com

Performer (Atlanta, GA unless otherwise stated)

Live Performances

2024 - Moonlight on Marimac - Aerialist | Senoia, GA

2022 - Spookala with Cherry Bombs - Aerialist, Fire Performer, Rigger | Okala, FL

2021 - CMFT & Cherry Bombs - Aerialist, Stiltwalker, Fire Performer, Rigger | US National Tour

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2020 - Dance & Circus for All - Caroline Calouche & Co. - Aerialist | Charlotte, NC
2020 - CMFT Livestream Event - Cherry Bombs - Aerial Performer (Synchro Silks) | Forum Los Angeles, CA
2019 - KNOTFEST Colombia - Cherry Bombs - Aerial and Fire Performer (Silks, Duo Corde Lisse) | Bogota, CO
2019 - KNOTFEST Mexico - Cherry Bombs - Aerial and Fire Performer (Silks, Duo Corde Lisse) | Mexico City, MX
2019 - Carolina Aerial Dance Exchange (CADE) - Aerial Soloist (Corde Lisse) | Charlotte, NC
2019 - Bloom Festival - Aerial Soloist (Corde Lisse) | Charlotte, NC
2018 - 78th Sturgis Bike Week - Cherry Bombs - Aerial and Fire Performer | Sturgis, SD
2018 - Lewis and Clark Circus 2018 Season - Principle Aerialist (Corde Lisse and Silks) | US National Tour

Film/Television/Video Work

2024 - P-Valley Season 3- Stunt Performer
2021 - Harold and the Purple Crayon - Stunt Performer (Stilts & Wire)
2021 - Gabriella - Stunt Utility (Rigger)
2021 - Do Revenge - Stunt Performer (Firebreather)
2020 - Creepshow - Stunt Performer (Firebreather & Double)
2020 - Macabaret by Cherry Bombs - Aerialist, Stiltwalker, Fire Performer
2017 – Life University Advertising Campaign – Aerialist (Corde Lisse)
2017 – 7Stages Theatre Advertising Campaign – Aerialist (Fabric)
2016 – Integrity Water Commercial – Aerialist (Corde Lisse)
2014 – Music Video – Zaytoven Management – Aerialist and Fire Performer (Fabric)

Rigger

2022 - Spookala - Head Aerial Rigger
2021 - CMFTour - Head Aerial Rigger
2021 - Gabriella - Stunt Utility (Rigger)
2020 - KNOTFEST Bogota - Head Aerial Rigger
2020 - KNOTFEST Mexico City - Head Aerial Rigger
2018 - Lewis and Clark Circus - Tent Crew and Aerial Rigger
2018 - Atlanta Aerial Arts Festival - Head Aerial Rigger
2017 - Stone Sour Hydrograd National Tour - Head Aerial Rigger
2016 – Atlanta Aerial Arts Festival – Head Workshop Rigger
2016 - Black Curtain Revue - Rigger
2016 – Black Metal Burlesque – Head Aerial Rigger
2016 – Buckcherry National Tour – Head Aerial Rigger
2016 – Daytona Bike Week – Head Aerial Rigger
2015 – Sturgis Bike Week – Head Aerial Rigger

Teacher

2025 - Upside Aerial - Sling, Fabric, Lyra, and Loops Workshops | Burlington, NC
2025 - Pura Vida - Duo, Sling, Straps, Fabric, and Lyra Workshops | Cary, NC
2025 - Sage Movement Arts Rope Teacher Training - Murmurations | Burlington, VT
2025 - FLAME Festival Aerial Workshops | Washington, GA
2025 - Milton High School Cirque Program - Aerial Instructor and Choreographer | Alpharetta, GA
2024 - Gainesville Circus Center - Fabric, Rope, and Straps Workshops | Gainesville, FL
2024 - Milton High School - Aerial Teacher Trainer | Alpharetta, GA
2024 - Akrosphere Aerial & Circus Arts - Teacher Trainer | Alpharetta, GA
2024 - Canopy Studio - Trapeze and Lyra Workshops | Athens, GA
2024 - Kansas City Aerial Arts - Guest Aerial Instructor | Kansas City, KS
2024 - Canopy Studio - Fabric Workshops | Athens, GA
2024 - Akrosphere Aerial & Circus Arts - Straps Series (4 weeks) | Alpharetta, GA
2023 - Akrosphere Aerial & Circus Arts - Straps Workshops | Alpharetta, GA
2023 - Canopy Studio - Straps Workshops | Athens, GA
2022 - Sage Movement Arts Fabric Teacher Training for Aerial Dance PC | Panama City, FL
2022 - Aerial Dance PC - Duo Trapeze, Fabric, and Loop Straps Workshops | Panama City, FL
2022 - Emerald City Pole Dance - Pole Workshops | Panama City, FL
2022 - Nashville School of Aerial Arts - Rope, Fabric, and Sling Workshops | Nashville, TN
2022 - FLAME Festival Aerial Workshops | LaFayette, GA
2022 - Gainesville Circus Center - Fabric, Rope, and Sling Workshops | Gainesville, FL
2022 - Aerial CLT - Fabric, Trapeze, and Sling Workshops | Charlotte, NC
2021 - Aerial Dance PC - Duo Trapeze and Loop Straps Workshops | Panama City, FL
2021 - Gainesville Circus Center - Fabric and Rope Workshops | Gainesville, FL
2020 - The Artist's Asylum - 3-Day Fabric Intensive | Marietta, GA
2020 - Gainesville Circus Center - Fabric and Rope Workshops | Gainesville, FL
2020 - Samadhi Hawaii - Fabric and Sling Workshops | Honolulu, HI
2020 - Uplift Maui - Fabric Workshops | Maui, HI
2020 - SPACE - Fabric and Rope Workshops | Pahoa, HI
2020 - The Artist's Asylum - Fabric Series | Marietta, GA
2019-2021 - Akrosphere Aerial & Circus Arts - Youth Fabric & Lyra Instructor | Alpharetta, GA
2019 - 2020 - Canopy Studio - Vertical Teacher Training/Continuing Education | Athens, GA
2019 - Carolina Aerial Dance Exchange - Fabric and Rope Workshops | Charlotte, NC