

M.F.A. in Dance, Florida State University: G.P.A. 3.74 Summa Cum Laude

B.A. in Dance, Loretto Heights College, Denver CO: G.P.A. 4.00 Magna Cum Laude

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Greetings. I am a veteran National Dance Master Educator, International Choreographer and Director with a career defined by mastery in ten dance forms, pedagogy, and administration. My breadth spans from Originating, Directing and Managing Departments, Programs, performing and choreographing evening length works to solos, being a principle dancer in companies, choreographing and performing in Musicals to Bands in commercial work, creating over a dozen commissioned original choreographic works, choreographing over 280 USAG Gymnastic Women's Floor Routines nationally level 5 – Olympic Alternate in 30 years, and originating, developing, sustaining and re-staging large-scale Ballets, Dance Works, concerts, programs and productions. This C.V. is my detailed decades-long legacy of full-time work in scholarly research, collaboration and innovation in the Dance field. I continue to learn every day from my student's and fellow artists. For an overview please refer to my C.V. "overview". Proud widow of a Navy veteran, nuclear missile launch captain.

Aug. 2000- March 2002 - Founder, [Administrator](#)/Executive Director, and Artistic Director Aug. 2001- March 2002 of my own professional, paid pick-up Dance company [SatchDance – One People, now morphed into Sharing Ground international](#)

Dance is not a luxury; it is a universal means of articulating and healing in the human experience. Training, Rehearsing, Performance, Research, Choreography and [Administration](#) are most profound when they emerge from accessible diverse participation. For me, this is not just a goal—it is a foundational requirement for artistic excellence.

RECENT PROFESSIONAL TEACHING, (PAST TEACHING end of CV)

Aug. 2026 – [Present](#) Hired Choreographer for [The Cassandra Long Band](#)'s first Tribute production opening on Caribbean Cruise Lines Feb. 2026

Jan. 2026- May Invited Half-Time Lecturer in Dance, invited Artist-In-Residence, (with benefits) and recognized Kinesiologist for pre – professional - professional Dancers and Athletes.
Iowa State University of Science and Technology, Kinesiology Department, [Minor In Dance](#), Ames, IA

Spring Semester 2026 Same **Courses & Research** from Fall 2025, in addition to:
Ballet II 2320 – I use my [SSSA Method](#) fundamentals floor barre to standing barre and center to re-align the bones for efficient and correct alignment. This muscle-memory allows any human body to master the Dance form of Ballet. This is IF they keep training in, preparing, and doing recovery for every class. I provide completely different barre and variations for an absolute beginning level and those that have had training before, or in any other dance form, first few weeks, depending, as I teach to the needs of levels in front of me, despite the title of the class level.

Collaborated with over 50 STEM students. This includes with the [Digital Modeling and Visualization Lab](#) and the [Make to Innovate \(M:2:I\) Lab](#). Specifically, I contributed to the [HAZ-I \(Helmet-integrated Augmented Zone – Interface\)](#) project, providing somatic and movement expertise for AR Heads-Up Displays in headset "astronaut" helmets. For the one class of Kinesiology for Ballet.

Advisor of production of the Student, Faculty and Guest yearly Dance concert – Barjché – Feb. 6/7, 2026
"From This Point Forward"

ACDA - Took over 15 Dancers, two student and guest works to the North/Central ACDA, March 2026.
University of Minnesota. Faculty works do not go to ACDA at ISU to allow only student and other guest works to get feedback for experience and growth. I oversaw substitute Dancers learn and rehearse both works.

Guest Teacher at the North Central ACDA Conference – S.S.S.A. Method - Kinesiology and Introduction of Grand Plié Floor Barre Strengtheners in correct alignment class.

Advisor of Orchestration I - Auditioned over 50 new students for Dance Ensemble, emails, [administration in billing](#), [constitution](#), [scheduling](#), [voting](#), [weekly presence/advising at guest teacher class](#), [officers' meetings](#).
Ran lights and sound for StuPro, May 2 – Student Produced Concert.
Running ETCNomad Lighting and Sound for concerts. Learned in undergrad for Musical Theatre and FSU.

Iowa State University of Science and Technology, Kinesiology Department, [Minor In Dance](#), Ames, IA

Jan. 2026 Filled in for owner of Tri-City Perf. Arts Center as sole studio representative/coordinator for Dance Team at **"ACCESS BROADWAY Competition"** – All administration throughout the competition - Perf. Arts and Dance competition. This is Access Broadway's first year of "DANCIN'...brand new all Dancing only event".

Choreographic pieces I created that competed and placed:

"Wings" – 10 year old Selah – I taught her two years of once a week 1 hour Tap Training as well

"When We Still Believed" – Team Contemporary, one year of training once a week 1.5 hour Technique training.

Four 10 year old girls and one 6 year old I did not train.

Used given music by owner and designed and did own cuts and enhancements to music/soundscape for both of these works.

Coached **"Berlin"** – 10 year old Bliss – another Choreographer's piece for Contemporary.

I had to change about a third of the dance and rehearse her extra hours.

Sante Fe Station, Las Vegas, NV

Sept. 2025– Dec. 2025 Invited Half-Time Lecturer in Dance, invited Artist-In-Residence (with benefits) as a recognized Kinesiologist for pre - professional to professional Dancers and Athletes.

Iowa State University of Science and Technology, Kinesiology Department, [Minor In Dance](#), Ames, IA

Fall Semester **I am honored to have been hired to teach AND for the known effectiveness of my Heller Barre Method® (changing title to S.S.S.A. Method – Somatic/Stretching/Strengthening/in Alignment Method), for ALL abilities/ages of bodies to train in Ballet Technique, and professional levels of Dance forms that require Ballet vocabulary such as Jazz, Contemporary and any other forms of Athletic Art & Sports.**

I have developed, tested and refined the SSSA Method over 37 years, beginning at the Joseph Holmes Chicago Dance Theatre on the south side of Chicago. I have been teaching privates in my SSSA Method nationally for spasms, spastics, fulcrum and chronic levels of pain, and in body recovery, rehab and prevention for professional Dancers, Gymnasts, Athletes, hobbyists, and people who do the Art of these Dance forms, or any of the thousands of Dance forms and Sports on the planet, as part of their medicine for mental and physical health, ages 10 – 94 years sage.

Although mine and other floor barre methods such as The Zena Rommett Floor-Barre™ Technique, Boris Kniaseff Method, Maria Fay's Floor Barre, Stephane Cassala Floor Barre, The NYCB (New York City Ballet) Workout, and Progressive Ballet Technique by Marie Walton in Australia share similar exercises, my sequencing, use of breath work, and somatic components with Kinesiology learning from a skeleton, use of coordinating stabilization of the four core muscle group videos, to learning why each tool works as one conditions their muscles/attachments, stretches and releases their muscles/attachments all in correct alignment, is the difference as to why mine has worked for thousands of professional and hobbyist bodies, anywhere, any Body. **Units and workshops embedded in the full 3-4 hour total S.S.S.A. Method taught in training courses or guest workshops are below:**

The four factors that determine your turn-out: how and why it changes through a lifespan

The entire 3 hour/level S.S.S.A. Method Floor Barre – Strengthening, Static Stretching and Somatic Releasing

- **Preparing to train/take class**
- **During class**
- **Optimal Static Stretching times & Static Stretches to do for every aspect in Ballet, Dance forms that require Ballet technique.**
- **Optimal Preparation and Recovery times to do Somatic Releasing and how to do them.**

How to know: Using correct stabilizers in correct alignment for YOUR personal turn-out degree of the whole leg

How to know: What “pull-up” really means, correct turn-out, shoulders “down” AND still breath deeply or shallowly – the four core stabilizers

Landing Injuries & Prevention in Dance Forms, Gymnastics, Cross-Fit, Football and just about every Sport.

Serratus Anterior Stabilization for Athletes and Dancers

High Intensity Interval Training (HIIT) for Dancers & Athletes

Understanding the Pathway to Flexibility & Strength: Continuous Expansion and Maintaining

Healthy Growth and Injury Prevention for Pre-Teen and Young Adult Athletes

Jumps/Leaps

Progressions & Transitions

Relevé & Feet - Pointe

Balancing/Pivots

Psoas & Adductor/Abductor (Hip Flexor) stabilization

Food and Herbology as Fuel for Dancers and Athletes

Recentering, Rediscovering, and Returning to Movement Pathways

Return to Training After Long Breaks, Life Events, Trauma Healing

Training Resilience Through Your Dance Career

Focus and Concentration

Self-Compassion

The Importance of Sustained Focus Flow in Achieving Optimal Performance States

The Use of Intentional Self-Talk for Focus & Refocus

Effective Training: Knowing What to Say, How, and When

Improving Performance by Addressing Muscle Imbalances

Ligament/Tendon Attachment somatic releasing processes

Assessment to Warming Up what your individual Body needs Properly and Effectively

Deliberate Practice and Training: What It Means to do micro/macro Actions - Functional Movement to Dance - with Intention

The Difference Between Quantity vs. Quality & Quality vs. Quantity Training

Courses, Research

Ballet I 1300 – I use classes 2-3, 4 and sometimes class 5 to teach my S.S.S.A. Method fundamentals to standing barre, and center. Progressing to different vocabulary for mixed levels in the same class, providing completely different barre and variations first few weeks, depending, as I teach to the needs in front of me.

Advanced Independent Studies in Dance 3700 – Mentor/Advisor to current Professional Irish Dancer Reilly Sedlacek of Trinity Irish Chicago Dance collaborating with Michelle Dorrance Dancers in Tap in NYC.

Focus: Premier this new work at The Joyce Theatre and it's affects on Tap, Irish Step, and health of the Dancers Feb. 2026 research. – Organized dual ISU & YC Presentation by Reilly for students live in both places over zoom.

Advisor of Orchestis I - Auditioned over 60 student Dance Ensemble – Mentor student works, [administrator and production manager for the ISU Dance Scholarship concert 2025](#) with guest Artists Kelvin Wailey – Leila Awadallah, Emma Marlar and Laura Osterhaus, Elizabeth Ferreira and Hurley & Dancers, student works, and an original student work choreographed by Kelvin Wailey.

A.C.D.A. 2026 North-Central Conference – [Administrator for dozens of hours of required aspects to be done to take students and works.](#)

Invited Artist-In-Residence Choreographing original new work on auditioned Dancers –

“Same Breath, Sovereign Beings”. Use of projected video and original soundscape are both created by myself. Faculty works do not go to ACDA at ISU to allow only student and guest works to get feedback for experience and growth.

Modern/Contemporary genres. 6 minutes. 5 Dancers.

Working title: “Same Breath, Sovereign Beings”. Soundscape and Projections designed by me.

Sharing Ground International research - On my own time last 15 years, now doing in my Higher Ed work
 - Collaborating with top scientists across several departments in creating a prototype for a proof-of-concept new Technology Space technology that doesn't exist in the world yet.

Live-in-the-space tech spaces for training of all Dance Forms with people 3 dimensionally with those in the same space over thousands of miles, zero latency. To serve the thousands of Dance forms, their expert teachers, and eager students to train from them, no matter where they live. I love the possibilities with AI and robots, but robots in live spaces will not be able to duplicate the nuance of the vast unlimited ways humans can dance. I predict being a Dancer, Dance Educator and even Choreographer still directing/editing the choreography will be top paid jobs in demand in 5 years from now. Projected data indicates the over 430 tech spaces that will be built from this prototype, trained and run by community residents starting on the south/west sides of Chicago, near the Performing Arts and Ballet School in Baghdad Iraq, and wherever I am teaching, will also generate a billion-dollar industry and hundreds more students in those departments I work in/with as well.

Iowa State University, Ames, Iowa

Aug. 2018-
Present

Lead Adjunct Professor of Dance, Yavapai College Performing Arts Department.

Eight years – 16 consecutive semesters, Every Fall, Spring semesters, Summers, except Summer '20 and Fall '20 due to covid.

- Ballet I – Every semester
- Ballet II - Every semester
- Jazz I – Every Spring semester
- Tap I – Every Fall semester
- Tap II – Three semesters
- Modern I – Summer 2021
- Applied Dance – Private training course – Summer 2026, two private students ages 20's and 60's.

- **Ballet I, II.** (sample level II barre) – I trained professional pianist Ruth Breiling these

(Sept. 2025
 – April 2026
 Taught 13
 classes in-person
 flying from ISU
 To Prescott and
 back – I did all
 Administration
 of courses.)

- last 8 years to be able to accompany these classes. One of four in the state of Arizona with live piano accompaniment.
- Did all administration to separate the Tap/Jazz course.
- Created Tap I, Tap II and Jazz I courses, (two samples of U of Idaho Adv. Jazz) as well.
- Grew student enrollment in all courses to double digits except Modern I, (sample of U of Idaho Adv. & Beg. Modern material), as well
- and Tap II I due to these courses alternating only every Spring semester, and non-access to live-in-the space classes due to covid. Students were tired of zoom when local studios were live-in-the-space during Summer '20 & Spring '21. Momentum has come back since then.

Recruitment –

Drama Day each year it was held

Adjudicator for AZDEO State High School Dance Festival – including bringing original piece performed by students, Jan 2025

Dual Irish Dance Presentation for ISU & YC over zoom Nov. 2025.

Curriculum development in progress - Allowing professional Ballet Dancers in AZ & Chicago to obtain 100% FREE or at the most affordable college degree in any subject that includes CLP – credits for learning professionals.

Yavapai College, Prescott, AZ

Aug. 2025

Invited sub for 6 Acorn Montessori School, K-5th grade Creative Movement classes in classroom space or outside area.

Offered by Tri-City Performing Arts at Acorn Montessori School, Prescott Valley, AZ

April – July
 2025

Teaching 1 class/week for 10 weeks of Privates in Heller Barre Method® - Intermediate/Advanced Ballet to adult client in her home space. Mary Heller Dance Arts.

Private Home, Prescott, AZ

July 2025

Invited Country Western Line Dance Basics master class for singles, leading onstage – Prescott Library Celebration

Prescott Library, Prescott, AZ

March – May
 2025

Teaching 1 class/week for 10 weeks of Semi - Privates in Heller Barre Method - Beginner – Intermediate Ballet for family mother & daughter, clients at their home space. Mary Heller Dance Arts.

Private Home, Prescott Valley, AZ

Jan. – April
 2025

Taught 1 class/week for 10 weeks of Privates in Intermediate/Advanced Point/Ballet to 14 year old girl client at rented studio space. Mary Heller Dance Arts.

Elks Performing Arts Center, Prescott, AZ

Sept. – Nov.
 2024

Taught 1 class/week for 10 weeks of Semi - Privates in Heller Barre Method - Beginner – Intermediate Ballet for family of 4, parents and two sons age 12 and 14 clients at rented studio space. Mary Heller Dance Arts.

Elks Performing Arts Center, Prescott, AZ

Sept. – Nov.
 2024

Taught 1 class/week for 10 weeks of Privates in Beginner K – Pop to 14 year old girl client at rented studio space. Mary Heller Dance Arts.

Elks Performing Arts Center, Prescott, AZ

July 2024

Invited Country Western Line Dance Basics master class for couples – For music concert, and Cowgirl Country Antiques

Suze's Prescott Center for the Arts, Prescott, AZ

July 2024

EMERGENCE – Summer Intensive - Invited master class teacher for Improv with Phoenix masters in Tap,

Contemporary, Hip Hop, Jazz and Partnering.

The Movement Studio, Prescott Valley, AZ

June 2024 –
Feb. 2026
Closed

Hired Instructor for Adult Ballet II, Adult Tap I/II, and tween Tap I, competition team Contemporary and Tap II for 10-14 - Dance School within the Performing Arts School. Choreographer of original competition Team Dance – Contemporary genre 10 yr. old. – Choreographer of original Tap Solo 10 yr. old. – Also cut both pieces of music.

Tri-City Performing Arts Center, Prescott Valley, AZ

(Sept. – Jan
2025 over zoom
Weekly and in
person 7
weekends)

- April - May 2024 **Taught 2 classes/week for 10 weeks of Privates in Intermediate level Ballet** to 14 year old client at rented studio space.
Mary Heller Dance Arts. *Elks Performing Arts Center, Prescott, AZ*
- April 2024 **Invited Instructor at National FitnessFest – Festival & Expo in Heller Barre Method® & Kinesiology for Fitness/ Wellness/ Recovery.**
Ability360 Center, Phoenix, AZ
- Feb. 2024 **Invited Honorary paid Moderator for the Scottsdale Performing Arts Center's Q & A with Artistic Director Linda-Denise Fisher-Harrell, and company Dancers of Hubbard Street Dance Chicago.**
Scottsdale Performing Arts Center, AZ
- October 2023 **Invited guest Teacher in Heller Barre Method®, Classic Jazz, Giordano Jazz Style and Kinesiology**
Take Five Dance Studio, Avondale (metro Phoenix area), AZ
- July 2023 **EMERGENCE – Summer Intensive - Invited master class teacher for Ballet & Kinesiology** with Phoenix masters in Tap, Contemporary, Hip Hop, Jazz and Partnering.
The Movement Studio, Prescott Valley, AZ
- Feb. – Dec. 2023 **Hired Re-stager for Artistic Director Paul Destropper's Nutcracker (using projected scenery of depth and transition) dances from his Vancouver, Canadian "Ballet Victoria Company" – July – Dec. – All administration, auditioning, rehearsing, costume arranging, and parent/child relations for Dec. 2023 company performances with over 25 auditioned local dancers age 9 – 20's – corps dancers for ACT I - *Party children, Clara's sister* and ACT II - *Arabian, Polichinelles*, (usually Mama G, in this version a pas de deux), *Russian, Mice* in Tarzapan and *Angels*.**
Yavapai College, Prescott, AZ
- March 2023 – Sept. 2, 2025 (On leave due to hired at ISU)
Back June 2026
[Present](#)
present **Invited Ballet & Pointe teacher for level II – IV, and Competition Team.** Privates with these Dancers too. – Sub for all other Ballet classes.
The Movement Studio, and Footlight Productions, Prescott Valley, AZ
- Aug. – Nov. 2022 **Taught 1 class/week for 10 weeks of Privates in Intermediate Tap** to Adult client at rented studio space. Mary Heller Dance Arts
Elks Performing Arts Center, Prescott, AZ
- Sept. 2022 **Subbed** to assist/oversee student teacher teach for colleague teaching **East Coast Swing, West Coast Swing, and Waltz**
Yavapai College, Prescott, AZ
- Jan. – July 2022 **Taught Three "Fast Track Dance classes" per week for Yavapai College's 40 plus cast of "Hello Dolly" starring Toni Tennile.** Teaching kinesiology through basic Heller Barre Method®, and Barre to achieve across the floor and center choreographic vocabulary for actors, mostly all novice –**advanced level in Ballet and Tap training.**
Yavapai College, Prescott, AZ
- Sept. 2021 – July 2022 & March 2023 – July 2024 **Requested 1class/week Privates** in basic Salsa, Bachata, Cha Cha, and Basic Swing to client at their home.
Mary Heller Dance Arts *Yavapai Hills, Prescott, AZ*
- July 2021 **Requested teacher to teach the "Wagnor Walk"** a dance out of Philadelphia to four clients over four classes.
Mary Heller Dance Arts *Forest Villas Hotel, Prescott, AZ*
- May 2019 **League of Women Voters of Arizona Convention – 99 years of Empowering Voters & Defending Democracy**
Invited teacher of a BeMoved® class for all attendees.
Marriot Hotel, Prescott, AZ
- Nov. 2019 & Nov. 2018 **Invited Creative Movement workshop teacher for fifteen 3-5 yr. olds, Festival of Trees,** Hosted by Prescott Gateway Mall
Gateway Mall, Prescott, AZ
- Feb. 2019, Feb. 2018, **Invited Creative Movement Workshop teacher for caregivers/parents – birth – five yrs. old.** Sponsored by First Things First.
Organized by Salli Maxwell – smaxwell@arizonaschildren.org *Prescott Public Library, Prescott, AZ*
- Jan. - April June – July Sept. – Dec. 2018 **By request of local community – Keep Dancing - Modern 40+**
Elks Theatre Performing Arts Center, and SWITCH Perf. Arts Prescott area, AZ
- Feb. – March Sept. – Dec. 2017 **Invited Teaching Dance Artist for heART On Wheels – Meals On Wheels – Creative Aging** Arizona Commission on the Arts grants funded through Meals on Wheels, Central Arizona
Private Homebound, Prescott, AZ

- June 2016 – **Present** *Sharing Ground international* invited launch at Juneteenth, Phoenix, AZ – Sister Sledge Camille read text and choreography I wrote and danced - International for-profit Tech space, and Dance Company sharinggroundinternational.com – currently accepting investors, in R & D. *Headquarters - wherever I am living, Chicago, Iraq*
- May 2016 – **Present** Invited Teaching Artist for my “Your Movement is Your Biography” - Creative Aging Choreographic Tools & Music Workshops with David Sorensen, Musician *Alta Vista Living Home, Prescott, AZ*
- Sept. 2015 – **Present** *Ballet/Tap* through the methodology of *Creative Movement* for 3-6 yr. olds, *Adult Tap Workshop, Heller Barre Practice®*, *Modern 40+*, teacher on call for Ballet, Jazz & Contemporary *SWITCH Performing Arts, Prescott, AZ*
- 1990 – **Present** *Nationally* Mary Heller Dance Arts – classes offered:
BeMoved® & Gentle BeMoved®
S.S.S.A. Method®
Beg. – Advanced/Professional Level -
Ballet, Pointe,
Modern,
Jazz,
Tap,
Contemporary,
Improv,
Contact Improv,
Hip Hop,
Fundamentals of Partnering,
Somatics,
Creative Movement for 3-5 yr. olds and Teachers,
Choreography,
Wellness Advising & Change Health, Gain Wealth® retreats for teens and adults. By request only - Locations on marychoreographer.com
Heller Barre Method® offered via skype, i.e. Santa Barbara, CA *State Street Ballet* dancer in-person in private homes, I locations for privates, semi-privates, including [Forest Villas Hotel](http://ForestVillasHotel.com).
Prescott, Prescott Valley, Chino Valley, AZ, AL, CO, FL, GA, OH, IA, ID, IL, UT, WA
- Jan. 2014 – **Present** *In Prescott Area, AZ*
- Aug. 2015 Some elements of my Heller Barre Method® were used by Coach Leo to train Men’s 2024 Team Gymnastic Olympian Paul Ruda for several years, 2015 – 2020, where he trained at before going to Michigan State University.
Buffalo Grove Dance & Gymnastics, Buffalo Grove, IL
- Sept. 2010 – **Present** **BeMoved® Artistry & Gentle BeMoved® Elite, Certified Artistry Instructor – 22 genres and 3 levels** – Weekly classes for the athlete to assisted living homes. Featured on AZ TV, AZKNAU radio, AZKQNA radio, *Senior Connection, AZ Creative Aging*, and many local medical centers & expo Locations on marychoreographer.com & BeMovedDance.com
- For at least two hours a week the last 14 years I have been teaching basic and higher vocabulary from “Back-Up Singer Moves”, “Bollywood”, “Disco”, Gospel Pop”, “Latin Rhythms”, “Movin’ & Groovin’”, “Pop On Broadway”, “Pump Up The 80’s”, “Rhythm Country & Blues”, “Roaring 20’s”, “Sensual Salsa”, “Soul Town Funk”, “Soulful Flow”, “Steps That Swing”, “Stylized 60’s”, “Theatrical Jazz (Fosse technique)”, “Wild, Cool & Swinging”, “World Beat Fusion”, and more.
Moscow, ID, IL, TX, and Prescott, Prescott Valley, & Chino Valley, AZ
- Oct. 2013 – 2018 Invited Guest Teacher of *Contemporary/Modern Technique, Contact Improv* and Mentor for *Independent Study* courses. *Prescott College, Prescott, AZ*
- Aug. 1995 – **Present** Women’s U.S.A.G./A.A.U. Competitive Gymnastic Floor Routine Music Mixer Region 5
- July 2002 – 2019 Invited Master Dance Technique classes/clinics for U.S.A.G Competitive, A.A.U. & High School Women and Men Gymnasts - Strengthening/Stretching, Beam and Floor technique/presentation through Ballet, Jazz and Modern
Buffalo Grove Gymnastics- '19 (IL)
Bartlett Gymnastics – '01 (IL)
American Academy Gymnastics – '04 (IL) Region 5
- Aug. 1994 - **Present** Choreographing/Teaching over 260 U.S.A.G Women’s level 7 - Elite Gymnastic Floor Routines – and Dance Technique Ballet, Jazz, and Contemporary classes, Heller Barre Practice® for Women & Men gymnasts by request
‘94 – ‘19 , *Buffalo Grove Dance & Gymnastics Center, (IL)*
(closed during covid in 2020 after 30 years)
‘98- ‘01 *Bartlett Gymnastics (IL)*
‘04 - ‘06 *American Academy Gymnastics (IL)*
‘02 – ‘04 *International Gold Gymnastics (FL)*
‘08 – ‘09 *Palouse Empire Gymnastics (ID)*
‘15 - **present**, *Prescott YMCA Gymnastics (AZ)*

These routines have traveled the U.S. with one routine **touring South America**, (Lindsey Borkan), and Kristopher Zimmerman, David Sender and Beth Kleinman being Junior Olympians.

2024 US Olympian Men’s Gymnastic Team’s Paul Juda, Bronze Winner with U.S.A. Men’s Team, trained in Mary’s Heller Barre Method® at BGDGC in IL, before going to Michigan State University.

Nov. 2017 – April 2018	Invited Guest PR barder paid Choreographer/Teacher/Performer – 2 nd . Annual Dancing For The Stars by the Boys & Girls Club of Central Arizona https://youtu.be/SZLPi7QjlaM <i>Elks Theatre, Prescott, AZ</i>
Aug. 2017	Invited Guest Heller Barre Practice® Instructor <i>Larkin High School, Elgin, IL</i>
April 2017, June 2017	By request of local community Cl'ers – Beginners Contact Improvisation Technique Workshop <i>Elks Theatre Performing Arts Center, Prescott, AZ</i>
Feb. - April 2017	Invited Guest stipend paid Choreographer/Teacher/Performer – 1 st . Annual Dancing For The Stars by the Boys & Girls Club of Central Arizona - April, 2017 https://youtu.be/D4Uo6FYN2A8 - (1:40 in video) Full article here http://dcourier.com/news/2017/apr/23/dancing-stars-huge-success-photos-video/ Won "Most Comedic" Dance <i>Elks Theatre, Prescott, AZ</i>
Dec. 2016	Invited Teaching Artist for Your Movement Is Your Biography Workshop & Gentle BeMoved® <i>New Haven Living & Memory Care, Kyle, TX</i>
July – Aug. 2014	Urban Bush Women's Summer Leadership Institute – applied & accepted dancer, researcher and co-creator in "Soul Deep", a culminating production of the 100+ participants/artists of the institute choreographed by Jawole Willow Jo Zoller & Company – Subject: Understanding and Dismantling Internalized Racism for BIPOC and selected socially constructed white people. <i>Tulane University, New Orleans, LA</i>
July 2012 – Feb. 2013	Please see CHOREOGRAPHY/CREATIVE WORK for current research being done being done at this time, and Choreographing U.S.A.G Women's Gymnastic Floor Routines <i>Chicago, IL</i>
Aug. 2011 to July 2012	BeMoved® Certified Instructor, and Floor Barre Fit Instructor – Weekly classes & Featured at <i>Family Fun Nights</i> in Moscow, ID Please see CHOREOGRAPHY/ CREATIVE WORK for current research being done at this time as well. <i>Nourish Yoga, Church of the Nazarene, and University of Idaho, Moscow, ID</i>
April 2012	Invited Step Teacher for 1 hour master class-Dance In Society class group <i>University of Idaho, HPERD Department, Dance Program, Moscow, ID</i> Invited 1950's Dance Genre Teacher Moscow Community Theatre Membership Party <i>Kenworthy Performing Arts Center, Moscow, ID</i>
March 2012	Invited Guest Teacher of Adv. Jazz, Adv. Modern and BeMoved® - presented by Phase Collaborative Dance Project, Isabelle's Dance Time & the Inland Northwest Dance Association <i>Isabelle's Dance Time, Veradale, WA</i> Invited to Clean Dance for Moscow's Junior Miss <i>Moscow High School, Moscow, ID</i>
Jan.-May 2011	Full-Time Lecturer in Dance and Coordinator of Dance 105 Instructors/Classes including overseeing European, Latin Ballroom, Hip Hop and Tap classes level I-II – Courses I taught – Adv. Modern, Adv. Jazz, Int. Jazz, Dance In Society, Doing almost all administration in hosting the Northwest region's ACDFA Conference: American College Dance Festival Association, (includes the dancers in my work to be rehearsed and ready to perform with 4 new cast members, and helping in details of actually running the conference smoothly), Overseeing Dance Theatre Choreography for "Dancers, Drummers, Dreamers" AND Rehearsal Director/Dancer for auditioning, restaging and rehearsing Sherry Zunker's <i>Sing, Sing, Sing</i> https://youtu.be/Kx46HIPLcvM for "Dancers, Drummers, Dreamers" as well as performing in May tour. On call to teach all levels of Ballet & Point. <i>University of Idaho, HPERD Department, Dance Program, Moscow, ID</i>
Dec. 2010	Clean other Choreographer's Floor Routines for U.S.A.G. level 7, 8 & 9 Competitive Women Gymnasts <i>Palouse Empire Gymnastics, Moscow, ID</i>
Aug. - Dec. 2010	Full-Time Lecturer in Dance and Coordinator of Dance 105 Instructors/Classes – Courses I taught – Beg. Modern, Adv. Jazz, Int. Jazz, Int. Tap, Dance In Society, Dance Theatre (includes producing & directing the only Professional Dance Concert for Fall semester), Rehearsal Director for Susan Hadley original piece created on UI auditioned dancers, Class. Administrator Coordinator in hosting the Northwest region's ACDFA Conference in 2011 Researching/Preparing ideas on promoting the DAN 105 Program. On call to teach all levels of Ballet & Point. <i>University of Idaho, HPERD Department, Dance Program, Moscow, ID</i>
July 2010	Ballet, Pointe, Jazz, Modern & Somatic Instructor for Intermediate and Advanced (12-18 yr. olds) <i>NorthWest Dance Center, Pullman WA</i>

	Main Guest Artist- Jazz/Hip Hop class and Repertory for week-long workshop – Dance Idaho! (12-up with 3 years ballet experience) (Choreographer of Class Above for Showcase)	<i>Festival Dance Performing Arts, Moscow, ID</i>
June 2010	Jazz Instructor (8-10 yr. olds)	<i>Festival Dance Performing Arts, Moscow, ID</i>
Jan. – May 2010	Full-Time Lecturer in Dance - Courses I taught – Adv. Modern, Adv. Jazz, Int. Jazz, ACDFA: American College Dance Festival Association (includes organizing dancers to go and participate, including choreography chosen for Gala), Administration to tour “Dancers, Drummers, Dreamers”, Sole Administrator in hosting the Northwest region’s ACDFA Conference in 2011 Researching/Preparing ideas on promoting the DAN 105 Program. On call to teach all levels of Ballet & Point.	<i>University of Idaho, HPERD Department, Dance Program, Moscow, ID</i>
March 2010	Finding Core Strength, Loosing the Rest Instructor	ACDFA: American College Dance Festival Association – Northwest Region <i>Weber State University, Ogden, UT</i>
Aug. - Dec. 2009	Full-Time Lecturer in Dance and Coordinator of Dance 105 Instructors/Classes – Courses I taught – Beg. Modern, Adv. Jazz, Dance In Society, Dance Pedagogy (including implementing, organizing facilitating and assessing twenty-two 7-12 grade dance studio and Moscow High School internships, one local dance studio owner panel discussion and university student learning service in teaching in the Climate Control Sustainability Conference.), Children’s Dance (including student service learning/outreach) AND Dance Theatre (includes producing & directing the only Professional Dance Concert for Fall semester) On call to teach all levels of Ballet & Point.	<i>University of Idaho, HPERD Department, Dance Program, Moscow, ID</i>
July 2009	Jazz, Floor Barre & Beam Master Classes for U.S.A.G. Competitive Gymnasts	<i>American Academy Gymnastics, Wheeling, IL</i>
Jan. – May 2009	Full-Time Lecturer of Dance and Coordinator of Dance 105 Instructors/Classes – Courses I taught – Adv. Modern, Adv. Jazz, Int. Jazz, Dance In Society, Children’s Dance (including implementing, organizing, facilitating and peer to peer assessing Teaching Practicums through one-way teleconferencing at West Park Elementary Kindergarten) ACDFA: American College Dance Festival Association (includes organizing dancers to go and participate & the dancers in my work to be rehearsed and ready to perform incl. 4 new cast members.), AND Overseeing Dance Theatre Choreography for “Dancers, Drummers, Dreamers”. On call to teach all levels of Ballet & Point.	<i>University of Idaho, HPERD Department, Dance Program, Moscow, ID</i>
March 2009	Adv. Contemporary Jazz and Finding Core Strength, Loosing the Rest Instructor	ACDFA: American College Dance Festival Association – Northwest Region <i>Utah Valley University, Orem, UT</i>
Aug. - Dec. 2008	Full-Time Lecturer of Dance and Coordinator of Dance 105 Instructors/Classes – Courses I taught – Beg. Modern, Adv. Jazz, Dance In Society, World Dance, Children’s Dance (including implementing, organizing, facilitating and assessing with ASUI five 1 st -3 rd . grade Practicums at West Park Elementary, Russell Elementary, and two University of Idaho Children’s Center Practicums) AND Dance Theatre (includes producing & directing the only Professional Dance Concert for Fall semester) On call to teach all levels of Ballet & Point.	<i>University of Idaho, HPERD Department, Dance Program, Moscow, ID</i>
October 2008	Guest Instructor –University of Idaho CORE Discovery <i>The Power of Play</i>- Exploration in guided movement improvisation, Professor:	Melanie-Angela Neuilly Contact Information: Phinney Hall, room 314, (208) 885-4489, mneuilly@uidaho.edu <i>University of Idaho, Department of Sociology, Anthropology, and Justice Studies Moscow, ID</i>
July 2008	Co-coordinator, Modern Repertory Instructor for one week workshop – Dance Idaho! (12-up with 3 years experience) – Eugene Ballet’s Mathew McKinney (Choreographer of Class Above for Showcase) Collaboration between <i>University of Idaho, HPERD (Health, Physical Education, Recreation and Dance), Department, Dance Program,</i> and resident dance school for k-up.	<i>Festival Dance Performing Arts, Moscow, ID</i>

- Jan. – May 2008 **Full-Time Lecturer of Dance and Coordinator of Dance 105 Instructors/Classes – Courses I taught –**
Adv. Modern,
Adv. Jazz,
Int. Jazz,
Composition II:
 - **Choreography and the Creative Process**
 - **Choreographic Tools in Labon Movement Analysis**
 - **Five umbrella ways neurologically humans learn choreography, and why in the brain**
 - **Choreographing Through the Negative Space**
 - **Play as Creativity Character and Expression in Dance**
 - **Forming a Collaborative Dance Community – More than Skill**
 - **Group Collaborations and Exchanges Effective Group Work****Dance In Society, Children's Dance** (including implementing, organizing, facilitating and assessing with ASUI 5 1st-3rd. grade Practicums at West Park Elementary, and four University of Idaho's Children's Center practicums) AND
Overseeing Dance Theatre Choreography for "Dancers, Drummers, Dreamers".
On call to teach all levels of Ballet & Point.
University of Idaho, HPERD Department, Dance Program, Moscow, ID
- Aug. - Dec. 2007 **Full-Time Lecturer of Dance and Coordinator of Dance 105 Instructors/Classes – Courses I taught –**
Beg. Modern,
Adv. Jazz, Dance In Society,
Dance Pedagogy (including implementing, organizing facilitating and assessing fifteen 7-12 grade dance studio AND Internships, two local dance studio owner panel discussions, and outreach teaching at Moscow High School),
Children's Dance (including implementing, organizing, facilitating and assessing two in class **practicums**, 4th grade practicum at Lena Whitmore Elementary and a one k-6 dance studio internship) AND
Dance Theatre (includes producing & directing the only Professional Dance Concert for Fall semester).
On call to teach all levels of Ballet & Point.
University of Idaho, HPERD Department, Dance Program, Moscow, ID
- July 2007 **Co-coordinator, Jazz Repertory Instructor for one week workshop – Dance Idaho! (12-up with 3 years experience) –**
Lineage Dance Company, resident professional company from L.A. (Choreographer of Class Above for Showcase)
 Collaboration between *University of Idaho, HPERD (Health, Physical Education, Recreation and Dance), Department, Dance Program*, and resident dance school *Festival Dance Performing Arts, Moscow, ID*
- March 2007 **Adv. Jazz and Conditioning for Dancers Instructor - ACDFA:** American College Dance Festival Association – Northwest Region
University of Montana, Missoula, MT
- Jan. – May 2007 **Full-Time Lecturer of Dance and Coordinator of Dance 105 Instructors/Classes – Courses I taught –**
Adv. Modern,
Adv. Jazz,
Dance In Society,
Recreational Dance Forms,
ACDFA: American College Dance Festival Association
 (includes organizing dancers to go, participate, and receive credit), AND
Overseeing Dance Theatre Choreography for "Dancers, Drummers, Dreamers".
On call to teach all levels of Ballet & Point.
University of Idaho, HPERD Department, Dance Program, Moscow, ID
- Feb. 2012,
 2011, 2010,
 2009, 2008 &
 2007 **Invited Clinician to teach**
Steppin,
Afro-Jazz,
Bollywood and Rat Pack BeMoved® Master classes for the Lionel Hampton International Jazz Festival – (A 2008 National Medal for the Arts Recipient, first public University to be awarded)
University of Idaho, HPERD Department, B.S. In Dance, Moscow, ID
- Aug. - Dec. 2006 **Full-Time Lecturer of Dance and Coordinator of Dance 105 Instructors/Classes – Courses I taught –**
Beg. Modern,
Adv. Jazz,
Dance In Society,
Pilates for Dancers,
World Dance, AND
Dance Theatre (includes producing & directing the only Professional Dance Concert for Fall semester).
On call to teach all levels of Ballet & Point.
University of Idaho, HPERD Department, Dance Program, Moscow, ID
- July 2005 – July 2006 **Director of Dance (7-12 grades) – Courses I taught – all levels –**
Modern,
Improvisation,
Ballet,
Jazz,
Tap,
Choreography,
Repertory,
Dance History,
Dance Theory,

Kinesiology,
S.S.A. Method Floor Barre, and
Nutrition

Artistic Director of the auditioned **MCCA Dance Company**, Dance Production Manager and Curriculum Developer.

Dance Team Coach – *The Prowlers Marion County Center for the Performing and Fine Arts Magnet Program*

I was hired to “clean up” program after it being in existence for 5 years, and 5 Directors. A huge grant was given to West Port for the Spring concert I did the year before which focused on Dance and Literacy.

West Port High School and Middle School, Ocala, FL

RECENT PROFESSIONAL CHOREOGRAPHY | RESTAGING CREATIVE WORK (PAST CHOREOGRAPHY at end of CV)

Feb. 2026
Developed
Sept. 2025 -
Feb. 2026
Invited Artist-In-Residence Choreographing original new Contemporary work on auditioned Dancers –
“**Same Breath, Sovereign Beings**” – 5 dancers selected from the Orchesis I Dance Company
Improv/Contact Improv/Contemporary/Post-Modern/Ballet vocabulary – Dancer generated with my prompts

My original designed use of projected imagery and
My original designed original cut soundscape
Concert for the paying public
Orchesis I Annual Dance Concert - Barchjé “From This Point Forward”

Fisher Theatre, Iowa State University, Ames, Iowa

Jan. - June 2025
First Draft choreography for a drill Ballet in training of a Competition Team, for their showcase - The Movement Studio.– **The Wonder of Emerging Women**. Opening solo at the beginning and certain sections are the Dancer's own improv with constraints. I am using this for the next drafts towards a future professional work on pre-pro or a professional company. This Ballet's vocabulary comes from the same class center variations so as not to waste training time while having a choreographic structure to create a Ballet for them to perform.

The Movement Studio Showcase at the Ruth Street Theatre, Prescott, AZ

Jan. - Feb. 2025
Invited Adjudicator, and only Yavapai College representative, organizer of selecting, rehearsing my original work on students, re-staged “**Backatown**” w/o live musicians, booth designer, and transportation arranger. for the Arizona Dance Education Organization's (AzDEO) 39th Annual High School & Middle School State Dance Festival. “College and Career Readiness—Building a Future in Dance.” Over 555 middle/high school students had access to an expanded College Expo, took classes from four Arizona colleges and universities, and participated in two college and career preparation workshops. 31 Arizona middle/high schools, over 555 students showcased original choreography.

Valley Vista High School Performing Arts Center, Surprise, AZ

Jan.- June 2024
First Draft choreography for a drill Ballet in training of a Competition Team, for their showcase - The Movement Studio.– **A Midsummer's Night Dream: Angels, Aliens and Fairies**. First variations at the beginning before petite allegro group is all the Dancer's own improv with constraints. I am using this for the next drafts towards a future professional work on pre-pro or a professional company. This Ballet's vocabulary comes from class center variations so as not to waste training time while still using minimal choreographic structure to create a Ballet for them to perform.

The Movement Studio Showcase at the Ruth Street Theatre, Prescott, AZ

June – Nov. 2023
Soloist Vaudeville Dancer (own choreography) small, large group Female Dancer – **Singing In The Rain**. Musical Directed by Dr. Craig Ralston.

Choreographed by **Pamela Cannedy and Stepan Oleksyn** – Entire cast volunteers – ACT I, Soloist Vaudeville Dancer, ACT II
Broadway Melody: small group Tap Dancer, **Singin In The Rain:** large group dancer in real rain. Over 20

_actors/singers/dancers, 2 and a half hr. production, 8 shows over two weekends, over 500 seats sold each show, with two almost sold-out. 1087 seat theatre.

Yavapai College Performing Arts Center Theatre, Prescott, AZ

June - Dec. 2022
“**Getting Funky On The Housetop**” Directed and Conducted by Chris Tenney – Concept of mine in collaboration with Professor Tenney, Director of the Yavapai College Trailblazers & Roughriders Jazz Big Bands.
Original choreographies - Musical selections below were chosen by me.

“**Bad Apple**” – 10 dancers, Contemporary Jazz & Improv Jazz Dance (incl. myself in long sleeve black top),
2:31 minutes

Ryan Fraley composition with improv solos that both the dancers and musicians played off of each other with for their horn and dance performing.

“**Backatown**” – 9 dancers, featuring 3 Tap, 3 Jazz, 3 Hip Hop Dancers, 3:18 minutes

Trombone Shorty/arr. John Wasson composition with ad lib solos for trumpet which the musician played off the set choreography to be inspired by in performance. Stage left view at original show HERE. Waiting on full front view.

Concert for the paying public, *Yavapai Performing Arts Center Theatre, Prescott, AZ*

Yavapai College Performing Arts Department Fall recital at the Yavapai Performing Arts Center Theatre, Prescott, AZ

Acker Night – Elks Performing Arts Center, Prescott, AZ

Jan.-Nov.
2022

“**Hello Dolly**” starring Toni Tennille, her last ever live performance as a lead – Co-Directed by Dr. Craig John

Ralston & Scottie Scott, Music Direction by Dr. Joshua Harper – Invited by choreographers Pamela Cannedy and Stepan Oleksyn to choreograph for pay a Duet section and Trio lift section down the stairs in “The Waiters Gallop” both I also perform. Solo performance they choreographed on me as well. This included choreographing different versions of the lift due to several shows where a dancer/actor/singer was sick with covid.

45 actors/singers/dancers, 2 and a half hr. production, 12 shows over three weekends, over 700 audience each show, several sold out – 1087 seat theatre. *Yavapai Performing Arts Center Theatre, Prescott, AZ*

- Aug. 2022 **Gotta Dance Studio – Invited Choreographer of two competitive, original, Contemporary/Urban Jazz works –**
created on pre-professional dancers for a Formation Jazz piece, and one on for a Composition Jazz piece.
Redmond, WA
- March 2022 **Hired Choreographer/Dancer for Surprise Marriage Proposal Flash Mob Duet Dance** paid for by partner, for his partner
2 Dancers – Myself and Bradley, 3 minutes and 51 seconds (and yes, she said “yes!”) *Court House Plaza, Prescott, AZ*
- Jan. 2022 **Jeanne Paul's 80th birthday party commissioned dance for her friends.** Jeanne was accompanied by choreographer Mary Heller, and her friends, Cindy Booth and Cheri Melle. Music: LaBelle - Lady Marmalade, released 1974, 1975 Hit, Edited over 50% of song by Mary Heller. I do not own the rights to this song. Song, Lady Marmalade (Single Version)
Artist, LaBelle Writers, Kenny Nolan, Bob Crewe. *ilton Hotel ballroom, Prescott, AZ*
- Dec. 2021 **“The Sound of Joy” Prescott Pops Symphony Music Directed by Joseph Place, “Glow” Conducted by Associate Music Director and Conductor Ryan Gastonguay.**

“Glow” by Eric Whitacre, Edward Esch (same version for Let The Season Begin below due to unavailability.)
1 paid dancer, Laura Covey – Re-staged Original en pointe Contemporary Ballet I originally choreographed
Let The Season Begin, premiered 2019, Yavapai Performing Arts Center Theatre, Prescott, AZ
3 minutes 27 seconds *Yavapai Performing Arts Center Theatre, Prescott, AZ*
- Sept. – Dec. 2019 **“Let The Season Begin” Master Chorale, Women's Chorale, Community Chorale, Chamber Singers, Vocal Ensemble, Yavapai Youth Choirs and Orchestra with special guest Mackenzie Gotcher, tenor. Conducted by Dr. Harper.**
Original commissioned choreographic works -

“Joy To The World” - 5 student dancers, 2 minutes 43 seconds
Beginner – advanced beginner Yavapai College student dancers – all rehearsals but one with canned music version.
Combined Choirs featuring Mackenzie Gotcher

“Glow” by Eric Whitacre, Edward Esch - 1 student dancer, Laura Covey, 3 minutes 27 seconds
Advanced Intermediate Yavapai College student dancer – all rehearsals but one with canned music version.
Tenor / Bass ensemble and Mackenzie Gotcher

“Sussex Carol” - 5 student dancers, 5 dancers, 3 minutes
Beginner, advanced beginner Yavapai College student dancers – all rehearsals but one with canned music version.
First half of the opening music was left out by the conductor, threw a couple of these beginner dancers way off.
Combined choirs and Mackenzie Gotcher *Yavapai Performing Arts Center Theatre, Prescott, AZ*
- Dec. 2019 **“Holiday Dreams and Traditions” Prescott Pops Symphony, Music Directed by Joseph Place, “Act II Pas de Deux of the Sugar Plum Fairy & the Prince from the Nutcracker” Conducted by Associate Music Director and Conductor Ryan Gastonguay.**

An original choreographic version of the Act II Pas de Deux of the Sugar Plum Fairy & the Prince from the Nutcracker:
2 paid dancers, Daniel Markley and Laura Covey, 6 minutes and 31 seconds
<https://youtu.be/Jds0vPBAmV4> 5:05 - 11:35 **Tchaikovsky** *Yavapai Performing Arts Center Theatre, Prescott, AZ*
- Jan.-Nov. 2019 **“Phantom of the Opera” Directed by Dr. Craig John Ralston, Music Direction by Dr. Joshua Harper of professional hired orchestra – Every Dance in every scene, including an original Flamenco/Argentine Tango influenced Dance I created for “The Pointe of No Return” per direction of Director's vision. Only cleaned “Masquerade”, did not choreograph this one Dance.**

65 actors/singers/dancers, 2 and a half hours –
8 sold-out shows, 1085 seat theatre *Yavapai Performing Arts Center Theatre, Prescott, AZ*
- Aug. - Oct. 2019 **“Arizona Dance Festival 2019” Conceived by myself and Lisa Chow, Artistic Director of & Sponsored by Desert Dance Theater, the Arizona Dance Coalition, Yavapai College and the Yavapai College Performing Arts Center. First time Desert Dance Theater Company has ever held this this 40 years old Festival in Central/Northern Arizona.**

WE Have This (first section re-staged) - selected by adjudicators of *Desert Dance Theatre Company*,
4 Yavapai College dancers, 4.5 minutes
Grand Canyon by Ani Defranco - (music edited by Mary Heller and Noel Barbuto)

WE Have This was choreographed on pre-professional dancers at the University of Idaho, Moscow, ID, in 2008, when it was adjudicated at the Northwest American College Dance Festival. The Piece is based on research by Ms. Heller in Seneca Falls, New York, birthplace of the suffrage movement. This excerpt of the work was re-staged for dancers at Yavapai College for the 2019 Arizona Dance Festival. *Yavapai College Performing Arts Center Theatre, Prescott, AZ*

- April 2018 **Invited Guest stipend paid volunteer Choreographer/Teacher/Performer – 2nd. Annual *Dancing For Our Stars* by the Boys & Girls Club of Central Arizona** <https://youtu.be/SZLPI7QjlaM> *Elks Theatre, Prescott, AZ*
- April 2017 **Invited Guest PR barter Choreographer/Teacher/Performer – Inaugural *Dancing For Our Stars* by the Boys & Girls Club of Central Arizona** <https://youtu.be/D4Uo6FYN2A8> (1:40 in video) Full article here - <http://dcourier.com/news/2017/apr/23/dancing-stars-huge-success-photos-video/> Won “Most Comedic” Dance *Elks Theatre, Prescott, AZ*
- “Halloween “Thriller”** – Original choreography by Michael J. and Michael choreographer Full credit given. Commissioned community Flash Mob choreographer and performer; I was asked to organize this by clients who wanted to do a flash mob on Halloween. <https://youtu.be/p-SRrdsMFPw> – over 1.5K views on YT *Court House Plaza, Prescott, AZ*
- June 2014 **All That Jazz – in kind choreographer and dancer;** Prescott Valley Ballet, Arts & Dance Benefit Program *Franklin Phonetic School Theatre, Prescott Valley, AZ*
- June 2013 **Vote - in kind Flash Mob choreographer and performer;** to bring awareness to the community to vote in the Fall. Done for the Good Governance organization of Prescott, AZ *Court House Plaza, Prescott, AZ*
- June 2011 – Present **Research & Development for the Production, *Sharing Ground*:**
Official launch – Invited solo dancer & choreographer and author of text spoken by Camille Sledge, Juneteenth, 2016, Phoenix, AZ using Live two-way, live-feed with no latency) production and choreographic processes between cultures whom usually terrorize each other, to find common ground in a collaborated dance/music/theatre/art work. Presently Iraq and the U.S. Initial funding through investors, philanthropists donating, and crowdsourcing with dissemination through social media as well as traditional means such as conferences, journals, etc.
SharingGroundInternational.com U.S.A. & Iraq *Eastlake Park and Community Center, Phoenix, AZ*
- Nov. 2011 **Invited Choreographer of opening Dance performance of *MoscowRade Fashion Show*;** a fundraiser for Alternatives to Violence on the Palouse – Russ Wheelhouse, Producer *EastSide Marketplace, Moscow, ID*
- March 2011 ***Picking Up The Fallen Pieces* selected by University of Idaho adjudicators to be adjudicated at the ACDFA: American College Dance Festival Association – Northwest Region** *University of Idaho, Moscow, ID*
- March 2011& March 2010 **Rehearsal Director and Original Role/Dancer: *Sing, Sing, Sing Sherry Zunker Choreographer*,** Live Musicians, UI Lionel Hampton School of Music, ***DDD-Dancers, Drummers, Dreamers*,** UI production, Executive Producer, Professor Emeritus Diane Walker <https://youtu.be/Kx46HIPLcvM> *Hartung Theatre, University of Idaho, Moscow, ID*
- Dec. 2010 **“*Dance Here and Now*”** (concert produced & directed by Mary Heller for Faculty, Guest Artists and students)
***Picking Up The Fallen Pieces* - 11 dancers, 10.30 minutes**
 The Harley and Pastorale by Mark Russell (music edited by Mary Heller) *Hartung Theatre, University of Idaho, Moscow, ID*
- Sept. 2010 **First *FlashMob* for Moscow, ID in their Town Parade –** Producer and Choreographer Core group of both children and adults of 10 – grew to 20 people who joined and didn’t know the choreography *Downtown Main St., Moscow, ID*
- March 2010 ***Loved and Cared For* (excerpt - *Progression*) selected by University of Idaho adjudicators to be adjudicated at the ACDFA: American College Dance Festival Association – Northwest Region, selected to be in the Gala Performance.**
 4:43 - <https://youtu.be/Kx46HIPLcvM> *Weber State University, Ogden, UT*
- Nov. 2009 **“*Artist’s Offerings*”** (concert produced & directed by Mary Heller for Faculty, Guest Artists and students)
***Loved and Cared For*- 6 dancers, 3 duets (*Diagnosis, Progression & The Work Of Dying*), 11.5 minutes**
Progression – ACDFA 2010 Gala Award
 Over My Shoulder by Mika; What’ll I Do by Julie London; The Queen Symphony: 111 (Who Wants to Live Forever? – Save Me) by London Voices, Francois Rive and John Lenehan; Heart Monitor by The Hollywood Edge Sound Effects Library, and Hospital Ambience X3 by Vol. 7 Ambience, Space, Effects (music edited by Mary Heller- video shot and edited by Tonya Rugg)
 4:43 - <https://youtu.be/Kx46HIPLcvM> *Hartung Theatre, University of Idaho, Moscow, ID*
- Nov. 2004 **Restager/Dancer; *Ear to Stone*, Jim Clouser Choreographer/Coach, duet** <https://youtu.be/t3lpJt4P4> – poetry: John Giorno music: Giacomo Puccini, tenor aria from *La Boheme* *Nancy Smith Fichter Dance Theatre, Florida State University, Tallahassee, FL*
- Jan.-May 2004 **Selected by Suzanne Farrell as the Rehearsal Director and her Personal Assistant**
 In the Restaging of *Western Symphony*
 choreographed by George Balanchine for *An Evening of Dance*
Nancy Smith Fichter Dance Theatre, Florida State University, Tallahassee, FL

PROFESSIONAL ESTABLISHED DANCE COMPANIES (two eventually closed)

- Aug. 2003 – June 2004 **Dance Repertory Theatre: Special Graduate Participation (university dance company) Dancer: *Amore* Choreography by Lynda Davis (Artistic Director), & understudy for rep. – now Retired** *The Florida State University, Tallahassee, FL*

- Aug. 1991-
March 1993 **Invited Guest Dancer with the Dayton Ballet Company (couldn't stay due to pregnancy) - Dancer: Gold. Frankincense & Myrrh: Handmaiden to the King of Frankincense** *The Dayton Ballet*; James Clouser Artistic Director/Choreographer
The Victoria Theater, Dayton, OH
- The Chamber Dance Ensemble Original Role/Soloist: *The Fall of Leaves* and *The Offering* Choreography by Bess Saylor Imber (Artistic Director),**
The Dayton Art Institute and various venues, Dayton, OH
- Nov. 1992 **Dancer: *Les Sylphides: Sylph* Dayton Ballet II; Michael Fokine Choreographer, re-staged by Michael Job**
Northridge High School, Dayton, OH
- Aug. 1991 –
Aug. 1992 **Winifred Haun and Dancers: Founding Company Dancer Original Role/Soloist: *Remember* Soloist: *Close My Eyes* and *Next*, Trio: *Trials* Choreography by Winifred Haun (Artistic Director) *The Weinstein Center for the Performing Arts,*
Nights of the Blue Rider, The David Pusz Dance Series and various venues, Chicago, IL & Indianapolis, IN**
- Ballet Entre Nous – Principle Dancer - Original Role/Soloist: *Cole Porter Suite* Soloist: *Right of Spring* (Main Predator) *The Nutcracker*: Duet: *Arabian*, Ensemble: *Snow, Flowers, and Party* (Celebrity) Choreography by Mark Nevins (Artistic Director)**
The Ruth Page Theater & various venues, Chicago, IL
- Accepted through audition, by Artistic Director Nan Giordano, into the two-year training program of the Gus Giordano Chicago Dance Company School** in Chicago. Deeply honored. However, I stayed as a principle Dancer in three Chicago Dance companies due to funds.
Gus Giordano School of Dance, Evanston, IL
- Accepted through audition, by Artistic Director Judith Jamison, into the multi-year training program of the Alvin Ailey American Dance Company School** in N.Y.C. Deeply honored. However, I stayed as a principle Dancer in three Chicago Dance companies due to funds.
Audition held at the Joseph Holmes Chicago Dance Theatre School/Conservatory, Chicago, IL
- Aug. 1990 –
Aug. 1992 **American Danz Theater - Principle Dancer - Soloist: *Featherheads* and *Rhapsody In Blue* Choreography by Michael Gonzalas (Artistic Director) *The State Street Fair, Daley Plaza, North Pier, The Field Museum of Science and Industry* & various venues, Chicago, IL & Indianapolis, IN**
Including two shows at Disneyworld, FL – see INDUSTRIALS page 25
- Aug. 1991 **The Burton Project: Dancer: *Dance Drug Free: Strawberry* (Lec Dem./TV Documentary Choreography by Stephanie Burton (Artistic Director) sponsored by the *Chicago Park District South Shore Cultural Center and Daley College,***
Chicago, IL
- Aug. 1989 –
Dec. 1991 **The Joseph Holmes Chicago Dance Theater: Company Apprentice Randy Duncan Artistic Director, Harriet Ross Associate Artistic Director** *International Dance Company based in Chicago, 18th and Halsted, southside, Pilsen area, IL*
- Aug. 1989 –
June 1992 **The Joseph Holmes Pilsen Dance Ensemble: Dancer: *Aretha: Trouble in Mind* and *Think* Choreography by Joseph Holmes/Randy Duncan**
Soloist: *The Wall, Our Daily Bread* and *Next* Choreography by Winifred Haun
Duet: *Long Lunch* Choreography by Winifred Haun
Dancer: *Good To You* Choreography by Robyn Davis
Duet: *Out There* Choreography by Tabatha Russell - Winifred Haun (Artistic Director)
The David Pusz Dance Series & various venues, Chicago, IL

PROFESSIONALLY PAID GUEST PERFORMANCES – VOLUNTEER ONLY WHEN STATED

- June – Nov. 2023 **Soloist Vaudeville Dancer (own choreography) small, large group Female Dancer – *Singing In The Rain***. Musical choreographed by Pamela Cannedy and Stepan Oleksyn – Entire cast volunteers – ACT I, **Soloist Vaudeville Dancer, *Broadway Melody*: main group Tap Dancer, *Singin In The Rain*: large group dancer in real rain.** Over 20 actors/singers/dancers, 2 and a half hr. production, 8 shows over two weekends, over 500 seats sold each show, with two almost sold-out. 1087 seat theatre.
Yavapai College Performing Arts Center Theatre, Prescott, AZ
- June - Dec. 2022 **"Getting Funky On The Housetop"** Directed and Conducted by Chris Tenney – Concept of mine in collaboration with Professor Tenney, Director of the Yavapai College Trailblazers & Roughriders Jazz Big Bands.
Original choreographies - Musical selections below were chosen by me.
- "Bad Apple" – 10 dancers, Contemporary Jazz & Improv Jazz Dance (incl. myself in long sleeve black top), 2:31 minutes**
Ryan Fraley composition with improv solos that both the dancers and musicians played off of each other with for their horn and dance performing.
- "Backatown" – 9 dancers, featuring 3 Tap, 3 Jazz, 3 Hip Hop Dancers, 3:18 minutes**
Trombone Shorty/arr. John Wasson composition with ad lib solos for trumpet which the musician played off the set choreography to be inspired by in performance. Stage left view at original show HERE. Waiting on full front view.
Concert for the paying public, *Yavapai Performing Arts Center Theatre, Prescott, AZ*
Yavapai College Performing Arts Department Fall recital at the Yavapai Performing Arts Center Theatre, Prescott, AZ
Acker Night – Elks Performing Arts Center, Prescott, AZ

- Jan.-Nov. 2022 **Drag King Soloist Dancer - *Hello Dolly!* starring Toni Tennile.** Musical choreographed by **Pamela Cannedy and Stepan Oleksyn** – Entire cast volunteers, incl. **Toni Tennile - *Walters Gallup - my own original choreography choreographers wanted me to create:*** dancing down the stairs into a lift. Drag King Duet – In grand ensemble across stage with partner through holding napkins, down to knees, up and off. – Choreographed by choreographers - ~~Waiter running center downstage to do 8 fast tempo coupe turns to the left, holding a tray of a chicken in my hands in first position.~~ Drag King Group Dancer in ***It Takes A Women (Tap), Hello Dolly!***, and ***Finale***. 45 actors/singers/dancers, 2 and a half hr. production, 12 shows over three weekends, over 700 seats sold each show, with several sold-out. 1087 seat theatre.
Yavapai College Performing Arts Center Theatre, Prescott, AZ
- March 2022 **Hired Flash Mob Choreographer & Performer for surprise marriage proposal** – partner Bradley M. – danced to/edited over 50% of “*Making Of Us*” song by Keith Urban, and she did say “yes”.
Prescott Courthouse Square, Prescott, AZ
- Dec. 2021 **De fleurs a’ un petit je-ne-sais-quoi- de fascinant - Art | Dance | Fashion** – A creative collaboration by Painter Mary Alice Rush, and Choreographer myself, Improv with paintings in silence. Performance & Q/A with artists afterwards.
Sedona Performing Arts Center, Sedona, AZ
- Dec. 2021 **Invited Guest Artist, volunteer Dancer: Adv. Contemporary, Jazz, Tap, Ballet & Hip Hop, plus class HH phrase** – SWITCH Performing Arts Performance at Acker Night; Leo Gallegos Choreographer Courthouse, Downtown, Prescott, AZ
- June 2021 **Invited Guest Artist, volunteer Dancer: Adv. Contemporary, Jazz, Ballet, Tap & Hip Hop - SWITCH Performing Arts Concert, Leo Gallegos Choreographer**
Franklin Phonetic Elementary School, Prescott Valley, AZ
- Dec. 2020 **Invited Guest Artist, volunteer Dancer: Adv. Contemporary, Jazz, Ballet, Tap & Hip Hop - SWITCH Performing Arts**
Performance at Acker Night; **Leo Gallegos Choreographer** Indoor Race Track to selected invited guests, Prescott, AZ
- Dec. 2019 **Invited Guest Artist, volunteer Dancer: Adv. Contemporary, Jazz (4:46 stage L, black and x mas sweater, second row), Ballet, Tap & Hip Hop - SWITCH Performing Arts Performance at Acker Night; Leo Gallegos Choreographer**
Courthouse, Downtown, Prescott, AZ
- June 2019 **Invited Guest Artist, volunteer Dancer: Adv. Contemporary, Jazz, Ballet, Tap & Hip Hop - SWITCH Performing Arts Concert - “Uneek” Leo Gallegos Choreographer**
Yavapai College Performing Arts Center Theatre, Prescott, AZ
- Dec. 2018 **Invited Guest Artist, volunteer Dancer: Contemporary, Jazz & Hip Hop - SWITCH Performing Arts Performance at Acker Night; Leo Gallegos Choreographer**
Courthouse, Downtown Prescott, AZ
- Oct. 2018 **Invited Guest Artist, volunteer Dancer: Hip Hop Flash Mob- SWITCH Performing Arts Performance at The Crossings; Leo Gallegos Choreographer**
The Crossings, Prescott, AZ
- June 2018 **Invited Guest Artist, volunteer Dancer: Contemporary, Ballet, & Jazz - SWITCH Performing Arts Concert “Faces of Love” Leo Gallegos Choreographer**
Embry Riddle University, Prescott, AZ
- April 2018 **Invited Guest Artist volunteer Choreographer/Teacher/Performer – 2nd. Annual Dancing For Our Stars by the Boys & Girls Club of Central Arizona <https://youtu.be/SZLPI7QjI>**
Elks Theatre, Prescott, AZ
- Dec. 2017 **Invited Guest Artist, volunteer Dancer: Ballet & Jazz - SWITCH Performing Arts Performance at Acker Night; Leo Gallegos Choreographer**
Courthouse, Downtown, Prescott, AZ
- June 2017 **Invited Guest Artist, volunteer Dancer: Ballet & Jazz - SWITCH Performing Arts Concert “Outside of the Box” Leo Gallegos Choreographer**
Embry Riddle University, Prescott, AZ
- April 2017 **Invited Guest Artist volunteer Choreographer/Teacher/Performer – 1st. Annual Dancing For Our Stars by the Boys & Girls Club of Central Arizona <https://youtu.be/D4Uo6FYN2A8> - (1:40 in video) Full article here - <http://dcourier.com/news/2017/apr/23/dancing-stars-huge-success-photos-video/> Won “Most Comedic” Dance**
Elks Theatre, Prescott, AZ
- Dec. 2016 **Invited Guest Artist, volunteer Dancer: Ballet & Jazz - SWITCH Performing Arts Performance at Acker Night; Leo Gallegos Choreographer**
Elks Theatre Perf. Arts, Downtown Prescott, AZ
- May 2016 **Invited Guest Artist, volunteer Dancer: Ballet, Contemporary & Jazz - SWITCH Performing Arts Concert “Initium” Leo Gallegos Choreographer**
Prescott Airport Hanger, Prescott, AZ
- Invited Guest Artist, volunteer ShimmyMob Belly Dancer for International Day of Belly Dance**
Prescott Farmer’s Market, and downtown courthouse, Prescott, AZ
- Dec. 2015 **Invited Guest Artist, volunteer Dancer: Ballet & Jazz - SWITCH Performing Arts Performance at Acker Night; Leo Gallegos Choreographer**
Sutra Yoga space, Downtown Prescott, AZ

May 2015	Invited Guest Artist, volunteer Dancer: Ballet - SWITCH Performing Arts Concert - Leo Gallegos Choreographer	Art Studio white space <i>Downtown Prescott, AZ</i>
Dec. 2014	Invited Guest Artist, volunteer Dancer: Ballet - SWITCH Performing Arts Performance at Acker Night Choreographer	Leo Gallegos <i>Tech ReHab space, Downtown Prescott, AZ</i>
	Invited Guest Artist, volunteer Dancer: Ballets - Prescott Valley Ballet, Arts and Dance Holiday show for vets. Reynolds Choreographer	Helen <i>Veterans Hospital, Prescott, AZ</i>
July – Aug. 2014	<u>Urban Bush Women's Summer Leadership Institute</u> – “The Free Southern Theatre Model – Addressing Inequality By Claiming Our Places, Our Legacy, Our Stories...” Applied & accepted dancer, researcher and co-creator in “Soul Deep”, culminating production of the 100+ institute participants/artists <i>Tulane University, New Orleans, LA</i>	
Jan.-Feb. 2004	Dancer: Many Bodies, One Mind: The Joint-FAMU and FSU concert Dorian Holmes Choreographer	<i>Lee Hall, Florida of Agriculture and Mechanical Engineering University, Tallahassee, FL</i>
May 2003	Dancer: The Boy and the Loon: Grandmother, The Little Girls Room Tennille Lambert Artistic Director/Choreographer	<i>The Mickey Faust Club, Tallahassee, FL</i>
May 2000	Choreographer & Soloist: For Jim: Collage Dance Festival 2000: A Cascade of Dance A Tribute to James Clouser; Lisa Racina Director	<i>Campus Theater, Denton, TX</i>
Dec. 1992	Dancer: Gold. Frankincense & Myrrh: Handmaiden to the King of Frankincense Artistic Director/Choreographer	<i>The Dayton Ballet; James Clouser</i> <i>The Victoria Theater, Dayton, OH</i>
Nov. 1992	Dancer: Les Slyphides: Slyph Dayton Ballet II; Michael Fokine Choreographer, staged by Michael Job	<i>Northridge High School, Dayton, OH</i>
June 1990	Original Role/Soloist: Ave Maria: The Annual North Suburban YMCA Dance Concert Fred Alexson Choreographer	<i>Sheely Center for the Performing Arts, Northbrook, IL</i>
May 1990	Dancer: Hansel and Gretel: Angel and Sunbeam Choreographer Written and Staged by Jack Villari	<i>The American Dance Center Ballet Company; Kathleen Sims</i> <i>The Rialto Square Theater, Joliet, IL</i>
May 1989	Original Role: Crossing Over Dancer: Closing: Dances Karen Steele Choreographer	<i>Charlotte York Irey Theatre, University of Colorado, Boulder, CO</i>
	Dancer: Colorado New-Music Series – Reflections In City Spaces Site Specific Dances with Live Musicians Polly Motley and Company Co-Choreographers	<i>Polly</i> various sites in Denver, CO
	Soloist: Southern Comfort: Regis College Dance Concert Margo Law Choreographer	<i>Regis College lawn, Denver, CO</i>
March 1989	Original Role/Soloist: Moonlight Sonata Dana Nugent-Aylesworth Choreographer (premier at undergrad BA Senior Concert)	<i>Studio 816 Dance Concert, Denver, CO</i>
April 1989	Dancer: An Unromantic Place and Tract II – Polly Motley and Company Polly Motley Choreographer	<i>Regis Theater, Denver, CO</i>
Dec. 1988	Dancer: The Nutcracker: Parent, The David Taylor Dance Theater David Taylor Choreographer	<i>Loretto Heights Theater, Denver, CO and University of Colorado, Boulder, CO</i>
Dec. 1988	Dancer: A&P Grocery Ballet/Lifeless Packaging: Shoplifter, Cooperative Dance Theater Mark Hilleary Choreographer (Choreography Winner, Schoenberg Competition, to work with Dance Theater of Harlem)	various venues, Denver, CO

PRIVATE CONTRACTOR or PAID IN-CONTRACT UNIVERSITY/COLLEGE PERFORMANCES

June – Nov. 2023	Soloist Vaudeville Dancer (own choreography) small, large group Female Dancer – <i>Singing In The Rain</i>. Musical choreographed by Pamela Cannedy and Stepan Oleksyn – Entire cast volunteers – ACT I, Soloist Vaudeville Dancer, Broadway Melody: small group Tap Dancer, <i>Singin In The Rain</i>: large group dancer in real rain. Over 20 actors/singers/dancers, 2 and a half hr. production, 8 shows over two weekends, over 500 seats sold each show, with two almost sold-out. 1087 seat theatre. <i>Y avapai College Performing Arts Center Theatre, Prescott, AZ</i>	
Jan. - Nov. 2022	Drag King Soloist Dancer, - <i>Hello Dolly!</i> starring Toni Tennile. Musical choreographed by Pamela Cannedy and Stepan Oleksyn – Entire cast volunteers, incl. Toni Tennile - <i>Waiters Gallup</i>: dancing down the stairs into a lift – <i>Waiter running center downstage to do 8 fast tempo coupe turns to the left, holding a tray of a chicken in my hands in first position. Drag King Duet – grand ensemble across stage with partner through holding napkins, down to knees, up and off.</i> Drag King Group Dancer in <i>It Takes A Women (Tap), Hello Dolly!, and Finale.</i> 45 actors/singers/dancers, 2 and a half hr. production, 12 shows over three weekends, over 700 seats sold each show, with several sold-out. 1087 seat theatre. <i>Yavapai College Performing Arts Center Theatre, Prescott, AZ</i>	

March 2011& March 2010	Rehearsal Director and Original Role/Dancer: <i>Sing, Sing, Sing</i> Sherry Zunker Choreographer , Live Musicians, UI Lionel Hampton School of Music, DDD-Dancers, Drummers, Dreamers , UI production, Executive Producer, Professor Emeritus Diane Walker https://youtu.be/Kx46HIPLcvM <i>Hartung Theatre, University of Idaho, Moscow, ID</i>
Dec. 2008	Soloist ("The Clock") - first female Dancer ever selected for the role: <i>Continuous Replay</i> ; Arnie Zane, restaged with additional materials by Bill T. Jones 1982, music: various artists edited for performance, Stager: Donald Shorter Jr., Coach: Germaul Barnes, Rehearsal Director: Greg Halloran - <i>Made possible by the National Endowment for the Arts' American Masterpieces: Dance Initiative administrated by the New England Foundation for the Arts with Dance/USA. The University of Idaho College of Education and Student Arts Fees also added support.</i> https://youtu.be/pjifZlsLT6I <i>Hartung Theatre, University of Idaho, Moscow, ID</i>
April 2008	Original Role/Dancer: <i>Let The Good Times Roll</i> Phyllis Gooden-Young Choreographer and Director Live Musicians, WSU Chamber Ensemble <i>Daggy Hall, Washington State University, Pullman, WA</i>
April 2005	Dancer: <i>Shelter</i> ; Jawole Willa Jo Zollar choreographer <i>Nancy Smith Fichter Dance Theatre, Florida State University Tallahassee, FL</i>
April 2005	Dancer: <i>Working Memory</i> ; Susan Marshall choreographer (premiered Fall 04 at Julliard) <i>Nancy Smith Fichter Dance Theatre, Florida State University Tallahassee, FL</i>
Nov. 2004	Restager/Dancer; <i>Ear to Stone</i> , Jim Clouser Choreographer/Coach , duet https://youtu.be/t3l3pJt4P4 - poetry: John Giorno music: Giacomo Puccini, tenor aria from <i>La Boheme</i> <i>Nancy Smith Fichter Dance Theatre, Florida State University, Tallahassee, FL</i>
April 2004	Original Role/Dancer: <i>Circles of My Mind Dancing in the Rain</i> and <i>Many Bodies, One Mind MFA Thesis Concert – Our House</i> ; Dorian Holmes Choreographer and Co-Artistic Director <i>Nancy Smith Fichter Dance Theatre, Florida State University Tallahassee, FL</i>
April 2004	Original Role/Dancer: <i>Florida State University's Martin Luther King Celebration: White Supremest</i> ; Jawole Willa Jo Zollar Artistic Director and Choreographer <i>Ruby Diamond Theatre and Florida State University Cable, Tallahassee, FL</i>
Feb. – March 2003	Original Role/Dancer: <i>Semele - An Opera</i> : US Premiere <i>Florida State Opera</i> and <i>The Tallahassee Seven Days of Opening Nights Festival</i> Jack Clark Choreographer, Anthony Rooley Music and Stage Director <i>Opperman Music Hall, Florida State University Tallahassee, FL</i>
April 1989	<i>An Evening of Dance, Theatre and Performance Art - Original Role/Soloist:</i> <i>Moonlight Sonata</i> - (using projections onto my body painted in white, including hair, and costume in outdoor scenes such as running into traffic, on a mountain, in a rainstorm), Dana Nugent-Aylesworth, Choreographer , (premier at undergrad BA Senior Concert) Soloist: <i>Orbit</i> Jacquie Boomer Choreographer Dancer: <i>Untitled (Part 1) (Work-in-Progress)</i> Karen Steele Choreographer Original Role/Dancer: <i>Get On My Bike</i> Dana Nugent Aylesworth and cast Choreographers Original Role/Dancer: <i>Baby Doll</i> Stacy Spence Choreographer Dancer: <i>Oh Yeah!</i> Alicia Stewart Choreographer <i>Regis Theater, Loretto Heights College, Denver, CO</i>
April 1987	<i>Cosima – An original Theatre and Dance Production</i> Written by Lou Malantri and Choreographed by James Clouser <i>An original play with dancing about the wife of the composer Richard Wagner.</i> Original Role/Soloist: <i>Soldier</i> – (improvisation) Original Role/Dancer & Actress including a concubine: <i>Various parts with acting of lines</i> <i>Loretto Heights College, O' Sullivan Theatre, Regis College, Denver, CO</i>
April 1986	Dancer: <i>Gold. Frankincense & Myrrh: Harem Girl</i> , James Clouser Artistic Director/Choreographer <i>Loretto Heights College, O' Sullivan Theatre, Regis College, Denver, CO</i>

GRANTS

Principle/Sole Investigator for \$5000 *Florence Wasmer Foundation* grant to sponsor Latin Jazz Dance performer/Scholar Juliet McMains and Sasko Despotovski for the *Lionel Hampton International Jazz Festival* in first time ever Dance Teaching clinics, and Dance Pedagogy for Regional Teachers and **Performing with Jose Rizzo's All-Star Band** *University of Idaho, HPERD Department, Dance Program, Moscow, ID*

PRIVATE FUNDING

Aug. 2001- **SatchDance-One People** – Founder, Artistic Director and Executive Director of *pick-up company of 9 professional Dancers/Choreographers - \$5000 income/production costs paid for by patrons*
 March 2002

HIGHER EDUCATION ADVISING

Sept. 2025 – **Advising over 55 undergraduates and graduates in course selections and career goals including writing recommendations.**
 May 2026 *Kinesiology Department/Dance Minor, Iowa State University, Ames, IA*

Aug. 2018 – **Advising undergraduates in course selections and career goals including writing recommendations.**
Present *Performing Arts Department, Yavapai College, Prescott, AZ*

Dec. 2008 –
 April 2009

Graduate Committee member for Graduate in Music – Thesis research on Composer Samuel Barber and his relationship with *Cave of The Heart.*

University of Idaho's Lionel Hampton's School of Music

Jan. – May 2011, **Advising 100's of undergraduates, and graduates in other majors in course selections and career goals including writing recommendations.**
 Aug. 2010-Dec. 2010;

Aug. 2009-May 2010;

Aug. 2008-May 2009;

Aug. 2007-May 2008

Jan.-May 2007

Auditioning 100's of potential majors for the Dance Program

Conducted over 30 Senior Concert Evaluations with Coordinator of Dance

University of Idaho, HPERD Department, B.S. In Dance, Moscow, ID

HIGHER EDUCATION OUTREACH

Nov. 2025 **Arranged for Yavapai College as well as local Training Irish and Tap Dancers in Prescott area AZ to view/participate in live presentation of current Professional Irish Dancer Reilly Sedlacek of Trinity Irish Chicago Dance In Health and Care when training, the differences between these two percussive forms, and her collaboration with Michelle Dorrance Dancers in Tap in NYC to premier a new work at The Joyce Theatre, NYC 2026.**

Yavapai College Performing Department, Prescott, AZ

Iowa State University, Kinesiology Department/Dance Minor Ames, IA

Feb. 2025 **Invited Adjudicator, and only Yavapai College representative, Arizona Dance Education Organization's (AzDEO) 39th Annual High School & Middle School State Dance Festival. "College and Career Readiness—Building a Future in Dance."**

Over 555 middle/high school students had access to an expanded College Expo, took classes from four Arizona colleges and universities, and participated in two college and career preparation workshops. 31 Arizona middle/high schools, over 555 students showcased original choreography.

Re-stager, Organizer of selecting, rehearsing my original work on students of "Backatown" w/o live musicians, booth designer, transportation arranger, driver, sole administrator.

Valley Vista High School Performing Arts Center, Surprise, AZ

May 2021 **Original piece, "Revival" - Volunteer in concept, choreography, rehearsal, and performance on stage, filmed for social media to connect with students: duet with colleague Marina Rogava O'Brien in solos, and duet in Contemporary, Jazz, Latin Ballroom— 5:19 minutes, editor of more than 50% of "Revival" by Gregory Porter, and "Eruption" by Eddie Van Halen.**

Yavapai College Performing Arts Center Theatre, Prescott, AZ

Aug. - Oct. 2019 **Prescott Coordinator for the "Arizona Dance Festival 2019"**
Sponsored by Desert Dance Theater, the Arizona Dance Coalition, Yavapai College and the Yavapai College Performing Arts Center.

First time this 40 years old Desert Dance Theater Company has ever hosted this Festival in Central/Northern Arizona.

Yavapai College Performing Arts Center Theatre, Prescott, AZ

Aug. – Nov. 2019 **Coordinator, and Advertiser for the "Ballet Victoria" Advanced Beginning Ballet master class, Men's Only Master Ballet class (the first for Prescott, AZ), and Partnering in Ballet class - all levels, 14 yrs. – up.**

Yavapai College Performing Arts Department, Prescott, AZ

Sept. 2018 **"Drama Day" Dance teacher of Tap/Stomp/Body percussion workshops, 5-6 classes, 45 minutes/class, each year, all**
 2019, 2021, High school area students – served over 2000 students. *Yavapai College Performing Arts Department, Prescott, AZ*
 2022, 2023

(not held since 2023)

Fall 2010	Initiated concept of Moscow, Idaho's first Flash Dance Mob with Festival Dance and Performing Arts. <i>UI Homecoming Parade, Moscow, ID</i>
Spring 2010	Mentored Dance Program's first High School student in the Gifted program for the Moscow School District in the subject of: Choreography <i>Moscow High School, and University Of Idaho Moscow ID</i>
Nov. 2009	Children's Matinee, Moscow Charter School, Dance Theatre's "Artist's Offerings" Fall Concert-100 children served <i>Hartung Theatre, University of Idaho, Moscow, ID</i>
Feb. – May 2009	<u>Unprecedented First in the World successful attempt using the Program Elluminate for Two-way live virtual Dance Learning</u> facilitated through DAN 360 Children's Dance at West Park Elementary School, Pro-Kindergarten class and at UI PEB, Festival Dance, 3.4th grade: Using the Methodology of Creative Movement to Teach Math at teachers request. 8 classes- over 30 k- 4th grade students served. <i>West Park Elementary and UI PEB, Moscow, ID</i>
Dec. 2008	Children's Matinee, Moscow High School, Moscow Junior High School, & Troy High School, Dance Theatre's "An Evening of Repertory" Fall concert- 400 children served <i>Hartung Theatre, University of Idaho, Moscow, ID</i>
Oct. 2008	Moscow School District In-Service Teacher Day – Taught 2 hour Workshop Using the Methodology of Creative Movement to Teach Reading, Writing, Math, Science, Social Studies, and other Arts, etc. to Teachers <i>Moscow Junior High School, Moscow, ID</i>
May 2009 & May 2008	Recruiting, overseeing and organizing Hip Hop Instructor for Enrichment Day <i>Troy High School, Troy, ID</i>
April 2008	Recruiting, mentoring, organizing and assessing Dance Majors/Minors interested in teaching Science through Creative Movement, k-6, in either conventional classroom or gym/open space <i>Kids On Campus</i> through ASUI Volunteer Association, Emily Kuhl Organizer <i>West Park Elementary, Moscow, ID</i>
Sept. 2007	Lecture/Demonstration University of Idaho Resident Hall <i>Living. Learning Community Event</i> <i>University of Idaho, Tower Lawn, Moscow, ID</i>
Dec. 2006	Children's Matinee, Lena Whitmore Elementary, Dance Theatre's "So You Think You Can Dance Idaho?" Fall concert- 200 children served <i>Hartung Theatre, University of Idaho, Moscow, ID</i>

HIGHER EDUCATION SERVICE

Jan. 2019 - Present	RESPECT Campaign committee member – Inclusion of ALL students, faculty, and staff at Yavapai College. <i>Yavapai College, Prescott, AZ</i>
Aug. 2024 – June 2025	On Planning Committee for Guest Artists for the <i>Corps De Ballet International - Choreographing Community: Innovations & Collaborations in Ballet Education</i> - June 2025 <i>University of Utah – Salt Lake City, UT</i>
Sept. 2022	Yavapai College Tap I/II class performs two class practice dances for over 20 people <i>Evergreen Village Assisted Living, Prescott, AZ</i>
Dec. 2008	Presenter at The University of Idaho's Women's Center's Holiday raffle/women's art fair, <i>WomensWorks</i> – Displayed my choreography, <i>We Have This</i>, and it's performance in our upcoming concert as a raffle prize <i>University of Idaho, Student Union Building, Moscow, ID</i>
May 2008	Choreographed solo, <i>The Fight</i>, for MHS Senior/Adv. Modern student Sarah Nielsen in Festival Dance Academy's Spring Concert - Cello played by MHS Senior: Isaac Pastor- Chermak Composer: Gasper Cassado <i>Hartung Theatre, University of Idaho, Moscow, ID</i>
April 2008	Choreographed duet, <i>Forever</i>, for Dance major/Senior Jamie Wollenberg and minor Cecelia Hanford in Dance major/minor Club sponsored semester concert <i>Dance Off Hand</i> – Keyboard, vocals and original composition/lyrics by Moscow artist Joan Alexander <i>University of Idaho, HPERD Department, studio 110, Moscow, ID</i>
Jan - May 2007	Search Committee member for Athletic Trainer Senior Lecturer position <i>University of Idaho, HPERD Department, Dance Program, Moscow, ID</i>
Aug.-Dec. 2007 Aug.- Dec. 2008	Conceiving and implementing the first and second "So You Think You Can Dance Idaho?" competition for all University and community dancers: marketing, organizing, gathering appropriate judges, coaching of performances, and final selection of winners whose prize was to perform in the University of Idaho's Fall concert. <i>University of Idaho, Moscow, ID</i>
May 2007	Choreographed solo, <i>Fragile Things</i>, for Moscow HS Senior/Adv. Modern student Maia Lassen-Purser in Northwest Dance Center's Spring Concert <i>Gladish Auditorium, Pullman, WA</i>
Jan.-May 2004	Research Assistant to the Associate Chair & Chair <i>Dept. of Dance, FSU, Tallahassee, FL</i>

Assisted in *Workshop For Young Dancers* presented by Friends of Dance Featuring master classes with Suzanne Farrell and FSU Dance Faculty

Selected by Miss Farrell as the Student Rehearsal Director and Personal Assistant to Suzanne Farrell
In the Restaging of *Western Symphony*
choreographed by George Balanchine for *An Evening of Dance*

Sole Director/Organizer, Documenter and Editor: *Don Rapp: The Juggler*

presented by *Dept. of Dance, FSU*

May 2004

Certificate of Achievement for superlative fundraising for a GDC (Graduate Dance Council) member

Dept. of Dance, FSU, Tallahassee, FL

Jan.-May 2003

Documentation Director, Senior Editor of film documentation - *The Joint* - A Collaborative Dance Concert of FAMU Dance Companies and FSU Graduate choreography organized and produced by GDC-Graduate Dance Council - Cameraperson in charge of set-up, white balance, focus, (filming on one camera per show) ect. and striking of all digital cameras. Versed in Adobe Photoshop, iMovie and Final Cut Pro Responsible for packaging & selling of video.

Lee Hall, Florida of Agriculture and Mechanical Engineering University, Tallahassee, FL

Aug. 2002 -
March 2005

Video Documentation Crews

Nancy Smith Fichter Dance Theatre and Ruby Diamond Theatre, Tallahassee, FL Cameraperson in charge of set-up, white balance, focus, filming and striking of Canon XL1 camera - Tim Glenn: Documentation Director

- March 2005 ***Urban Bush Women - Wide, Back of House***
- Feb. 2005 ***Dance Repertory Theatre - Wide, Back of House***
- Oct. 2004 ***An Evening of Dance - Wide, Back of House and Wide, Balcony***
- April 2003 ***MFA Thesis Concert, Elizabeth Higgins Dance Theatre- CMDance/OUT/Loud Wide, Back of House***
- April 2003 ***An Evening of Dance - House Right, Left Tight and Wide, Back of House***
- March 2003 ***Dance Repertory Theatre - Wide, Back of House***
- Dec. 2002 ***Under Construction - Wide, Back of House***
- Nov. 2002 ***MFA Thesis Concert, The Red Tent - Wide, Back of House***

Aug.- Dec. 2002

Administrative Assistant

Dept. of Dance, FSU, Tallahassee, FL

Aug. 1985 -
Dec. 1988

Theatre tech crew for numerous performances including *The Robber Bridegroom*

Loretto Heights College, O' Sullivan Theatre, Regis College, Denver, CO

CONFERENCES PRESENTED AT

Feb. 2026

A.C.D.A. 2026 North-Central Conference – S.S.S.A. Method Kinesiology and Introduction Grand Plié Floor Barre Strengtheners in correct individual alignment class – 30 class capacity met with waiting list.
Iowa State University of Science and Technology, Kinesiology Department, Minor In Dance, Ames, IA
Conference Hosted by Minnesota State University, Minnesota, MN

April 2025

Selected presenter at The Arizona Women in Higher Education annual state-wide Conference 2025 - Threads of Belonging: Weaving Community Through Human Interaction – My presentation: ***Your Movement is Your Biography - Weaving Community through Embodied Human Interaction in AR, & zoom with Embodied, Social-Emotional Tools.***
Prescott Resort, Prescott, AZ

April 2025

Invited Peace Summit Presenter – Improvisational Tools to use for an inward journey in one's body identifying emotions contrasting to peaceful emotions, expressing them, and releasing them. 282 attendees over two days, 66 students representing 8 disciplines attended one or more of the 11 sessions including national presenters.
Conceived, Organized by the Respect Campaign. Funded by the YC Foundation for the La Gates Scholarship award.
Yavapai College, Prescott, AZ

March 2011

Picking Up The Fallen Pieces adjudicated, Adv. Jazz and Adv. Modern **ACDFA: America College Dance Festival Association – Northwest Region**
University of Idaho, Moscow, ID

April 2010 &
April 2009 &

45 minute Presentations: University of Idaho's 1st, 2nd & 3rd Annual Celebrating Education Day Using the Methodology of Creative Movement to Teach Reading, Math, April 2008
Science, k-12 ect.
Teaching & Learning Center, University of Idaho, Moscow, ID

March 2010

Loved and Cared For adjudicated and selected for Gala, **Finding Core Strength, Loosing the Rest Instructor** <https://youtu.be/Kx46HIPLcvM> **ACDFA: American College Dance Festival Association – Northwest Region**

Weber State University, Ogden, UT

March 2009

We Have This adjudicated, Adv. Contemporary Jazz and **Finding Core Strength, Loosing the Rest Instructor** <https://youtu.be/yMMHkygozao> -
ACDFA: American College Dance Festival Association – Northwest Region

Utah Valley University, Orem, UT

Oct. 2009	Presentation “Using Creative Movement to Teach other Subjects in the General Classroom” <i>IAHPERD - Idaho Association for Health, Physical Education, Recreation and Dance</i> <i>University of Idaho, HPERD Department, Moscow, ID</i>
March 2007	Adv. Jazz and Conditioning for Dancers Instructor - <i>ACDFA: American College Dance Festival Association</i> – Northwest Region <i>University of Montana, Missoula, MT</i>

ATTENDED CONFERENCES

April 2025	<i>The Arizona Women in Higher Education Conference 2025 - Threads of Belonging: Weaving Community Through Human Interaction</i> – also a presenter. <i>Prescott Resort, Prescott, AZ</i>
Aug. 2024	<u>Arizona Presenters Alliance Conference</u> – Board representative from the Arizona Dance Coalition and Yavapai College Lead Professor in Dance representative - Sponsored by Scottsdale Arts. <i>Hilton Sedona Resort at Bell Rock, Sedona, AZ</i>
June 2024	<i>Corps De Ballet International</i> - Hosted virtually by University of Utah – <i>“Ballet Pedagogies: Past, Present, and Future”</i> .
June 2022	<i>Corps De Ballet International</i> - Hosted hybrid/virtually by Richmond University School of Dance - <i>“Fairies, Queens, and Cavaliers: Ballet’s Production and Disruption of Gender”</i> .
June 2021	<i>Corps De Ballet International</i> - Hosted virtually by The Florida State University School of Dance <i>“Suspended in Grand Renversé: Embracing the “Big Upset” and Ballet’s Relationship to Liberatory Practices”</i> .
June 2020	<i>Corps De Ballet International</i> - Hosted virtually by The Florida State University School of Dance "Advocating for Integrity in Ballet's Education, Performance, Research and Profession" Conference Program <i>“CORYPHÉE: Leading for Equity, Diversity and Inclusion in the Arts, Part II”</i> .
May 2017	<i>Create Change – Transforming Elder Care with Creative Engagement</i> – Hosted by the Arizona Commission on the Arts in cooperation with Arizona University <i>Arizona University campus, Tempe, AZ</i>
June 2016	<i>Annual Dance USA Conference</i> <i>Various locations including the Austin Ballet School of Dance, Austin, TX</i>
April 2009	<i>Idaho Dance Educators Conference</i> – Hosted by the Idaho Commission on the Arts in cooperation with the University of Idaho, Dance Program <i>Nampa Arts Charter School, Nampa, ID</i>
March 2005	<i>CORD Conference – Congress On Research and Dance</i> Hosted by Department of Dance, Student Assistant and attendee <i>The Florida State University, Tallahassee, FL</i>

PROFESSIONAL MEMBERSHIP

April 2017 - Present	Invited board member of the <u><i>Arizona Dance Coalition</i></u>
May 2005	CORD - Congress On Research and Dance
Nov.2004- 2005 Aug. 2018 - Present	<u><i>CORPS de Ballet International</i></u> - Council of Organized Researchers of Pedagogical Studies in Ballet
2021 – 2024	<u><i>Prescott, AZ Chamber of Commerce member/business</i></u>

Prescott Valley, AZ Chamber of Commerce member/business2014 - **Present** **Senior Connection, Prescott, AZ member/business/vendor****CERTIFICATIONS**

Dec. 2025 Jan. 2023 July 2017 & Dec. 2014	By way of On-Line Digital Dance Studio subscription including access only Gentle BeMoved materials Gentle BeMoved® - Elite Certified by Founder Sherry Zunker – certification, and re-certification	Chicago, IL
Dec. 2025 Jan. 2023	By way of On-Line Digital Dance Studio subscription including access only Elite, Artistry BeMoved materials	
March 2019 & March 2018, Dec. 2015, March 2012	BeMoved® Elite Artistry Certified by Founder Sherry Zunker – certification, and re-certification	Chicago, IL
August 2010	BeMoved® –Licensed by Founder Sherry Zunker – certification	Chicago, IL
May 2005	Approved Martha Graham Technique instructor up to Int. level – Anthony Morgan, on behalf of the Martha Graham School of Dance	NYC, NY

EDUCATION

April 2005	Master of Fine Arts in Dance: G.P.A. 3.74 Summa Cum Laude <i>Florida State University (FSU), Tallahassee, FL</i> Equal to a Ph. D, Terminal degree, with written research, including performance, choreographic, written and oral defenses AND hundreds of hours of embodied research as well.	
Dec. 1988	B.A. in Dance: G.P.A. 4.0 - Magna Cum Laude - <i>Loretto Heights College, Denver, CO</i> <i>Loretto Heights College is now a part of Regis University, Denver, CO</i>	

SCHOLARSHIPS

April 2025	Awarded scholarship to The Arizona Women in Higher Education Conference 2025 - Threads of Belonging: Weaving Community Through Human Interaction – My presentation will be: Your Movement is Your Biography - Weaving Community through Embodied Human Interaction in AR, & zoom with Embodied, Social-Emotional Tools <i>Prescott Resort, Prescott, AZ</i>	
June-July 1992	Full Scholarship: The Dayton Ballet Summer Workshop	Dayton, OH
Aug. 1989 - Aug. 1991	Full Company Scholarship/Apprentice: The Joseph Holmes Chicago Dance Theater	Chicago, IL
June 1988	Partial Scholarship: Colorado Dance Festival	<i>Colorado University, Boulder, CO</i>

PROFESSIONAL TRAINING/DEVELOPMENT - Years consist of at least 2 – 12 HOURS A WEEK, 45 – 50 WEEKS/YR./MONTHS

March 2026	North Central ACDA – University of Minnesota Master Class – Modern Dance Pioneer	Madam Dianne McIntyre University of Minnesota, Minneapolis, MN
Nov. 2025	Iowa State University 2 hours of Dabke – Palestinian Dance form Iowa State University of Science and Technology, Kinesiology Department, Minor In Dance, Ames, IA	Leila Awadallah of Kelvin Wailey Dance Company
March 2023 – June 2025	The Movement Studio Auditioned, Adult Company once a week class	Sasha Moreno-Nazz

	Contemporary/Jazz		The Movement Studio, Prescott Valley, AZ
Sept. 2023- Present When in Town.	Social Salsa and Batchata - once every Two-four months	Daniel Garcia	Elks Perf. Arts Center, Prescott, AZ
Jan. 2024	Arizona Dance Coalition annual member meeting Social Argentine Tango masterclass	Daniela Borgialli	Ballet Theatre of Phoenix, Phoenix, AZ
Jan. 2023	Arizona Dance Coalition annual member meeting Lindy Hop masterclass	Steve Conrad	Ballet Arizona, Phoenix, AZ
Jan. – July 2022	Privates in <u>Social Argentine Tango</u>, <u>Social Cha Cha</u>, <u>Social Salsa</u>, and <u>Social Batchata</u> - 3-4 hours week.	Scott Vigil	various spaces, Prescott, AZ
2022, 2023, 2022 -	Gentle BeMoved® Re-Certificaton BeMovedDance.com – All online Dance Studio material	Sherry Zunker	Originally from Chicago, IL
2023 -	BeMovedDance.com – Private BeMoved Elite, Artistry & Gentle BeMoved online Pedagogy material.		
2024, 2023	BeMoved® Artistry Re-Certification	Sherry Zunker	Originally from Chicago, IL
2022, 2021	BeMovedDance.com – All online Dance Studio material BeMovedDance.com – Private Artistry online Pedagogy material		
Dec. 2018, 2017, July 2016, 2015 April/May 2016	Pacific Northwest Ballet School Advanced Ballet	Giovanni Villalobos, Nancy Crowley	Seattle, WA
April/May 2018 April/May 2017 Adv/Professional Ballet Aug. 2012 - Aug. 2019	Lou Conte School of Dance – Home of Hubbard Street Dance Chicago Adv/Professional Jazz Adv/Professional Modern	Biruite Barodicaite Claire Bataille (last classes before she passed 2020) Laura Wade Arian Dolan Julia Rae Antonick	Chicago, IL
When in the city for work every August, 2012 - 2019		Closed 2020 Due to covid after 46 yrs.	
Dec. 2013	Yoga Warrior – Anusara® Yoga	Staff	Winter Park, FL
Nov. 2013	Dancing To Be Found – A Workshop Contact Improv	Tim O'Donnell Granite Performing Arts Center, Prescott College, AZ	
Oct. 2013	Earth – Syzygy Butoh & Ritual Dance Workshop	Nathan Montgomery Granite Performing Arts Center, Prescott College, Prescott, AZ	
Feb. 2013 - March 2020	Lotus Bloom Yoga – Anusara® Yoga	Staff Christina Sells – guest/workshop	Prescott, AZ
Feb. 2013- Aug. 2022	Switch Performing Arts Adv. Ballet, Jazz, Tap & Contemporary Hip-Hop includes Pop in Lock, Vogue-ing, Street Jazz, House	Leo Gallegos	Prescott, AZ
Feb. 2013 - Aug. 2019	Sole CommUnity Dance , based on Gabriel Roth's Ecstatic Dance with community members		Elks Theatre Perf. Arts Center, Prescott, AZ
Jan. 2013	Barre 3®	Staff	Winter Park, FL
	The Center for Contemporary Dance Adv. Ballet	Marsha	Winter Park, FL
July 2012- 2019 (when in the city for work)	Pulsation Yoga – Anusara® Yoga	Kathy & Jim Simonik & staff B.J. Galvin – guest/workshop	

Sept. 2018,
Sept. 2015, Sept.
2014, Sept. 2010

Pulsation Sedona, AZ. Yoga Retreat

Kathy & Jim Simonik

2012

Ririe-Woodbury Dance

Faculty

Salt Lake City, UT

Adv. Modern

Ballet Conservatory of Salt Lake City
Adv. Ballet

Cristobal Marquez

Salt Lake City, UT

Dec. 2018

Westlake Dance Studio
Adv. Contemporary

Brittany Mattox

Seattle, WA

Aug. 2021,

Aug. 2022

Aug. 1995-2001,

Faubourg School of Ballet

Pro Ballet & Floor Barre

Casey Watmora

July 2010, 2011

April & Oct. 2012

July 2012-

Present

(when in the city for work)

Pro Jazz

Pro Modern

Tatyana Mazur

Avnun Yakubov

Sam Burke

Erin Gordon

Camille Turner

Victor Ramirez

Hanover Park, IL

November 2010

Millennium Dance Complex
Jazz 3 & 4
Floor Barre

Kenji Yamaguchi
Anthony John

Los Angeles, CA

The Edge Performing Arts Center

Jazz 3

Contemporary Jazz

Martin Kirt – guest/workshop

Todd Norian - guest/workshop

Malaya

Nick Lanzisera

The Pulse

Portland, OR

4 Contemporary classes including Teacher's class:

Contemporary

Contemporary

Contemporary

Desmond Richardson

Cris Judd

Gil Duldulao

Brooke Lipton – Choreographer of "Glee"

February &
August 2010,
August 2011
Dec. 2012

BeMoved® classes and licensing

BeMoved® Artistry

Sherry Zunker
University of Idaho, Moscow, ID & Lou Conte Dance Studio, Chicago, IL

March 2010

ACDFA NorthWest Region-American College Dance Festival Association
Adv. Modern

Helanius Wilkins

Falling, Supporting, Flying

Nicole Bradley Browning & Heidi Jones

Eggert

Discovering Turn Out

Mark Borchelt

Contemporary Fusion

Sara Pickett

	Math Dance	Eric Stern	Weber State University, Ogden, UT
July 2009	Jazz Dance World Congress, Adv. Jazz all classes – Faculty:	Randy Duncan Nan Giordano Liz Imperio Ray Leeper Jon Lehrer Masashi Mishiro Patty Obey Susan Quinn Kirby Reed Ceaser Salinas Joe Tremaine Sherry Zunker	Palmer House, Chicago. IL
March 2009	ACDFA NorthWest Region-American College Dance Festival Association Vocal Improvisation Professional Jazz Adv. Contemporary Jazz Adv. Jazz Adv. Modern	Ric Chitwood Andy Vaca Lisa Stoddard Lawrence Jackson Pamela Geber	Utah Valley University, Orem, UT
March 2009	Urban Bush Women Washington State University Arts Committee and University of Idaho Dance Program sponsored one day master classes with Benneldra Williams. Beasley Coliseum, Washington State University, Pullman, WA & University of Idaho, Moscow, ID		
Jan. & April 2009	University of Idaho's Center for Dance- Dance Majors and Minors Club sponsored one- day workshop Adv. Lyrical, Adv. Jazz, Adv. Contemporary and Adv. Hip Hop	Dustin Stuart	University of Idaho, Moscow, ID
August 2008	Lou Conte Studio of Dance – Home of Hubbard Street Dance Chicago, Adv/Professional Ballet Adv/Professional Jazz	Biruite Barodicaite Dionna Pridgeon	Chicago, IL
July 2008	Bill Evans Dancers Intensive (applied to the Bill Evans Certification Program for Educators of Dance) Bartenieff Fundamentals as Preparation for Dance Technique Bill Evans Labon/Bartenieff-Based Modern Dance Technique Labon-Based Dance Improvisation and Composition Evans Modern Dance Repertor Alexander Technique Lab	Bill Evans Bill Evans, Don Halquist Don Halquist Suzanne Oliver	Brockport College, Brockport, NY
July 2007	Dance Idaho! Eugene Ballet's Mathew McKinney, Ballet	Mathew McKinney	University of Idaho, Moscow, ID
Aug. 2007	Jazz Dance World Congress, Adv. Jazz all classes – Faculty:	Robert Battle	Palmer House, Chicago. Heller IL17

			Randy Duncan Nan Giordano Liz Imperio Ray Leeper Jon Lehrer Masashi Mishiro Judi Sheppard Missett Patty Obey Susan Quinn Kirby Reed Billy Siegenfeld Joe Tremaine	
July 2007	Dance Idaho! Lineage Dance Company , resident professional company from L.A., Ballet Jazz	Peggy Burt Caterina Mercante	University of Idaho, Moscow, ID	
March 2007	ACDFA NorthWest Region-American College Dance Festival Association Modern Technique Integration of Technique and Dance Hip Hop Modern	David Dorfman Brent Schneider Terron Flowers Brian Jeffrey	University of Montana, Missoula, MT	
Aug. 2006 – July 2012	University of Idaho (UI) , HPERD Department, Dance Program, Festival Dance & Graham Contemporary Ballet Adv. Ballet	Kerry Parker Mia Songwood Melissa Scholten Noreen Graham	Pullman, WA & Moscow, ID	
Feb. 2010- July 2012	NourishYoga- Anusara® Yoga	Nancy Burtenshaw		
Sept. 2001 - Dec. 2004 (Sept. – May 2000 – 2001 Sheila Humphreys and Jack Clark)	Florida State University (FSU) , Department of Dance Ballet	Anjali Austin Suzanne Farrell Sheila Humphreys Rick McCullough Richard Sias	Tallahassee, FL	
	Jane Wood Contemporary Jack Clark			
	Guest Artists	Lynda Davis Carrie Houser Anthony Morgan Patricia Phillips Jawole Willa Jo Zollar James Clouser Alex Ketley Alonzo King Vera Orlock Brent Schneider	Glena Batson	
		Dan Wagoner		
		Lisa Wheeler		
	Gyrotonics Theory & Practice of Technique Theory of Dance Performance & Directing Video Documentation Technology for Dancers Social Analysis of Partner Dancing, Partnering Technique Choreographic Project	Wallie Wolfgruber Anjali Austin Lynda Davis Dr. Nancy Smith Fichter Tim Glenn Jack Clark, Tim Glenn and Jeffrey Rolf Dr. Juliet McMains Douglas Corbin,		

		Dr. Nancy Smith Fichter and	Libby Patenaude
		Visual Design of Lighting for Choreography	Russell Sandifer
		Dance History Research, Pedagogy of Dance History	Dr. Tricia Henry Young
		Choreography	Jawole Willa Jo Zollar
March 2005	Urban Bush Women week-long company classes,	FSU Department of Dance, Tallahassee, FL	
	African/Contemporary/Ballet style	Jawole Willa Jo Zollar	
	CORD Conference – Congress On Research and Dance	Hosted by Department of Dance, FSU, Tallahassee, FL	
	Student Assistant and attendee, including a master class and luncheon with:		
	Hip-Hop	Rennie Harris	
June 2003	Tallahassee Irish Step Dancers Workshop,	Montgomery School of Dance, Tallahassee, FL	
	Irish Step, group and partner dance	David Jones	
March 2003	ACDFA SouthEast Region - American College Dance Festival Association	New World School of the Arts, Miami, FL	
	Advanced Ballet	Ms. Carlson, Richard Rein	
	Advanced Modern	Jeri Houlihan, Teri Weksler	
	Afro-Haitian	La Troupe Makandal	
	Dance Video/Stage and Screen	Tim Glenn	
June 2001 - June 2005	Southern Academy of Ballet Arts,	Tallahassee, FL	
	Advanced Ballet	Natalia Botha, Charles Hagan	
Aug. 2000	Dance for Life Workshop: Lou Conte School Dance Studio	Chicago, IL	
	Advanced Ballet	Laura Wade	
	Advanced Modern	Ginger Farley	
	Intermediate Lyrical	Ellen Werksman	
	Intermediate Jazz	Claire Bataille	
	Advanced Jazz	Sherry Zunker-Dow	
Aug. 2000	Japanese Dance Workshop	Busse Woods Shopping Center, Busse Woods, IL	
	Authentic Japanese Folk Dances	Various Japanese Dance Teachers	
Aug. 1999	Dance for Life Workshop: Lou Conte School Dance Studio,	Chicago, IL	
	Intermediate Ballet	Laura Wade	
	Intermediate Modern	Melissa Thodos	
	Elemental Body Alignment Systems	Scott Putman	
	Hip Hop	Kirby Reed	
	Advanced Jazz Combo	Randy Duncan	
Aug. 1999	Dance for Life Workshop: Giordano Dance Center,	Evanston, IL	
	Advanced Modern	Ginger Farley	
	Advanced Jazz	Claire Bataille	
	Intermediate Jazz	Ellen Werksman	
	Jazz Combo	Nan Giordano	
Aug. 1999	River North Dance Company Summer Workshop		
	The Ruth Page Foundation School of Dance,	Chicago, IL	
	Advanced Repertory and Advanced Jazz	Sherry Zunker, Frank Chaves	
	Advanced Ballet	Claire Bataille and Sara Ayers	
	Advanced Musical Theater	Harrison McEldowney –	
	choreographer for Sense & Sensibility in Chicago's Shakespeare Theatre –	colleague	
	of mine.		
		Mari Jo Irbe	

Aug. 1998	<i>Dance for Life Workshop: Lou Conte School Dance Studio,</i> Intermediate Pilates Advanced Ballet Advanced Modern Hip Hop Advanced Jazz Combo	Julie Schiller and Gail Tangeroa Randy Newsom Claire Bataille Harrison McEldowney Sherry Zunker-Dow	Chicago, IL
Nov. 1993 - June 2001	<i>Northwest Ballet Academy,</i> Advanced Ballet and Character Advanced Jazz	Camille Baranchik, Michele Holzman, Randy Newsom, Roberta Pfeil Dr. Charles Carter, Jason Ohlberg and Ruth Reinachreiber	Schaumburg, IL
Sept. 1992 - March 1993	<i>The Dayton Ballet School of Dance,</i> Private Instruction in Floor Barre/ Body Work Floor Barre/Ballet and Pointe Advanced Ballet	Karen Williamson James Clouser, Michael Job, Bess Saylor Imber	Dayton, OH
June 1992	<i>The Dayton Ballet Summer Workshop,</i> Advanced Floor Barre Pointe, Repertory Advanced Jazz Advanced Modern and Improvisation <i>The Dayton Ballet Summer Workshop,</i> Workshop Performance	Karen Williamson James Clouser, Carol Iwasaki, Bess Taylor Imber and Michael Job Leslie Stephens Susan Sanders Duet: <i>Big Swans</i> - Petipa Choreographer Dancer: <i>A Work</i> - Bess Imber Choreographer Dancer: <i>Pocket Calculator</i> - James Clouser Choreographer Dancer: <i>A Work</i> - Mark Hilleary Choreographer	Dayton, OH
Aug.-Dec. 1992	<i>The Ruth Page School of Dance,</i> Private Instruction on The Pilates Reformer	Jaunita Lopez	Chicago, IL
Jan. 1991 - Aug. 1992	<i>The Ellis DuBouley School of Ballet,</i> Advanced Ballet and Pointe Advanced Ballet	Christine DuBouley Richard Ellis	Chicago, IL
Jan. 1991 - Aug. 1992	<i>The Homer Bryant School of Ballet,</i> Advanced Ballet/Floor Barre <i>The River North Dance Studio,</i> Advanced Jazz	Homer Bryant Sherry Zunker	Chicago, IL Chicago, IL
Jan. 1990 - Aug. 1992	<i>The Ruth Page School of Dance,</i> Advanced Ballet	Larry Long and Warren Conover	Chicago, IL
Jan. 1990 -	<i>The Lou Conte Dance Studio,</i>		Chicago, IL

Aug. 1992	Advanced Ballet	Biruite Barodicaite and Claire Bataille	
	Advanced Jazz	Ginger Farley	
June 1988 - Aug. 1992	The Joseph Holmes Chicago Dance Theater,		Chicago, IL
	Advanced/Company Ballet	Biruite Barodicaite	
	Advanced/Company Graham Technique	Harriet Ross	
	Advanced/Company Jazz	Randy Duncan	
	Intermediate Modern	Michael Quaintance	
Aug. 1989 - March 1991 Summers 1986, 1988	Various Studios: Evanston, Highwood, Waukegan, Libertyville, and Northbrook, IL		Chicago, IL
	4 Hour Therapeutic Barre/Stretch/Pointe class	Fred Alexson	
Feb. 1991	The Doug Varone Workshop: Moming Performing Arts Center,		Chicago, IL
	Advanced Modern	Doug Varone and Company	
	Contact Improv and Improv Workshop: downtown space near Ruth Page Dance		
	Codifier/Pioneer <u>Steve Paxton</u>		
Aug. 1989 - Dec. 1991	The Joseph Holmes Chicago Dance Theater, Union paid International Company		Chicago, IL
	Full Company Scholarship/Apprentice		
	Company Ballet	Biruite Barodicaite	
	Company Graham Technique	Harriet Ross and Michael Quaintance	
	Company Jazz	Randy Duncan	
July-Aug. 1989	The American Dance Festival: Duke University,		Durham, NC
	Functional Anatomy	Glenna Batson	
	Master Classes in African Dance	Chuck Davis	
	Advanced Composition	Stuart Hodes	
	Advanced Modern Master Class	Jeri Houlihan Advanced	
	Cunningham Technique	Jeff Slayton Advanced	
	Ballet, Contemporary Partnering	James Sutton Advanced	
	Modern Master Class	Doug Varone	
June 1988 - June 1989	The David Taylor Dance Theater,		Denver, CO
	Advanced/Company Ballet & Pointe	Debra Mercer, Lynelle Mossholder Michelle O'Bryan	
	Advanced/Company Graham Technique	Franca Telsio	
	Community Dance Collective and Regis College,		Boulder & Denver, CO
	Integration of Yoga and Traditional Dance Technique	Karen Steele	
	Community Dance Collective,		Boulder, CO
	Ashtanga Yoga in the Vinyasa style	Richard Freeman	
June 1988	Colorado Dance Festival, Colorado University,		Boulder, CO
	Partial Scholarship		
	Advanced Ballet	Donald Mahler, Karen Kriete	
	Advanced Modern:	Doug Varone, John Malashock and Robert Kovich	
	Advanced Performance Skills	John Carrafa	
	Advanced Partnering	Llory Wilson and Company	
	Dance History	Debra Jowitt	
	Trapeze Technique/Festival Performance	Airbourn Miester Eichart: Role: Beguine Choreographers and Directors: Robert Davidson and Kris Wheeler	
Aug. 1985 -	Loretto Heights College,		Denver, CO

Dec. 1988	<i>Loretto Heights College is now a part of Regis University, Denver, CO</i>	
	Ballet, Pointe Contemporary, Improvisation, Contact Improvisation and Jazz	James Clouser and Dana Nugent-Aylesworth Margo Law, Polly Motley Guest Artist-Scott Hunt James Clouser & Jacqui Boomer
	Kinesiology and Applied Kinesiology Composition I & II, Repertory, Music for Dancers and Eurhythmics Advanced Tap Dance History and Pedagogy Classical Voice Technique Flamenco (Spring semester)	James Clouser Angela & Betty Crowley Margo Law Christina Lynn Pablo Rodatre
July 1988	<i>Space/Dance/Theater:Reunion Workshop at Sam Houston State University,</i> Advanced Ballet Advanced Improvisation Advanced Modern Workshop Performance: Dancer -	Hunstville, TX James Clouser Polly Motley Susan Sanders <i>Brown Rice</i> James Clouser Choreographer <i>A Water Study</i> James Clouser Choreographer <i>Tract II</i> Polly Motley Choreographer <i>Le Spring Lake Ballet and En Masse Improvisations</i>
July 1988	<i>Picus Dance Academy,</i> Advanced Jazz	Denver, CO Stan Picus
Dec. 1986 - Jan. 1997	<i>Martha Graham School of Contemporary Dance: (Winter Intensive)</i> Graham Technique Level II	New York, NY Armgard Von Bardelben and Myra Woodruff
March 1986	<i>ACDFA SouthWest Region - American College Dance Festival Association</i> Jazz, Kinesiology and Applied Kinesiology Advanced Jazz Advanced Modern and Theatre/Dance Improvisation Advanced African Flamenco Advanced Modern Advanced Graham Technique	Loretto Heights College, Denver, CO Jacqui Boomer Thomas Cooperman Joe Goode Cleo Parker Robinson Pablo Rodarte Clay Taliaferro Tim Wemgerd
Aug. 1981- 1985	Break Dance, Pop n' Lock, Juke	my High School open spaces, friends, challengers and the streets of Chitown Chicagoland, IL
Aug. 1970 - June 1981	<i>Sharon Kassel School of Dance:</i> All levels of Tap	Rolling Meadows, IL Sharon & Cindy Kassel Pat Doyle

PROFESSIONAL JUDGING/ADJUDICATION

Sept. 2025, Feb. 2026	<u>Advisor of Orchesis I</u> - Auditioned over 60 students Fall, over 50 Spring, for Dance Ensemble <i>Iowa State University of Science and Technology, Kinesiology Department, <u>Minor In Dance</u>, Ames, IA</i>
Feb. 2025	<u>Invited (paid) Adjudicator for AzDance Educators Organization's Arizona state-wide middle/high school Dance Festival</u> <i>Valley Vista High School, Surprise, AZ</i>
April 2024	<u>Invited (paid) Adjudicator for Second Annual Student Choreography Competition</u> , 5 – 18 yrs. old. <i>Any Dance Discipline. The Movement Studio, Prescott Valley, AZ</i>
April 2023	Volunteer <u>Adjudicator for First Annual Student Choreography Competition</u> , 5 – 18 yrs. old. <i>Any Dance Discipline. The Movement Studio, Prescott Valley, AZ</i>
Aug. 2008	<u>Adjudicator for University of Idaho's Dance Theatre Fall Concert choreography</u> <i>University of Idaho, HPERD Department, B.S. In Dance, Moscow, ID</i>
Sept-Oct. 2007	<u>Adjudicator of Northwest Ballet's, "Les Sylphide" & "The Firebird"</u> <i>Gladdish Performing Arts Center, Pullman, WA</i>

Oct. 2006	Judge of "So You Think You Can Dance Idaho?" <i>University of Idaho, HPERD Department, B.S. In Dance, Moscow, ID</i>
Aug. 2007	Adjudicator of Washington State University's <i>Elite Dance Company</i> <i>Washington State University, Pullman, WA</i>
May 2004	Adjudicator for Senior Company (13-up yrs. old) <i>Tallahassee Ballet, Tallahassee, FL</i>
Aug. 1996	Judge of Junior Dance Division in Ballet, Jazz, Lyrical, Modern, Tap, Line and Novelty <i>Chicago National Association of Dance Masters, Arlington Heights, IL</i>
Jan. 1991	Volunteer Adjudicator for Dance Scholarships (teens) <i>Elgin Area Performing Arts, Elgin, IL</i>

PROFESSIONAL MODELING

July 1992	Navy Pier Fashion Show , 36 models, 45 minutes Choreographer as well as Model music: collage Salvatorie Photographer & Director <i>Navy Pier, Chicago, IL</i>
Aug. 1991	Runway Model: Wilfredo Imperial Collections <i>Rizal Center, Chicago, IL</i>
March 1990	Print Model: Leo's Dancewear Catalog, (Fall 1990: Ballet Attire) <i>Leo's Dancewear Warehouse, Chicago, IL</i>

PROFESSIONAL FILM & VIDEO

March 1998	Director/Choreographer of filmed excerpt used in "Satchdance – One People" , pas de deux, 1 and a half minutes Music: Joe Satriani, Cool #9 Michael Anderson of the <i>Joffrey Ballet</i> and Julia Leihman of <i>Chicago Theatre Ballet - Performers</i> dance for film shot at the <i>Joffrey Ballet Studio</i> in Chicago, IL
Aug. 1991	Dancer: The Burton Project: Dance Drug Free: Strawberry Performance and Documentary for Chicago Cable Telecast and other markets Stephanie Burton Choreographer / Script Writer Funded by the National Association for the Advancement of Colored People <i>Daley College, Chicago, IL</i>
June 1989	Original Role/Soloist: Moonlight Sonata , (conceptual dance video for exhibition) Dana Nugent-Aylesworth Choreographer & Director Funded by the National Endowment for the Arts various sites Boulder and Denver, CO
June 1988	Original Role/Soloist: And the Self Falls in Visionary Shipwreck , (conceptual dance video for exhibition), Polly Motley Director and Co-Choreographer Dana Nugent Aylesworth Funded by the National Endowment for the Arts film studio, Boulder, CO

PROFESSIONAL INDUSTRIALS

Jan. 1991	Rap Dancer with Lip Sync, Miss Prosom Sleeping Pill – Acting on script - Abbott Laboratories Annual Business Convention Michael Gonzalas and Ron Wald Choreographers Script Writers and Lyricists <i>Stouffer Hotel, Disney World, Orlando, FL</i>
March 1991	Dancer: Little Caesars Pizza Annual Business Convention , (performance with live band) Michael Gonzalas Choreographer <i>Dolphin Hotel, Disney World, Orlando, FL</i>
May 1991	Dancer: The Midwest Beauty Show, Tressa Hairshow Bill Coate Choreographer <i>Rosemont Expo Center, Rosemont, IL</i>
July 1991	Dancer: The Miss Cosmopolitan Continental - L.G.B.T.Q.I International Competition Patrick Rosseou Choreographer <i>The Baton, Chicago, IL</i>
June 1991	Dancer: The 34th Annual Fashion Show/Graduation of the Cleo Johnson Beauty School of Charm , Laurie Gous Choreographer <i>The Palmer House, Chicago, IL</i>

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8443 South Cottage Grove, Chicago, IL

July 1990

Dancer: *The Miss Centennial Pageant*
Keith Elliott Choreographer - *L.G.B.T.Q.I International Competition*

The Park West, Chicago, IL**PROFESSIONAL ACTING**

Jan. 1991

Soloist: Actress: *Abbott Laboratories Annual Business Convention*
Roles: *Miss Prosom and Business Woman – straight acting with lines*
Michael Gonzalas and Ron Wald Choreographers, Script Writers and Lyricists
Stouffer Hotel, Disney World, Orlando, FL

April 1987

Cosima – An original Theatre and Dance Production Written by Lou Malantri and Choreographed by James Clouser – Original play with dancing about composer Wagner's wife Cosima.
Actress: *Cuncubine - straight acting with lines and intimate scene*
Soldier: Soloist Dancer, all improv
Loretto Heights College, O' Sullivan Theatre, Regis College, Denver, CO

PROFESSIONAL PUPPETRY ACTING, WITH CHOREOGRAPHY

Jan.-June 1999

Children's Birthday Party Puppeteer Instructor
Dance-Plus Productions Inc., Deerfield, IL

Aug. 1991 -
May 1992

Funny Little Person (life size dancing puppet) - **As seen on America's Got Talent**
Those Funny Little People Enterprises, Inc., Burr Ridge, IL

Oct. 1986

Player: (Moving, Non-speaking, Life-Size Puppetry with Props): *Night House: A Dream Play* **George Peters** Director/Choreographer
 Boulder and Denver, CO

PROFESSIONAL PAST TEACHING

Jan.-April 2005

Ballet Instructor for DanceChance Outreach Program (9-11 yrs. old)
 (Choreographer of Class(es) Above for Annual Concert) *Tallahassee Ballet, Tallahassee, FL*

Jan.-June 2005

Ballet/Pointe instructor for Intermediate, Senior/Apprentice Ballet Scholarship/Outreach Program
Dance Instructor (10-11 yrs. old)

June 2004

Intermediate, Senior/Apprentice Ballet, Jazz, Floor Barre and Hip Hop Instructor for one week workshop (9-up yrs. Old)
 (Choreographer of Outreach Class(es) Above for Annual Concert)
South Georgia Center for the Performing Arts, Cairo, GA

Jan.-May 2004

Student Rehearsal Director and Personal Assistant to Suzanne Farrell
 Restaging of *Western Symphony* choreographed by George Balanchine for *An Evening of Dance*
The Florida State University Department of Dance, Tallahassee, FL

April 2005

Musical Theatre Dance Styles sub (13-18 yrs. old) *Young Actor's Theatre, Tallahassee, FL*

Jan. 2003 -
Dec. 2004

Graduate Teaching Associate for general educational dance classes
 Beginning Contemporary I, Beginning Ballet II, Jazz I and two each Beginning Ballet I and Jazz II
The Florida State University Department of Dance, Tallahassee, FL

May 2004

Audition Ballet class Instructor for Junior Company (9-12 yrs. old)
Adjudicator for Senior Company (13-up yrs. old) *Tallahassee Ballet, Tallahassee, FL*

May 03' & 04'

Jazz Master class (13-18 yrs. old) *Tallahassee Dance Academy, Tallahassee, FL*

June 2003

Contemporary Instructor for one week workshop
(6-12 yrs. old: Beginning & 13-18 yrs. old: Intermediate)
Dothan School of Dance, Dothan, AL

June 2003

Creative Movement Inst. – One day workshop (3-6 yrs. old)
United Church, Tallahassee, FL

Aug. 2001 -

Director and Instructor of Pre-School and Ballet/Pointe programs – Instr. African dance

April 2003	master dance class and consultation (2 -18 yrs. old: Beginning - Advanced Levels) <i>Off Broadstreet Centre for the Dance Arts, Cairo, GA</i> (Choreographer of Class(es) Above for Annual Concert)
Jan.-June 2001	Instructor of Parent & Tot, Pre-school, & Kindergarten gymnastics <i>Buffalo Grove Dance & Gymnastics Center, Buffalo Grove, IL</i>
Aug. 1998 - June 2001	Instructor of U.S.A.G Girls Competitive Gymnastics Team Dance classes – Ballet, Contemporary, Heller Barre Method© Level 5 non competitive and competitive, Level 9, & Level 10 (7-18 yrs. old) Instructor: Creative Movement, Pre-ballet, Pre-tap, Pre-jazz, Hip-Hop classes (2-8 yrs.) <i>Buffalo Grove Dance Center, Buffalo Grove, IL</i>
Aug. 1997 - July 1998	Instructor of Girls & Boys U.S.A.G. Competitive Gymnastics Team Dance Program <i>Buffalo Grove Dance & Gymnastics Center, Buffalo Grove, IL</i>
Aug. 1995 - July 1997	Co-Director/Inst. of Girls & Boys U.S.A.G. Competitive Gymnastics Team Dance Program. Co-Director/Inst. Buffalo Grove Dance Center <i>Buffalo Grove Dance & Gymnastics Center, Buffalo Grove, IL</i>
Sept. 1993 - July 1995	Original Director and Instructor of Girls & Boys U.S.A.G. Competitive Gymnastics Team Dance Program Original Director and Instructor Buffalo Grove Dance Center Boys authored in 1994 & continued till 1998 – Ballet Barre and Heller Barre Method© <i>Buffalo Grove Dance & Gymnastics Center, Buffalo Grove, IL</i>
	Duties of Director - Instructed and developed: All curriculum development, hired instructors, maintained communication with parents, developed Handouts/quizzes, progress charts, made schedule suggestions and endless administrative work when Director and Co-Director.
	■ U.S.A.G. Girls Competitive Gymnastics Team Dance Program dance technique for Gymnasts: Girls Team - (Level 5-10: 7-18 yrs old) - one hour per level, per week ■ U.S.A.G. Boys Competitive Gymnastics Team Dance Program dance technique for Gymnasts: Boys Team - (level 1-6: 7-18 years old) - 1/2 hour per level, per week • First Grade - Adult Dance Program: Basic Ballet (6-9 yrs. old), Jazz I (6-8 yrs. old), Jazz II (7-9yrs. old), Jazz I & II (9-12 yrs. old), Hip-Hop (6 yrs. old - Adult), Elements of Dance 1 & 2 (Combo. Ballet/Tap/ Creative Movement, 6-8 yrs. old), Dance Aerobics/Stretch class for Teens/adults and Jazz, Funk, Hip Hop with Juke with Stretch/Conditioning dance class for High School Pom Poms (Stevenson and Wheeling High School). ■ Pre-School Dance Program: Parent & Tot Creative Movement (2-3 yrs. old), Creative Movement (3-5 years. old), Elements of Dance 1 (4-6 yrs. old) ■ Choreographed Girls Team dance's for the U.S.A.G. Girls Team Gymnastics Program Annual Awards Presentation from 1994 – 1999, Co-choreographed 2000-2001 ■ Directed, Performed in, Co-choreographed and Organized 1st. Annual <i>Buffalo Grove Dance & Gymnastics Center</i> Dance Recital in 1995 • Co-Directed, Performed in, Co-choreographed and Organized 2nd. and 3rd. Annual Dance Recitals 1996 & 1997 Co-choreographed 1998-2001 ■ Co-Director of the Buffalo Grove Dance Center's Dance Troupe in Spring 1997
June-Aug. 1996	Instructor of Junior Pom Pom routine for State Pom Pom Competition <i>Wheeling High School, Wheeling, IL</i>
Aug. 1994 - June 2001	Sub for Pre-school, recreational, & kindertwisters (boys/girls) gymnastics (3-8 yrs. old) <i>Buffalo Grove Dance & Gymnastics Center, Buffalo Grove, IL</i>
Aug. 1998- June 2001	Original Instructor of U.S.A.G. Competitive Girls & Boys Gymnastics Team – Ballet & Heller Barre Method© Classes (Level 5-7, 7-13 yrs. old) <i>Bartlett Gymnastics Center, Bartlett, IL</i>

Jan. 1997 - June 2001	Floor Barre, Ballet, Tap, Jazz, Hip-Hop, Pre-Ballet, Pre-Tap & Pre-Jazz Instructor (2-18 yrs. old: Beginning - Advanced Levels) Sub-Musical Theatre Dance Styles (13-18 yrs. old) (Choreographer of Class(es) Above for Annual Concert)	<i>Dance Motions, Bartlett, IL</i>
Aug. 1996 - June 2001	Substitute Music & Movement, Pre-Ballet, Beg. Tap, Ballet, & Int. Jazz Instructor (3 yrs. old-adult)	<i>Northwest Ballet Academy, Schaumburg, IL</i>
Sept. 1999 - Dec. 2000	Sole Instructor of all Pre-Ballet/ Jazz/ Creative Movement, African, Irish, Japanese dance and Gymnastic classes (2-8 yrs. old)	<i>Acarath Montessori Center, Schaumburg, IL</i>
June 1997 - Aug. 1999	Substitute (Director and Choreographer of Class(es) Above for Annual Christmas Concert)	
Aug. 1998 - June 1999	Ballet & Pointe Instructor , (12-20 yrs. old: Intermediate - Advanced Levels) (Choreographer of Class(es) Above for Annual Concert)	<i>Dixon Dance Academy, West Dundee, IL</i>
Nov. 1998	Graham based Master class , (12-16 yrs. old: Intermediate - Advanced Levels),	<i>Dixon Dance Academy, West Dundee, IL</i>
June-July 1997	Advanced/Level four Jazz Instructor , (10-adult) (Choreographer of Class Above for Ballet Camp Illinois Fifth Annual Awards Banquet)	<i>Faubourg Ballet Academy, Hanover Park, IL</i>
Aug. 1996 -	Pre-Ballet and Ballet I Instructor (3-6 yrs. old) (Choreographer of Class(es) Above for Annual Concert)	<i>Lake Bluff Park District School of Dance, Lake Bluff, IL</i>
Aug. 1996 - Dec. 1997	Substitute Jazz & Pre-Ballet Instructor , (4-14yrs. old)	<i>Expressions Dance Academy, Elk Grove Village, IL</i>
Aug. 1996 - Dec. 1997	Creative Movement Instructor , (3-6 yrs. old)	<i>Deerfield Day School in care of Helen's School of Dance, Chicago, IL</i>
Aug. 1996	Guest Hip-Hop Instructor (6-8 yrs. old)	<i>Banner Day Camp, Lake Forest, IL</i>
Jan.-Aug. 1994	Creative Movement, Pre-Ballet, Ballet and Jazz Instructor (3-12 yrs. old: Beginning & Intermediate Levels)	<i>Dance-Plus Productions. Inc., Deerfield, IL</i>
Jan.-June 1994	Creative Movement, Pre-Ballet, Tap, Gymnastics & Ballet / Pointe Instructor (4-16 yrs. old: Beginning & Intermediate Levels) (Choreographer of Class(es) Above for Annual Concert)	<i>Shavon's Studio of Dance, Zion, IL</i>
Nov. 1994	Guest Hip-Hop & Modern Instructor (9-12 yrs. old: Beginner Level)	<i>Mt. Prospect Park District, Mt. Prospect, IL</i>
Sept. 1994 Present	Choreographed and Taught over 300 Girls Floor Routines that have placed in U.S.A.G. Local, State, Regional, National and Olympic Trial Competitions Regions 5, 8 & 2 Over 280 – Over 80 Level 10, including Olympic Trial alternates, over 60 Level 9, over 60 Level 8, and over 60 Level 7-Some Level 10 and 9 routines were also used for High School Gymnastic competitions. Gymnasts have included Lindsey Borkan, Brittany Howse, Katie Burke, Leah Johnson, Beth Klieman, Beth Rizzo, Michelle McGrady and Lori Ponsler to name a few. Some elements of my Heller Barre Method® were used by Coach Leo to train U.S.A. Men's 2024 Bronze Winning Team Gymnastic Olympian Paul Ruda for several years where he trained at Buffalo Grove Dance & Gymnastics. 2015 - 2020 <i>Buffalo Grove Gymnastics (IL), Bartlett Gymnastics (IL), American Academy Gymnastics (IL), International Gold Gymnastics (FL), Palouse Empire Gymnastics (ID) and The Prescott YMCA Gymnastics Club (AZ) IL, FL, ID, & AZ</i>	
Aug. 2010- Present	Floor Routine Music Mixer - Region 5, 9	
Nov. 1993	Guest Tap Instructor (8-12 yrs. old: Intermediate Level)	<i>Shavon's Studio of Dance, Zion, IL</i>

Jan.-Aug. 1992	Private Instructor, Choreographer (10 yrs. old), Student: Alan Aralyo in care of <i>The Joseph Holmes Chicago Dance Theater School of Dance</i> , Chicago, IL Private Instructor for Curvature of the Spine (12 yrs. old), Client: Maggie Waldman in care of <i>The Dance Workshop Performing Arts Center</i> , Palos Heights, IL Creative Movement, Pre-Ballet and Tap Instructor (6-9 yrs.) (Choreographer of Class(es) Above for Annual Concert) <i>The Dance Workshop Performing Arts Center</i> , Palos Heights, IL Ballet Instructor (Teens: Intermediate-Advanced Levels) (Choreographer of Class(es) Above for Annual Concert) <i>Jan's Studio of Dance</i> , Chicago, IL Substitute Creative Movement Instructor , Pre-Ballet (3 - 6 yrs. old) <i>Park District of Oak Park</i> , Oak Park, IL
May-Aug. 1991	Choreographer, Coach, Music Editor & Costume Designer The National Reebok Aerobic Competition, 1991 Midwest Regional Competition, Men's Division - Mike Spear Competitor various locations including <i>The North Shore Club</i> , Morton Grove, Mt. Prospect, IL
May-Aug. 1992	Personal Trainer , Client: Mike Spear various locations, Morton Grove, IL
Aug. 1990 - May 1992 March – May 1990	Modern Instructor (16 yrs. - Adult: Introduction - Intermediate Levels) (Choreographer of Class(es) Above for Annual concert First in the nation after school Dance program at an International company school – Funded by KRAFT <i>The Joseph Holmes Chicago Dance Theater School of Dance</i> , Chicago, Pilsen, South Side, IL
Aug. 1991 - May 1992	Conceived, Sole Dance Coordinator and Instructor - Creative Movement, Pre-Ballet, Jazz Inst. – Outreach Program (kindergarten - sixth grade) <i>Our Lady of Lourdes Elementary School</i> , Chicago, IL (Director and Choreographer of Class(es) Above for Annual Concert)
Aug.-Dec. 1991	Jazz and Ballet Instructor (teens: Advanced level)s <i>Copeland Dance Academy</i> , St. Charles, IL
June 1991	Tap Instructor (Senior Citizens: Intermediate Level) <i>River Trails Park District</i> , Mt. Prospect, IL
Aug. 1990 - May 1991	Jazz Instructor (16 yrs. - Adult: Intermediate - Advanced Levels) <i>The North Shore School of Dance</i> , Highwood, IL Choreographer, Guest Instructor (High School Seniors: Advanced Level) The Annual District 214 High School Dance Festival, District Senior Dance <i>Rolling Meadows High School</i> , Rolling Meadows, IL
Jan. 1991	Volunteer Adjudicator for Dance Scholarships (teens) <i>Elgin Area Performing Arts</i> , Elgin, IL
Aug. 1990 - May 1991	Guest Jazz Instructor (18 yrs. - adult: Intermediate - Advanced Levels) <i>Dancespace</i> , home of The Chicago Dance Medium, Chicago, IL
June 1990	Guest Dance Instructor for Gifted Children (14-18 yrs. old, Beginning - Advanced Levels) <i>Northshore Country Day School</i> , Winnetka, IL Ballet Instructor (7-12 yrs. old: Beginning Level) <i>Mary Lou's Dance Academy</i> , Chicago, IL
Jan.-May 1989	Jazz Instructor (14-18 yrs. old: Beginning - Intermediate levels) <i>Commerce City Recreation Center</i> , Commerce City, CO
June 1986	Tap Instructor (Senior Citizens: Beginning Level) <i>Loretto Heights College</i> , Denver, CO

- Dec. 2008 ***"An Evening of Repertory"*** (concert produced & directed by Mary Heller for Faculty, Guest Artists and students)
We Have This- 8 dancers, 8.5 minutes
Grand Canyon by Ani Defranco; *Himininn Er AoHrynja* by Olafur Arnalds (music edited by Mary Heller and Noel Barbuto)
<https://youtu.be/yMMHkyqozao>
Hartung Theatre, University of Idaho, Moscow, ID
- Aug. 2008 **Musical Theatre solo (15 yr. old girl – Intermediate level – 3.5 minutes) to be entered into dance competitions -**
music: "Love Being A Girl" remix
Buffalo Grove Dance & Gymnastics Center, Buffalo Grove, IL
- May 2008 **Choreographed end-of-year Showcase Team Dance for U.S.A.G. Girls Gymnastic Team** Edited requested musical
selections into one piece of music.
Palouse Empire Gymnastics, Moscow, ID
- March 2008 ***"Dancers, Drummers, Dreamers XVII"*** (collaboration between the *University of Idaho's Dance*
Program and Lionel Hampton's School of Music)
Health Care Reform – 5 dancers, 5 minutes
Choreographic Concept/Direction: Mary Heller **Choreography:** Mary Heller and Dancers
Original Composition by: Navin Chettri performed live by Navin and Musicians 17:16 -
<https://youtu.be/Kx46HIPLcvM>
Hartung Theatre, University of Idaho, Moscow, ID
- July/Aug. 2007 **Jazz solo (9 yr. old girl – Intermediate level – 3.5 minutes) to be entered into dance competitions** music: B.B. King
Buffalo Grove Dance & Gymnastics Center, Buffalo Grove, IL
- Nov. 2009 ***"Moveable Feasts"*** (concert produced & directed by Mary Heller for Faculty, Guest Artists and students)
www.unintendedaffects.com - 9 dancers, 11 minutes
Zaka by Jennifer Higdon; *strange imaginary remix* by Dennis DeSantis (music edited by
Mary Heller)
Hartung Theatre, University of Idaho, Moscow, ID
- Jan.-April 2007 ***"Oklahoma"*** Directed by David Lee-Painter, Music Direction by Chris Thompson
Kansas City, It's A Scandal!, and Farmer & the Cowman Dance –
32 actors/singers/dancers 2 and a half hours
Hartung Theatre, University of Idaho, Moscow, ID
- March 2007 ***"Dancers, Drummers, Dreamers XVI"*** (collaboration between the *University of Idaho's Dance*
Program and Lionel Hampton's School of Music)
No, Wait, This Will Work! – 5 dancers, 5 minutes – start at 22.29
Original Composition/live Performance by Kevin Kovalchik
Hartung Theatre, University of Idaho, Moscow, ID
- Dec. 2006 ***"So You Think You Can Dance Idaho?"*** (concert produced & directed by Mary Heller for Faculty, Guest Artists and
students)
Downfall into Girlworld – 16 dancers, 8 minutes
Original Composition for the Marimba by Kevin Kovalchik
Hartung Theatre, University of Idaho, Moscow, ID

Feb. 2006

Feb 2006 Legacy - concert produced & directed by Mary Heller for Faculty and students.

West Port obtained a huge grant the following year based on this part of the concert being from students reading

"The Remarkable Women of Florida" book by [E. Lynne Wright](#) (Author) to generate and give meaning to people they

danced as. A Semester-long learning process Oct. 2005 – Feb. 2006

Malee Francis –Florida's Pocahontas, 37 dancers, 9 minutes
 Co-choreographed with Muskogee and Seminole Indian Historian [Jim \(Sawgrass\) Boettner](#) who performed in the Dance

original composition: [Jim \(Sawgrass\) Boettner](#)

Bertha Honore Palmer – Diamonds and Cattle Ranches, 12 dancers and soloist, 10 minutes
 music: esa-pekka Salonen, excerpt from *Mania for violoncello solo and ensemble* –

Anssi Karttunen, cello, London Sinoietta

Julia Tuttle – Mother of Miami, 12 dancers, 3 minutes
 Co-choreographed with Ashley Smith and MCCA Dance Company dancers music: Jacques Offenbach, *Can Can from Orpheus In The Underworld* and
 Moulin Rouge, excerpt from *Can, Can, Can*

Mary McLeod Bethune – Daughter of Slaves, Advisor to Presidents,
 35 dancers and soloists, 18 minutes music: Kronos Quartet, *excerpt from Requiem for Adam* –
Ascending the Heaven Ladder and *Cortijo Funebre en el Monte Diablo*
We Shall Overcome: Live accapella chorus singer

Harriet Bedell – White Sister of the Seminoles, 11 dancers and soloist, 7 minutes music: MCCA
 Dance Company dancer playing original Seminole Composition on flute

Eartha M.M. White – Angel of Mercy, solo, 4 minutes music: Arvo
 Part Te Deum, excerpt from *Magnificat*

Dr. Anna Darrow – Doc Anner, 4 dancers, 8 minutes
 music: Totem – Gabrielle Roth and The Mirrors, excerpt from *Eternal Dance*

Ivy Cromartie Stranahan – Little White Mother, 5 dancers and soloist, 9 minutes
 music: *Ragtime* by Randy Newman, *Waltz For Evelyn*, *Delmonico Polka*, and *Morgan Library Takeover*

The Tapping Flappers – Roaring 1920's, 22 dancers, 4 minutes music: Duke Ellington, *Ina Jam*

Ruth Bryan Owen – Florida's First Congresswomen, soloist, 5 minutes music:

Arvo Part Te Deum, excerpt from *Berliner Messe – Sanctus*

Rose Sayetta Weiss – Mother of Miami Beach, 5 dancers and soloist, 5 minutes music:
Happy Days Are Here Again, Kronos Quartet, excerpt *The Philosopher's Hand*

Marjory Stoneman Douglas – Mother of the Everglades, 19 dancers, soloist, and 3 actors, 9
 minutes music: *Ragtime* by Randy Newman, *Clef Club No. 2*, and *Denouement*

Zora Neale Hurston – A Genius of the South, solo, 7 minutes
 Text selected by Ms. Heller, soloist, and understudy – text spoken live by Ms. Heller

Helen Hunt West – Lawyer, Journalist, Feminist, 11 dancers, 6 minutes music: Kronos Quartet,
 excerpt from *Requiem for Adam*

Marjorie Kinnan Rawlings – Pulitzer Prize Winner at Cross Creek, solo, 4
 minutes
 music: esa-pekka Salonen, excerpt from *Mania for violoncello solo and ensemble* – Anssi Karttunen,
 cello, London Sinoietta

- Oct. 2005 **Uma Familia (concert produced & directed by Mary Heller)**
- Oct. 2005 ***Play It***, 26 dancers, 10 minutes
Accapella tap with live Drumline
- Oct. 2005 ***Goodbye***, male solo, 3 and a half minutes music:
Carly Simon, *Oh Danny Boy*
- Nov. 2004 ***I Take It All Back***, 16 women dancers, 5 minutes (Repertory
Restaged)
music: Mark Russell, *OutEast*
- Oct. 2005 **Our Stories**, 36 dancers, 15 minutes
First Section – Original and live Rap written and sung by dancers Second section –
Original Choreography developed by
dancers in Composition class
Third Section – *Uma Familia* danced to live chorus
- MCCA Dance Company**, Mary Heller Artistic Director, and Elective dance classes *Marion County
Center for the Performing and Fine Arts Theatre Magnet Program at West Port High School
Dance Department*
Ocala, FL
- Nov. 2004 ***On Making, On Going***
MFA Thesis Concert, Co-Artistic Director, Choreographer and Performer produced in collaboration
with Tennille Lambert for partial fulfillment of the Master of Fine Arts Degree in Dance
- Nov. 2004 **I Take It All Back**, 5 women dancers, 5 minutes music: Mark Russell,
OutEast
- Nov. 2004 **Lost Vibes**, 3 men dancers, 8 minutes music: Jeff Beck, *Where Were You*
and Jeffrey Rolf, original compositions
Acoustic Bass Grove and Electric Bass Improvisation
Video projection shot and designed by Mary Heller (Telematics used in rehearsal, live musician got sick
and could not perform for Telematic perf.)
- Jan. 2004 **Break, O Heart, What Does it Matter?** solo, 3 minutes
Choreographer/Soloist
featuring live vocals by Holly Matyas and live piano by Tim Prepscius music: Schumann,
Er, der Herrlichste von allen from *Frauenliebe und Leben*
- May 1989 **Ear to Stone**, Jim Clouser Choreographer, duet, 10 minutes **Reconstructionist/Dancer –
Mary Heller** - poetry: John Giorno music: Giacomo Puccini, tenor aria from *La
Boheme* - Nancy Smith Fichter Dance Theatre,
Florida State University, Tallahassee, FL
- Jan.-Feb. 2004 ***28 Degrees***, 4 dancers, including one vocalist, 8 minutes featuring live vocals
by Holly Matyas sound design: Mary Heller
The Joint – FAMU and FSU concert
Lee Hall, Florida of Agriculture and Mechanical Engineering University, Tallahassee, FL
- March 2002 **SatchDance - One People**, 5 duets, 10 solos and group dance, 1 hour and 15 minutes
Original Concept/Artistic Director, Choreographer and Performer
Pick-up company auditioned & paid for by patrons, August 2001-March 2002
choreographers/dancers; **Robert Ajwang** Tanzanian village African Dance; **Lisa Cregan O'Brien** Irish Hard/Soft Shoe
Dance; **Nicole Durfee** Modern Dance; **Mary Heller** Jazz; **Millicent Johnnie** Hip Hop; **Eric Lehman** Waltz Ballroom;
Brian Mason Tap; **Melinda Patrick (Oriental)** Middle Eastern; **Jorge Robledo** Flamenco; **André Zachery** Ballet - music:
Joe Satriani, various works – projected imagery by Rick Mattox
Filmed before an invited audience for DVD Demo to distribute to producers - <https://youtu.be/VPoEozwNzus> Quincy
Music Theatre, Quincy, FL
- Jan. 2001 ***Ava Maria***, solo, 4 minutes **Volunteer Choreographer** featuring live vocals
by Ted Kopczynski music: Schubert's *Ava Maria* liturgical dance performed by
Robyn Beening; Steve Heller Director
St. Hubert Church, Hoffman Estates, IL

May 2000	For Jim, solo and duet, 3 minutes Soloist & text: Mary Heller music: Joe Satriani, excerpt from <i>Champagne? Collage Dance</i> <i>Festival 2000: A Cascade of Dance - A Tribute to James Clouser</i> Lisa Racina Director Campus Theater, Denton, TX
March 1998	Filmed excerpt used in "Satchdance – One People", pas de deux, 1 and a half minutes Music: Joe Satriani, Cool #9 Michael Anderson of the <i>Joffrey Ballet</i> and Julia Leihman of <i>Chicago Theatre Ballet</i> dance for film shot at the <i>Joffrey Ballet Studio</i> in Chicago, IL
May 1996, May 1997	D.A.R.E. To Reach Fashion Show, 61 models, 2 hours Volunteer Choreographer Runway walking, sequencing of models and music (wide variety used) and dances for models. Barb Newmark and Gail Meyerson: Directors in care of District 102 PTO Marriot Hotel, Schaumburg, IL
June-Aug. 1996	Junior Pom Pom routine for State Pom Pom Competition, 28 girls, 3 minutes music: collage Wheeling High School, Wheeling, IL
May 1994	Wedding Reception Dance, duet, 3 minutes music: anything to a waltz Clients: Howard and Julie Wallach Wheeling, IL
Sept. 1994 - Present	Choreographed and Taught over 280 Girls Floor Routines that have placed in U.S.A.G. Local, State, Regional, National and Olympic Trial Competitions Regions 5, 8 & 2 Over 80 Level 10, including Olympic Trial alternates, over 60 Level 9, over 60 Level 8, and over 60 Level 7-Some Level 10 and 9 routines were also used for High School Gymnastic competitions. Gymnasts have included Lindsey Borkan, Brittany Howse, Katie Burke, Leah Johnson, Beth Klieman, Beth Rizzo, Michelle McGrady and Lori Ponsler to name a few - <i>Buffalo Grove Gymnastics (IL), Bartlett Gymnastics (IL), American Academy Gymnastics (IL), International Gold Gymnastics (FL), Palouse Empire Gymnastics (ID), and The Prescott YMCA Gymnastics Club (AZ)</i> - IL, FL, ID, & AZ
July 1992	Navy Pier Fashion Show, 36 models, 45 minutes Choreographer as well as Model music: collage Salvatorie Photographer & Director Navy Pier, Chicago, IL
May-Aug. 1992, May-Aug. 1991	The National Reebok Aerobic Competition, 1991 Midwest Regional Men's Division 3 minute solo Choreographer and Coach, Music Editor (collage) and Costume Designer Mike Spear - Competitor Mt. Prospect, IL
May 1991	The Soldiers' Tale, 7 musicians, 1 narrator, 2 actors and 1 dancer, 1 hour Soloist; Choreographer/Dancer/Actress music and play: Igor Stravinsky performed by The Chicago Chamber Musicians including; Lawrie Bloom Narrator Byrne Piven The Devil George Keating The Soldier Mary Heller The Princess Northwestern University, Evanston, IL and DePaul University, Chicago, IL
Aug. 1990 - May 1991	The Annual District 214 High School Dance Festival/District Senior Dance 12 dancers, 4 minutes music: Joe Satriani, <i>Always With Me, Always With You-</i> Elk Grove High School, Elk Grove, IL
Oct. 1988	You're a Good Man Charlie Brown, 8 actor/singer/dancers, 2 hour production book, music and lyrics: Clark Gesner The Heights Theatre, Denver, CO Tiamat.Pythos.Snake. Kur: Stories from the Great Below, trio, 1 hour Choreographer/Dancer music: collage Storytelling/Dance Collaboration with Karen Steele and Judith Jerome O' Sullivan Theatre, Regis College, Denver, CO

Nov. 1988	Living Art Forms BA Senior Concert, Artistic Director, Choreographer and Performer produced for partial fulfillment of the Bachelor of Arts Degree in Dance <i>Loretto Heights College, O' Sullivan Theatre, Regis College, Denver, CO</i>
Nov. 1988	Recursive Rhythms, 5 dancers, 5 minutes Choreographer and Dancer Live accapella tap dance work
Nov. 1988	MANIK, 6 dancers, 6 minutes Choreographer and Dancer Music: Martha Yordy, original composition
Nov. 1988	In a Day, 5 dancers, 8 minutes music: collage
Nov. 1988	Banquet (A Feast for the Eyes and Ears), 10 dancers, 45 minutes Choreographer and Dancer Live, improvisational vocals: Mary Heller and Dain Shuler music: Dain Shuler and Todd Moore, original compositions Concept created and inspired collaboratively by Mary Heller and Dain Shuler
March 1988	Sacred Dance Lenten Celebration, 5 dancers, 6 minutes music: collage <i>The Sacred Dancers of St. Ignatius Loyola Church; Barbara Ingram Coordinator, Denver, CO</i>
Oct. 1986	Ron Barnes European Fashion Revue, solo, 6 minutes Choreographer/Soloist: Jazz/Improv Ron Barnes Director <i>The Tabor Center, Denver, CO</i>
July 1986	Taste of Chicago, solo, 20 minutes main outdoor stage in downtown Chicago, IL Choreographer/Soloist: Middle Eastern Dance influenced Improv
June 11 - Aug. 1985 and June - Aug. 1986	The Crystal Balloon Telegram Agency – \$30 performance plus tips, miles not reimbursed. Belly Dancer – Telegrams – 10 minute Dance with champaign & grapes. Literally hundreds performed for Birthdays, Anniversaries, Functions, including the owners of the Chicago Sun-Times Newspaper Hundreds of homes, businesses and outdoor areas, Chicagoland, IL
Aug. 1981-1985	Break, Pop in Lock, Vogue-ing, Street Jazz, House Juke, scratching, spray painting My High School open spaces, friends, challengers and the streets of Chitown Chicagoland, IL