

# Fancy Feet Welcomes:

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## **Sarah Beardsworth ~ Ballet-lates**

A British native, Sarah attended the prestigious Northern Ballet School, whereupon she graduated and traveled extensively, spending 15 years performing internationally with various resident, touring Musical Theatre shows and Dance Companies worldwide. Once retired from performing Sarah continued to be a part of the dance world as a Dance Captain, company manager and Artistic Director of various shows. Sarah received her formal Pilates education and training from Body Arts and Science International. Upon graduating, she was invited to teach at the BASI headquarters alongside the creator of the method--internationally renowned teacher, Rael Isacowitz. Sarah continuously takes workshops and courses to increase her knowledge and education. Recent completed courses include barre training, the prestigious BASI Mentor, Master Program with Rael, Pilates for Dancers, Pilates for the Mature Client, a Pilates hip and knee biomechanics course, Pilates for hyper-mobility, Shoulder rehab course, Pilates injuries and pathology course and a pre and post-natal certification. **Ballet-lates** will be a new class fusing Ballet Dance technique and Pilates. Building on the dancers high level of physical proficiency, with keen attention to alignment and focus on technique, this class uses Pilates kinesiological principles to enhance ballet technique and reduce injuries. This specialized Ballet-lates class will include dance specific principles and repertoire to help improve key areas such as core stability and range, extensions arabesque and turn out. The program will also include exercises to improve knee hyper extension, ankle-foot strength and proprioception, and upper extremity strength and mechanics.

## **John Todd ~ Ballet**

John Todd, a native of the Carolinas, received his training at North Carolina School of the Arts and The Hungarian State Ballet, both on full scholarship. He has danced with such companies as Houston Ballet, where he received the Michael Wasmund Award for most outstanding dancer, Pacific Northwest Ballet, and as a soloist with Fort Worth Ballet and Hartford Ballet. Mr. Todd was in the original cast of "Movin' Out" on Broadway, and performed in "The Phantom of the Opera" on Broadway as well as the national tour. Television credits include: "Bourbon Street" (series regular), "Days of Our Lives," "As the World Turns," "Sex and the City," "Ronna and Beverly," and "Law and Order." Film credits include: "Jack the Giant Slayer," "The Muppets," "Gnomio and Juliet," "Alpha and Omega," "Jackass Number Two," "A Christmas Carol," "Sironia," and "Spells." He was the lead in the Sundance awarded play "The Studio," and has also been fortunate to perform in various venues in Europe and England including the role of "Peter Quince" in "A Midsummer Night's Dream" at Sadler's Wells in London and "Romeo" in Shakespeare's "Romeo & Juliet" for German Television. John has also choreographed numerous commercials, industrials, musicals, and has worked on many television and stage shows throughout the world. Working with such greats as Agnes DeMille, Nacho Duato, Melissa Hayden, Twyla Tharp, and Robert Zemeckis has taught John a tremendous amount about being well versed in all forms of the Arts.

## **Haley Jessup ~ Contemporary Jazz**

Haley Jessup originally from the Bay Area, started dancing at the age of two. In high school, Haley started her professional dance career as a backup dancer for Radio Disney. As a competitive dancer, Haley was awarded National titles from LA Dance Magic and Hollywood Connection. She worked as a choreographers' assistant for Hollywood Connection and toured with their convention for seven years. After high school, Haley continued her studies at UCLA where she graduated with a BA in Dance and minor in theater. At UCLA, Haley worked on multiple industry jobs including lead dancer for MTV music video Night Riots, live show for K-Pop singer Bella Lee and NBA dance for the Los Angeles Clippers. After UCLA, Haley continued dancing different jobs and teaching master classes across the United States. Currently Haley is a fitness instructor for F45 Training and is a second-year veteran for the Los Angeles Chargers.

**Jazz-** a performance-based style with a focus on musicality, isolations, and grounded movement, using principles of ballet to establish a strong technical dance foundation.

**Ballet-** A highly technical dance form demanding grace and precision. Classical ballet employs formalized steps, positions, and gestures set in intricate, flowing patterns to create expression through movement.

**Tap-** a style of dance characterized by using the sounds of tap shoes striking the floor as a form of percussion. Tap aids dancers with developing their sense of rhythm, which then carries over to help them with other styles of dance.

**Hip-Hop-** Hip-hop dance is rooted in cultural concepts and traditions accosted with African dance heritage. The main characteristics for hip hop include use of multiple rhythms, musical and spacial awareness, gesturing, attitude, isolations, and individuality.

**Modern-** a form of dance the focuses of each dancers own interpretations of structured steps. Modern dance is related to ballet, but favors movements derived from the expression of the dancers inner feelings.

**Contemporary-** An expressive style of dance with significant emphasis on musicality, that incorporates certain elements of ballet, modern, and jazz.

**Ballet-Lates-** A class fusing ballet dance technique and pilates. See teacher bio for more details.

**Jazz Fusion-** A fusion of varying dance styles centered around jazz technique- includes elements of hip-hop, pop, latin, and commercial jazz.