

Manchester based performer who achieved a First Class degree in BA (Hons) Dance at the University of South Wales in 2022. A creative individual with skills in choreography, improvisation, voice and movement and teaching regarding a variety of dance styles. Exhibits strong performance technique, and is confident in using movement and voice to engage an audience to communicate a wide emotional range.

**Experience in teaching dance includes babyballet, the YMCA, the Theatre and Drama society at university, the Urban Vibe Dance Studio in Stoke-on-Trent and assisting with workshops for 'Many Hands', a dance parade choreographed by Ruth Jones in Manchester.**

**SKILLS / TRAINING** - 3 years of training in dance at The University of South Wales. Trained in: Ballet, Contemporary Dance, Jazz Dancing, Commercial Dancing, Voice and Movement, Choreography / Improvisation

Consistent further training with MM Jazz 5678, AntJamTraining, Company Chameleon, Coalesce Dance Theatre



## DANCE EXPERIENCE

**12/2019, DANCE PERFORMER**

*Youth Dance Night*, Cardiff

**01/2023, DANCE PERFORMER** for *'The Awakening'*, Headingley Stadium, Leeds

**04/2023, DANCE PERFORMER** for devised MA project *'Searching Findings'*, Manchester

**04/2023 & 08/2023, DANCE PERFORMER** for *'Makers Mix'* with Move Manchester

**07/2023, 09/2023 & 03/2024, DANCE PERFORMER** for *'Many Hands'* by Ruth Jones, Warrington, Blackshaw Head, Bury, Manchester

**01/2024, DANCE PERFORMER** for an independent music video to the song *'Weakness'* by Inspiral Carpets, directed by David Brooker White, Stafford

**03/06/2024 - 10/06/2024, DANCE ARTIST** for *'Moving Outdoors'*, a movement exploration project with Kokoro Arts, Cyprus

**22/06/2024, COMMUNITY DANCE PERFORMER** for *'The Giant Wheel'* with Autin Dance Theatre, Newcastle-under-Lyme

**28/07/24, DANCE PERFORMER** for music video *'Busy Being Delicious'* by Judge Fudge, Manchester

**29/08/24, joined the NVRLND team** as a Freelance PERFORMER

**15/09/24, ASSISTANT DANCE CAPTAIN** at the Warrington Mela for Ruth Jones' parade work with Hong Kong Communities

**16/09/24, DANCE PERFORMER** for Nuffield Health, Flash Mob choreographed by MM Jazz, Manchester

**10/10/24, joined Cabasa Carnival Arts** as a Freelance PERFORMER

**16/03/25, DANCE PERFORMER** for Kind Hearts Give Back Charity Ball, Leeds

**10/05/25, DANCE PERFORMER** for *The Hitman and Her Reunion* at Retro Lounge, Blackpool

## ACTING EXPERIENCE

**13/07/24, ACTRESS** for Blooms & Bicycles Bicycle Tour Advert, Manchester

**01/2024 - present, ACTRESS** for ATACC / NTACC Medical Roleplay, Evermore Productions

**08/2024, ACTRESS** for an Anthology written about Black History, Ibstock Place School

**23/10/24, PERFORMER / SINGER** at Wellcroft House Retirement Home, Cheadle

**13/12/24, PERFORMER / SINGER** at Abbeyfield House, Clitheroe

**01/2025, ACTRESS** for *'A Christmas Carol'*, Titus Salt School

Also a freelance content creator for Vidsy where I have gained professional acting and videography experience making commercial advertisements for brands including Pepsi and Activision.