

QUALIFICATIONS

Versatile and dynamic performer
Diverse dance background
Committed driven and focused

EDUCATION AND TRAINING

2009 – Present	Common Ground Dance, Calgary, AB
2000 – Present	Decidedly Jazz Danceworks, Calgary, AB
2004 – 2011	Minor in Dance, Faculty of Fine Arts, University of Calgary, AB
2002 – 2004	love2move! Body Conditioning Techniques, Calgary, AB
1999 – 2001	Bishop Kidd Junior High School, Calgary, AB
1993 – 1994	Spruce Cliff Wildflower Community School, Calgary, AB

POST-SECONDARY COURSE DETAILS

2006	DNCE 413 - Jazz Dance V, University of Calgary,
2006	DNCE 411 - Jazz Dance IV, University of Calgary, Calgary, AB
2006	FINA 503.05 - African Dance and Music, University of Calgary, Calgary, AB
2005	DNCE 313 - Jazz Dance III, University of Calgary, Calgary, AB
2004	DNCE 311 - Jazz Dance II, University of Calgary, Calgary, AB
2004	DNCE 207 - Contemporary Dance I, University of Calgary, Calgary, AB

DANCE COMPANIES

2009 – 2015	BassX Dance Crew, Calgary, AB
2009 – 2011	JV Performance Team, Calgary, AB
2006 – 2009	C.Stylz Dance Company, Calgary, AB
2002 – 2004	eko Dance Projects, Calgary, AB
2002 – 2004	Father Lacombe Dance Club, Co-captain, Calgary, AB
2001 – 2002	Youth Dance Unlimited, Calgary, AB

PERFORMANCES

2022	Spicy, Engineered Air Theatre, “Jazz”, Calgary, AB
	Private Corporate Ball, “Hip Hop”, illFX, Calgary, AB
2018	Black History Month, “Jazz”, Calgary, AB
	Rewritten, Movement With A Message, “Contemporary”, Calgary, AB
2017	Attached, Movement With A Message, “Contemporary”, Calgary, AB
2015	Im Possible, “Contemporary”, Eau Claire, Calgary, AB

- LuvOnSundays, "Street Jazz", Calgary, AB
Letters, Movement With A Message, "Contemporary", Calgary, AB
- 2013 Shake It, Private4 Wedding, "Dancehall" Calgary, AB
J'Ouvert Playhouse Cabaret, "Dancehall" Calgary, AB
Jaynova CD Release Party, "Hip Hop", Calgary, AB
Invisible, Movement With A Message, "Contemporary", Calgary, AB
- 2012 Father Lacombe Alumni, "Hip Hop", Calgary, AB
- 2011 Fundraiser for Japan, "Contemporary", Calgary, AB
Fundraiser Event "Contemporary", Calgary, AB
One – Celebration of World of Dance, "Caribbean", Calgary, AB
Kits and Kaboodle Circus, , "Jazz", Calgary, AB
Pro Series, University of Calgary, "Jazz, House", Calgary, AB
- 2010 Flash Mob, "Hip Hop", Calgary AB
Carifest, SAIT Orpheus Theatre, "Caribbean", Calgary, AB
Setsugetsuka, "Contemporary", Calgary, AB
- 2009 Dose of Funk, SAIT Orpheus Theatre, "Hip Hop", Calgary, AB
Re-Imagine, Bishop Kidd Junior High School, "Hip Hop, Contemporary",
Calgary, AB
Holla... Ya Heard?!, Where it's At; BassX Dance Crew, Alberta Leadership
Conference, "Breakin', Hip Hop", Calgary, AB
Kasiyahan, BassX Dance Crew, "Hip Hop", Calgary, AB
Calgary's Talent, BassX Dance Crew, "Hip Hop", Calgary, AB
Albert Park Raddisson Community Association Stampede Breakfast, BassXDance
Crew, "Hip Hop", Calgary, AB
- 2008 Dance Montage, University of Calgary, "Hip Hop, Contemporary, Steppin', Jazz",
Calgary, AB
Xeorx, "West African, Caribbean", Ka Ma Te, Calgary, AB
Holla... Ya Heard?!, "Lockin', Breakin'", Calgary, AB
Natural Resources, "Hip Hop, Breakin'", 3 Things, Calgary, AB
Soujourn, "Caribbean, West African, Hip Hop", Calgary, AB
Legacies 2008, "Caribbean, West African, Hip Hop", Calgary, AB
Sweet 70's, "Hip Hop, Jazz, Lockin'", Calgary Cares, Calgary, AB
President's Ball, "Jazz, Theatre", Fuze Entertainment, Calgary, AB
- 2007 Pulse, Calgary Cares 2007, "West African, Caribbean", Ashe Caribe ,Calgary, AB
Soho, "Hip Hop", C.Stylz Dance Company, Calgary, AB
- 2006 Holla...It's Murder!, "Salsa", Calgary, AB
Dance at Noon, University of Calgary, "Jazz, West African", Calgary, AB
Jammin' in the Key of Funk, C.Stylz Dance Company "Hip Hop, Contemporary",
Lonely, Calgary, AB

- 2005 Holla What!, “Hip Hop”, Calgary, AB
 Mainstage, University of Calgary, “Jazz, Funk”, Perched on the Edge of a Quarter Note, Calgary, AB
 Dance at Noon, University of Calgary, “Jazz”, Calgary, AB
 Dance Montage, University of Calgary, “Hip Hop, Modern”, Calgary, AB
- 2004 Dance at Noon, University of Calgary, “Jazz”, Calgary, AB
 Dance Montage, University of Calgary, “Hip Hop”, Calgary, AB
 International Dance Day, “Contemporary”, eko Dance Projects, Calgary, AB
 Common Ground, “Funk, Hip Hop, Jazz, Contemporary”, eko Dance Projects, Calgary, AB
- 2003 eko Dance Projects year end show, Calgary, AB
 International Dance Day, “Contemporary”, eko Dance Projects , Calgary, AB
- 2002 eko Dance Projects year end show, “Funk, Hip Hop, Jazz, Contemporary”, Calgary, AB
 Dance Works, “Hip Hop”, Father Lacombe Dance Club, Calgary, AB
- 2001 Youth Dance Unlimited year end Show, “Funk, Hip Hop, Jazz, Contemporary” Calgary, AB
 Bishop Kidd Spring Dance Show, “Funk, Hip Hop, Jazz, Contemporary”, Calgary, AB
 Eau Claire Dance Performance, “Contemporary”, Youth Dance Unlimited , Calgary, AB
- 2000 Bishop Kidd Spring Dance Show, “Funk, Hip Hop, Jazz, Contemporary”, Calgary, AB
 Dance Works, “Hip Hop”, Bishop Kidd Dance, Calgary, AB
- 1999 Bishop Kidd Spring Dance Show “Hip Hop”, Calgary, AB

COMPETITION

- 2011 It Takes Two Battle, “Hip Hop”, Calgary, AB
 Break for Japan, “Hip Hop”, Edmonton, AB
 Hold Ur Own 2 on 2, “Breakdance”, Calgary, AB
- 2010 One Touch, University of Calgary, “Hip Hop”, Calgary, AB
- 2009 All Styles Dance Battle, “Hip Hop”, Calgary, AB
 New Starz Competition, BassX Dance Crew, “Hip Hop”, Calgary, AB
 Hit the Floor Dance Competition, BassX Dance Crew, “Hip Hop”, Calgary, AB
- 2006 World Hip Hop Dance Championships, “Hip Hop”, Los Angeles, CA

Artist Emerge, Western Canada Hip Hop Competition, “Hip Hop”, C.Stylz Dance Company, Edmonton, AB

2005 Calgary Dance Idol, “Hip Hop”, Dance with France, Calgary, AB

TELEVISION AND PRINT

2022 Align-Meant, Contemporary photoshoot, Calgary, AB

2009 Video Commercial, Alberta College of Art and Design, Dance Through Life,
Aired on Shaw Cable, SAIT, ACAD
Music Video, “Sarah Tesfai – Want Me To Be Your Baby”, Dancer and
Choreographer, Calgary, AB

2008 Gautlent, University of Calgary Newspaper, Dance Montage, Calgary, AB
Shaw TV, Dance Montage, Calgary, AB

2007 Gautlent, University of Calgary Newspaper, Dance Montage, Calgary, AB
Calgary Herald Newspaper, “Pulse, Calgary Cares 2007, Calgary, AB

2006 City TV, “Holla... It's Murder!”, Calgary, AB

2005 Dance Montage Advertisement Poster, Calgary, AB

2004 Global Morning Breakfast Show, “eko Dance Projects”, Calgary, AB
Lululemon Ambassador (background) picture profile, Calgary, AB

2003 A-Channel, Big Breakfast Morning Show, “eko Dance Projects”, Calgary, AB

FILM

2020 Perlas Project, “Traditional Filipino”, Calgary, AB

INSTRUCTION / TEACHING

(Various Teaching substitutions at local dance studios and schools)

2018 – Present Decidedly Jazz Danceworks (Urban Hip Hop Styles, Absolute Hip
Hop Beginners, Hip Hop Beginners, Hip Hop Intermediate),
Calgary, AB

2009 – Present Common Ground Dance (Hip Hop Cardio, Contemporary, House,
Latin Jazz, Bollywood & Bellydancing and Hip Hop
Fusion), Calgary, AB

2018 – 2019 Free Spirit Dance, (Jazz, Hip Hop, Diva), Calgary, AB

2016 – 2019 City of Calgary, (Hip Hop), Calgary, AB
 2009 – 2014 Dance Through Life (Contemporary, Latin Jazz, Bellydance),
 Calgary, AB

2006 – 2006 Revive Health Club (Hip Hop, Funk Cardio Workout), Calgary, AB

CHOREOGRAPHY

2020 Private Wedding Dance, Calgary, AB

2019 Black History Month, Uganisha, “Jazz”, Calgary, AB

2018 Black History Month, Uganisha, “Jazz”, Calgary, AB
 Rewritten, Movement With A Message, “Contemporary”, Calgary, AB

2017 Attached, Movement With A Message, “Contemporary”, Calgary, AB

2015 Letters, Movement With A Message, “Contemporary”, Calgary, AB
 Private Wedding Dance, Calgary, AB

2014 The Cypher, Movement With A Message, “Hip Hop”, Calgary, AB

2012 Private Wedding Dance, Edmonton, AB
 Father Lacombe Alumni, “Hip Hop”, Calgary, AB

2011 Silence, Movement With A Message, “House”, Calgary, AB

2010 Dance Montage, University of Calgary, “Hip Hop”, Calgary, AB

2009 Bassx Dance Crew, Piece #1 “Hip Hop, Lockin, Funk, Bollywood, Voughin',
 Wackin'”
 Bassx Dance Crew, Piece #1 “Hip Hop, House, Lockin'”
 Bishop Kidd Dance Show, “Contemporary, Bollywood”, Calgary, AB

2006 Bishop Kidd Dance Show, “All that Jazz”, Calgary, AB

2005 Mainstage, University of Calgary, “Jazz, Funk”, Perched on a the Edge of a
 Quarter Note, Calgary, AB

2004 Bishop Kidd Dance Show, “Hip Hop”, Calgary, AB

2003 Bishop Kidd Dance Show, “Hip Hop, Jazz”, Calgary, AB

2002 Bishop Kidd Dance Show, “Hip Hop”, Calgary, AB
 Dance Works, “Hip Hop, Jazz”, Bishop Kidd, Calgary, AB

2001 Bishop Kidd Dance Show, “Hip Hop”, Calgary, AB
Dance Works, “Hip Hop, Jazz”, Bishop Kidd, Calgary, AB

CHOREOGRAPHER / WORKSHOP INSTRUCTORS

Goldie Wong	Hip Hop
Miguel Almario	Hip Hop
Apple Sulit	Hip Hop
Steward Iguidez	Breakin'
Marc Generoso	Krump
JoJo Zolina	Waacking
Serna Kerbes	Belly dancing
Nicole Pemberton	Hip Hop, Contemporary, Jazz
Amanda Bonnell	West African
Jason Galeos	Breakin', Steppin, Hip Hop
Tony Tran	HouseAngie Lo Hip Hop Yoga
Kaleb Tekeste	Hip Hop, Funk, House
Poppin' Pete	Poppin', Boogaloo
Don “Campbellock” Campbell	Lockin'
Tara Wilson	Lockin', Poppin', Breakin'
Michele Moss	Jazz, West African, Hip Hop, Salsa
Melissa Monteros	Contemporary, Yoga
Jamie Freeman-Cormack	Jazz
Erin O'Connor	Contemporary
Kristy Haywood	Hip Hop, R&B, Funk, Dancehall, Caribbean
Melanie Haywood	Hip Hop, R&B, Funk, Breakin, Dancehall
Alanna Jones	Jazz, Contemporary
Wojciech Mochniej	Contemporary
Leslie Wangler	Contemporary, Jazz
Kumari	Waacking, Voguing, Hip Hop, Dancehall Fushion
Kaiti Pasqualotto	Waacking, Voguing, Hip Hop
Ashley Perez	Waacking, Voguing, Hip Hop
Ahmed Fernandez	Salsa
Anthony Robles	Breakin'
Saxon Fraser	Jazz, Hip Hop, Contemporary
Deanne Walsh	West African
Christine Preston	West African, Jazz
Joanne Baker	Jazz, Contemporary
Hannah Stilwell	Cuban
Lori Duncan	Contemporary
Ginette Lamontagne	Contemporary, Jazz, Hip Hop
Sung-Ah Choi	Contemporary, Hip Hop
Rocky Meji	Funk, Jazz
Christine Carr	Contemporary
Chuck Maldonado	Hip Hop

WORKSHOPS

- 2020 Online Class, Cenovus, “Hip Hop”, Calgary, AB
- 2019 Momo Movement, (Hip Hop), Calgary, AB
- 2009 Make-A-Difference-Now: Dance for H.E.L.P. (Contemporary, Hip Hop, Traditional Filipino)
Make-A-Difference-Now Dance-a-thon, (Hip Hop, Contemporary, Jazz, Bellydance, Breakin)
Un1te Dance Company and GEEkie Crew, (New School Hip Hop), Calgary, AB
- 2008 Un1te Dance Company, (New School Hip Hop), Calgary, AB
- 2007 I Heart Urban Dance #2 (Wacking, Voguing, Hip Hop, Dance Fushion), Calgary, AB
- 2006 Decidedly Jazz Danceworks, Poppin' Pete (Poppin'), Calgary, AB
Urban Moves 3, Don “Lock” Campbell (Lockin'), Los Angeles, CA
Urban Moves 3, Chuck Malonado (Hip Hop), Los Angeles, CA University of Calgary Dance Program (Bollywood), Calgary, AB
- 2005 University of Calgary Dance Program, Tara Wilson (Poppin', Lockin', Breakin'), Calgary, AB
Decidedly Jazz Marathon (Hip Hop, Jazz, Salsa, Contemporary, Funk, Ballet), Calgary, AB
- 2004 Decidedly Jazz Marathon (Hip Hop, Jazz, Salsa, Contemporary, Funk, Yoga), Calgary, AB
- 2003 Decidedly Jazz Marathon (Hip Hop, Jazz, Salsa, Contemporary, Funk, Yoga, Calgary, AB
eko Dance Projects, Philadelphia P-Funk (Funk), Calgary, AB
- 2002 Decidedly Jazz Marathon (Hip Hop, Jazz, Salsa, Contemporary, Funk, Ballet), Calgary, AB
- 2001 Decidedly Jazz Marathon (Hip Hop, Jazz, Salsa, Contemporary, Funk, Yoga), Calgary, AB

PROJECTS / EVENTS PLANNING

- 2018 Motion, Fundraiser, Movement With A Message, Calgary, AB
- 2017 Motion, Fundraiser, Movement With A Message, Calgary, AB
- 2016 Motion, Fundraiser, Movement With A Message, Calgary, AB

- 2009 Battle Before Christmas, Sales, Calgary, AB
Rep Your Step Dance Battle, Sales, Calgary, AB
Make-A-Difference-Now: Dance for H.E.L.P., Co-Coordinator, Calgary, AB
Dose Of Funk, Event Coordinator, Calgary, AB
Make A Difference Now Dance-a-thon, Head Event Coordinator, Calgary, AB

SPEAKING ENGAGEMENTS

- 2023 Finance for Artists, Dance Artist Summit, Calgary, AB
Gathering Divergence Multi Arts Festival and Conference Speaker, Toronton, ON
- 2019 Dance As a Career, CEYA Career Talks, Calgary, AB
- 2009 Dance as Career – Public Lecture, Bishop Kidd Junior High School Calgary, AB

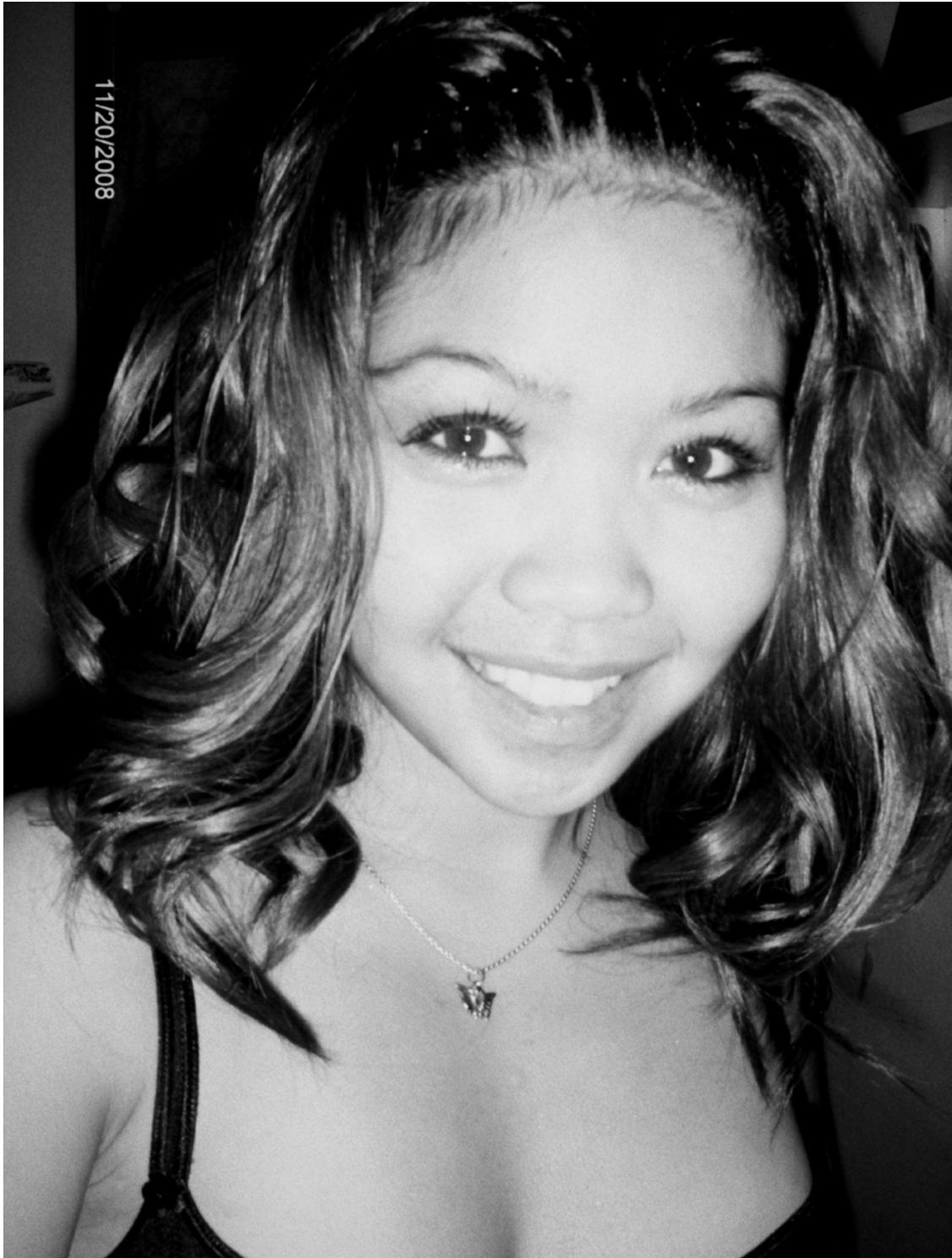
OUTSTANDING ACHIEVEMENTS

- 2008 Holla Productions Scholarship, Calgary, AB
- 2006 Artist Emerge Western Canada Hip Hop Competition, 2nd Place, Edmonton, AB
Holla Productions Scholarship, Calgary, AB
- 2005 Calgary Dance Idol, Dance with France, 2nd Place, Calgary, AB
- 2004 eko Dance Projects Scholarship, Calgary, AB
- 2003 eko Dance Projects Scholarship, Calgary, AB
- 2002 Youth Dance Unlimited Scholarship, Calgary, AB
- 2001 Youth Dance Unlimited Scholarship, Calgary, AB











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