

**TEXAS STATE VITA**  
**(with Fine Arts components)**

**I. Academic/Professional Background**

A. Lynzy Lab Title: Lecturer

D. Relevant Professional Experience

Guest Speaker, 2018

Recording Artist, 2018

Freelance visual artist, LLS Art, 2016- ongoing

Principal Dancer, Verge Dance Company, Austin, TX, 2016 - 2017

Dance Faculty, Heifetz International Music Institute, 2015

Resident Choreographer, International Ballet of Houston, Houston, 2012 - 2015

Cofounder, Master Teacher, Triple Threat Mini Convention, Houston, 2013 - 2014

Artistic Director, HADco., Houston, 2012 - 2014

Cofounder; Faculty, The Performing Arts Project, 2011 - ongoing

Choreographer; Faculty, Crowd Pleasers Dance, 2010 - ongoing

Dance Faculty, Broadway Theatre Project, 2011

Choreographer, independent, Houston, regionally, and internationally, 2007 - ongoing

Master Teacher, independent, Houston, regionally, nationally 2007 - ongoing

Dance Faculty, Houston Academy of Dance, 2007 - 2014

Dance Faculty, West University Dance Centre, 2007 - 2014

Dance Faculty, Houston Metropolitan Dance Center, 2003 - 2010

Principal Dancer, Houston Metropolitan Dance Company, 2003-2010

E. Other Professional Credentials (licensure, certification, etc.)

Fitness Nutrition Specialist Certification

International Sports Science Association, 2015-2017

**II. TEACHING**

B. Courses Taught:

Texas State:

DAN 1160.001 Beginning Jazz

DAN 1160.002 Beginning Jazz

DAN 1180.003 Beginning Ballet

DAN 1180.004 Beginning Ballet

DAN 1180.254 Beginning Ballet

DAN 1180.252 Beginning Ballet

D. Courses Prepared and Curriculum Development:

DAN 1160.002 Beginning Jazz - Specialized Curriculum for Performance and Production Majors Only

I. Other:

Master class, dance, University of Utah, 2018

Master class, movement improv for actors, Texas State University, 2015

Master class, dance, Texas State University, Musical Theatre Area, 2014.

Master classes, dance, International Ballet of Houston Winter Intensive, Houston, 2013 - 2014.

Master classes, dance, International Ballet of Houston Summer Intensive, 2012 - 2014.

### **III. SCHOLARLY/CREATIVE**

B. Works not in Print

2. Invited Talks, Lectures, Presentations:

Use Your Shaky Voice: Speaking Louder than our Fear, TEDxLausanneWomen, Lausanne, Switzerland, 2018

3. Musical Compositions, Publications, or Recordings:

Looking for the Sun  
2019

New Year, Same You  
2019

A Scary Time (For Boys)  
BMI, 2018

Subtract the Divide  
2018

A Different Kind of Holiday Song  
2018

Broken Record  
2018

4. Musical Performances (international, national, regional, and/or state; if not refereed, please indicate):

FEATURED PERFORMER	TEDxLausanneWomen, Lausanne, Switzerland	2018
FEATURED PERFORMER	TEDxTexasStateUniversity, San Marcos, TX	2018
FEATURED MUSICAL GUEST	Jimmy Kimmel Live! Studios, Hollywood, CA	2018

5. Theatrical Productions (design, directing, and/or performance; international, national, regional, and/or state; if not refereed, please indicate):

**Choreography:**

SO LONG AGO AND ONLY ONCE	The Hangar, Wake Forest University, Winston-Salem, NC	2018
BULLY IN THE ALLEY	Brendle Hall, Wake Forest University, Winston-Salem, NC	2018
WARRIOR	Brendle Hall, Wake Forest University, Winston-Salem, NC	2018
TALES OF THE LOST FORMICANS [Full Length]	Mainstage Theatre, Texas State University, San Marcos, TX	2018
INSTRUCTIONS FOR DANCING [Full Length]	Studio Theatre, Texas State University, San Marcos, TX	2018
RESET	MATCH - Midtown Arts & Theatre Center Houston, Houston, TX	2017
ALPHA	An Taibhdhearc, Galway City Centre, Galway, Ireland	2017
SAFARI 2017	The Hangar, Wake Forest University, Winston-Salem, NC	
DEAR DIARY	Site Specific, Wake Forest University, Winston-Salem, NC	2017
GOING MAD	Ring Theater, Wake Forest University, Winston-Salem, NC	2017
SQUARE 1	Brendle Hall, Wake Forest University, Winston-Salem, NC	2017
AJAX IN IRAQ [Full Length]	Mainstage Theatre, Texas State University, San Marcos, TX	2016
FREQUENCY	Site Specific, Wake Forest University, Winston-Salem, NC	2016
CHEERS DARLIN'	The Hangar, Wake Forest University, Winston-Salem, NC	2016
THE WOODS	Ring Theater, Wake Forest University, Winston-Salem, NC	2016
EXPECTATIONS	Brendle Hall, Wake Forest University, Winston-Salem, NC	2015
STAND BY YOUR MAN	Ring Theater, Wake Forest University, Winston-Salem, NC	2015
A QUESTION	Scales Mainstage, Wake Forest University, Winston-Salem, NC	2015
ONCE UPON ANOTHER TIME	Site Specific, Wake Forest University, Winston-Salem, NC	2015
LE PIED MARIN; A FALLING OUT	Firkin Crane Theatre, Cork, Ireland	2014
A MIDSUMMER NIGHT'S DREAM [Full Length]	Harrison Theatre, Texas State University, San Marcos, TX	2014
INTO THE BLACK	The Moat Theatre, Naas, Ireland	2014

THE MOMENT BEFORE	Brendle Hall, Wake Forest University, Winston-Salem, NC	2014
MILE AFTER MILE	Ring Theater, Wake Forest University, Winston-Salem, NC	2014
CELLOPHANE FUTURES	Scales Mainstage, Wake Forest University, Winston-Salem, NC	2014
YELLOW SUNSET	Scales Mainstage, Wake Forest University, Winston-Salem, NC	2014
IN MY HEAD	Barnavelde Theatre/Movement Center, Houston, TX	2013
FUERZA JULIET	Brendle Hall, Wake Forest University, Winston-Salem, NC	2013
AGGIE SONG	Scales Mainstage, Wake Forest University, Winston-Salem, NC	2013
THE WAY	Scales Mainstage, Wake Forest University, Winston-Salem, NC	2012
JANET	Exclamation Dance Company, Underwood Theatre, Houston, TX	2011

### **Performance:**

FEATURED DANCER Verge Dance Company	Revolve: A Movement Display, Charles Austin House, Austin, TX	2016
FEATURED DANCER Verge Dance Company	Chaddick Dance Festival, First Street Studios, Austin, TX	2016
GUEST ARTIST Lindsmir Dance Company	Artists Unite, Heinnen Theatre, Houston, TX	2014
PRINCIPAL DANCER Lindsmir Dance Company	An Evening of Art, Pure Body Studios, Houston, TX	2013
FEATURED DANCER	On Broadway by Christopher D'Amboise, TBPAC Theatre, Tampa, FL	2011
FEATURED DANCER	APAP Conference, Alvin Ailey Studios, NYC	2008 - 2009
FEATURED DANCER Houston Met Dance Company	Choreographer's Showcase, The Tank Theatre, NYC	2008
FEATURED DANCER Paul Mitchell Hair	Intercoiffure Hair Show, Waldorf Astoria Ballroom, NYC	2007
FEATURED PERFORMER	Broadway Theatre Dreams, TBPAC Theatre, Tampa, FL	2005 - 2007
FEATURED DANCER Houston Met Dance Company	Dance Houston!, Hobby Center for the Performing Arts, Houston, TX	2006
PRINCIPAL DANCER Houston Met Dance Company	Seasonal Performances, Cullen Theatre, Wortham Center, Houston, TX	2003 - 2009
PRINCIPAL DANCER Houston Met Dance Company	Seasonal Performances, Barnevelder Theatre/Movement Center Houston, TX	2003 - 2009

PRINCIPAL DANCER Houston Met Dance Company	Seasonal Performances, Miller Outdoor Theatre, Houston, TX	2003 - 2009
PRINCIPAL DANCER Houston Met Dance Company	Dancing Through The Decades, Miller Outdoor Theatre, Houston, TX	2003 - 2008
FEATURED DANCER Houston Met Dance Company	Texas Contemporary Dance Weekend, Miller Outdoor Theatre, Houston, TX	2003 - 2006

6. Film (directed, performing, and/or consulting):

**Choreography:**

HEELS	Music Video, Tony Grayson, Winston-Salem, NC	2018
BE NOT AFRAID!	Independent Feature Film, Taylor Gahm, Houston TX	2015

**Performance:**

JIMMY KIMMEL LIVE!	Performer, original song A Scary Time (for Boys)	2018
BE NOT AFRAID!	Ballet Mistress, Dir. Taylor Gahm	2015
EVERYBODY WANTS SOME!!	Featured dancer/background actor, Dir. Richard Linklater	2014

12. Workshops:

Workshop: Musical Theatre Audition, Texas State University, San Marcos, TX 2017

Workshop: Dance Call for Actors, Texas State University, San Marcos, TX  
2016

Workshop: *Kate, Age 13*, The Performing Arts Project, Wake Forest University, NC 2014

D. Fellowships, Awards, Honors:

Voice of the Year Award  
BlogHer, 2018-2019

The Badass 50 of 2018  
#36 InStyle Magazine

Dr. Demento's Funny 25 for 2018  
# 8 A Scary Time (for Boys), Original Song

Most Requested Song for October 2018  
The Dr. Demento Show

Outstanding Choreography recognition from ACTF  
*A Midsummer Night's Dream*, Texas State University's Department of Theatre and Dance, 2014.

First place, JUMP Dance Convention  
First place, Streetz Dance Convention  
*Into the Black*, International Ballet of Houston, 2013.

First place, Streetz Dance Convention  
*Alpha*, International Ballet of Houston, 2013.

Critic's Choice Award nominee, NYCDA (New York City Dance Alliance)  
*In My Head*, International Ballet of Houston, 2013.

Sole recipient of the Gregory Hines Scholarship Award for outstanding tap dancer  
Broadway Theatre Project, Tampa FL, 2005.

Full Summer and Fall Scholarship recipient, and acceptance to Gus Giordano Dance Company  
Gus Giordano Dance, Chicago, IL, 2004.

#### **IV. SERVICE**

##### A. Institutional

##### 3. Department/School

###### Dance Division:

- Attending/Evaluating Student Performances
- Mentorship & Evaluation for BFA Dance
- Above-Load Teaching: Teaching for BFA auditions

###### Theatre Department:

- Special workshops/ master classes.
- Attending/Evaluating Student Performances
- Mentorship