

Macy Jo

Dancer/Actor/Singer

Contact

Edmonton, AB, Canada

973-756-6209

verhoeff.macy@gmail.com

Profile

I recently completed a pre-professional performing arts program in the New York City Area training in contemporary, jazz, hip-hop, tap, musical theatre, ballet, acting, improv, and voice. Adept at picking up choreography, assisting choreographers, and developing choreography. Additional characteristics and skills include time management, leadership, positive and supportive energy, and quick learning.

Professional Training

September 2023-May
2025

The Bridge Movement **Directed by Stacey Tookey and Calen Kurka** **New Jersey/New York**

The Bridge Movement is a pre-professional dance training program that helps students bridge their minor dance experience into professional careers. The Bridge Movement faculty are all actively working in the performing arts industry on Broadway, film, and television. The program was founded by Stacey Tookey, who was born and raised in Edmonton but has now gone on to have a successful career in the arts, including choreographing for So You Think You Can Dance and performing alongside Celine Dion in Las Vegas. Through this program I have trained professionally in jazz, tap, ballet, hip-hop, musical theatre, contemporary, voice, acting, improv, mental skills, and film.

Experience

May 2025

The Bridge Movement Showcase **Manhattan Movement Arts Center, New York**

A two-hour showcase located in New York City, featuring works by Stacey Tookey, Calen Kurka, Anna Marchisello, Kelby Brown, Anthony Morigerato, and Shelly Hutchinson. Performed in front of multiple industry professionals and agencies including Bloch, Clear Talent Group, and MSA

May 2025

Green Gala **Willow School, New Jersey**

Performed repertoire from Stacey Tookey's New York Based contemporary company, Still Motion Inc.

April 2025

Acting Improv Show **Jersey City, New Jersey**

Performed a full hour of improv acting alongside 8 other performers including Gene Gabriel who has worked on Take Me out (Broadway), Lift Me Up (Film), and Step Up (film) etc.

February 2025	Four (Short Film) South Orange, New Jersey Played a principal acting and dance role.
January 2025	Queen Of Heart (Short Film) Unreleased 2025 Queens, New York Danced and PA'd for a short film directed by Heather Lang who was a part of the Rockettes and performed in multiple high-profile shows including Jagged Little Pill (Broadway), Life and Trust, Frances Ha (Film), etc.
September 2025	Greek Festival New Jersey Performed and co-choreographed a flash mob style piece in front of a 250-person audience. Additionally, I sang a solo cover of Dancing Queen.

References	Available upon request.
-------------------	-------------------------