

# Lily Farrar

4077 W 740 N Lehi UT 84043 | (931) 626-5710 | lilymfarrar@gmail.com | lilymfarrar.com

## Education

### **Bachelor of Fine Arts in Dance**

Shenandoah University, Graduated 2021 (Winchester, VA)

Ballet, Pointe, Jazz, Tap, Modern, Musical Theater Dance, Dance Production, Arts Marketing, Contact Improvisation, Stage Costuming, Dance Production, Kinesiology, Solo/ Group Composition, Teaching For Techniques

### **Master of Science Performing Arts Leadership and Management**

Shenandoah University, Graduated 2023 (Winchester, VA)

Arts Marketing, Accounting 101, Statistics, Foundations of Institutional Planning, Grant Writing, Research and Writing, Fundraising 101, Leadership in the Arts, and Financial Management

## Training

### *Studios*

Ladu Ballroom Studio (2024) (UT)

Dare2Dance Ballroom Studio 2020-2021 (TN)

Social Graces Ballroom Studio 2017-2021 (VA)

All That Dance, 2016-2017 (TN)

Precision Dance, 2002-2016 (TN)

Nashville Ballroom and Company, 2009-Present (TN)

Children's Ballet Theater, 2014-2016 (TN)

Millennium Dance Complex, Current (TN, CA, UT)

### *Intensives*

Dana Foglia Heels Intensive 2021 (Los Angeles, CA, ONLINE ZOOM)

*Director: Dana Foglia*

Motion X Summer Intensive 2020 (Washington DC, ONLINE ZOOM)

*Director: Stephanie Dorrycott*

Commercial Dance Intensive, Winter 2019 (Raleigh, NC)

*Director: Casey Noblett and Cassidy Noblett*

LA Contemporary Dance Company Intensive, Summer 2019 (Los Angeles)

*Artistic Director: Genevieve Carson*

Arch Ballet Summer Intensive, Summer 2019 (NYC)

*Artistic Director: Sheena Annalise*

Ekilibre Dance, Contact Improv Workshop, Summer 2018 (Greece)

*Artistic Director: Maurice Fraga*

American and Dramatic Academy, Summer 2016 (NYC)

Joffrey Ballet School, Summer 2015 (NYC)

Nashville Ballet, Summer 2014/2015 (TN)

Private with David Hamilton, Ballroom Coach/ Smooth World Champion (TN)

Private with Kasia Kozak, Ballroom Coach/ Latin World Champion (TN)

### **Master Classes**

-Jonathan Roberts and Anna Trebunskaya- Ballroom Class

-*Ana Maria Alvarez*-Founder and Director of Contra-Tiempo Urban Latin Dance Theater  
Specially picked for a week-long Residency and Choreographic lab for JoyUs  
Shenandoah University

-*Christian von Howard*-the Artistic Director of the VON HOWARD PROJECT  
Shenandoah University

-Miguel Perez-a featured dancer in the show "Viva Elvis" for Cirque Du Soleil.  
Shenandoah University

-Talvandansen- Amsterdam, Netherlands

-Julie Nakagawa- Artistic Director of DanceWorks Chicago  
Shenandoah University

-Casey Noblett- Commercial Dance Intensive Director  
Shenandoah University

-Jonathan Hsu- Freelance Dance in Washington DC

### **Teaching Experience**

2023-2024      **Wasatch Contemporary Dance** (Provo, UT)  
Adult/professional Contemporary/Jazz

2023            **The Dance Company** (Salt Lake City, UT)  
Advanced High School Jazz

2023            **Artistic Endeavors Dance** (Salt Lake City, UT)  
Intermediate Contemporary

2023            **Tanner Dance Institution** (Salt Lake City, UT)  
6th and 5th grade beginner Jazz

2023-2024      **Central Utah Ballet** (Lehi UT)  
Beginner Contemporary

2023            **Aspire Dance Academy** (Lehi, UT)  
Industry Class

2022            **Smash Dance Academy** (Provo, UT)  
Advanced Jazz and Contemporary

2022            **Danceology** (Draper, UT)  
Jazz, Contemporary, Hip Hop, Technique

2019            **Ballroom Master Class** (Winchester, VA)  
SUreal- Shenandoah University

2018            **Adult Ballroom Class** (Columbia, TN)  
Ballroom Teacher

2018            **Latin Fusion Dance Class** (Nashville, TN)  
Substitute teacher for DancEast Nashville

2015            **Children's Ballet Theater** (Spring Hill, TN)

2015 Taught a 3 day Ballroom camp to ages 10-18  
**Etiquette Class** (Spring Hill, TN)  
 Ballroom Teacher

2014–2015 **Precision Dance** (Columbia, TN) (precision, etiquette, ballroom camp)  
 Teachers Assistant  
 Assisting in Combo Class 1, and the Junior Competition team

## **Choreography**

2014	<b>Teenage Dream</b> music: Boyce Avenue Self Choreographed for competition purposes	Solo; 2:30 minutes
	<i>This work was my first self work I choreographed for myself and I discovered my own personal style and artistry.</i>	
2015	<b>Catch Me</b> music: Demi Lovato Self Choreographed for competition purposes	Solo; 2:30 minutes
	<i>This was my second piece of work I choreographed for myself and this time I played with textures and musicality more as I was more comfortable with my own personal style.</i>	
2016	<b>Vaudeville Tonight</b> music: Grand Ole Flag Choreographed ensemble pieces for Columbia Academy High School Drama Department	High School Theater Production
	<i>This was my first time setting choreography on a group of people and first time working with musical theater. It was a great opportunity to work with actors and singers.</i>	
2017	<b>The Wiz</b> music: Charlie Smalls Choreographed ensemble pieces for Columbia Academy High School Drama Department	High School Theater Production
	<i>This was my second time choreographing for a school production and it was a great opportunity to work on choreographing and teaching to large groups of performers</i>	
2018	<b>Atrapada</b> music: Samuel Lindon/Jerry Goldsmith; La Tour/ Papillon Interview and Text by: Danny Pugh Self Choreographed for Solo Composition 1 at Shenandoah University.	Solo; 3:00
	<i>This solo was my first collegiate level solo performance. The entry point of the solos were based on a cultural interview done with someone important to us that had difference ethnic, religious, or sexual orientational backgrounds. It allowed me to dive deep into the live of someone else and portray it though my movement.</i>	
2018	<b>Contrasting Similarities</b> music: Ryoji Ikeda Self Choreographed for Solo Composition 1 at Shenandoah University.	Solo; 3:30

*This was my second solo choreographed for my composition class. This solo was based on Cultural Interviews we did with an inspirational person in our life. The entry point was an object. The other objectives were to use 32 counts of 5s and 32 counts of 3s with an addition of extreme slowness and extreme fastness.*

2018                      36 & 6                      Duet; 3:00 minutes  
music: Jimmy Smith and Erin Roukous  
Second Dancer: Cassidy Myers  
Self Choreographed for Student Performance Week at Shenandoah University

*This was a duet I choreographed in the time span of a week to an original composition to a guitar and harp created for the piece. The process was a great experience learning how to work with musicians and create complimentary pieces.*

2019                      *Mi Corazon*                      Solo; 3:20 minutes  
music: Carlos Chavez/ La Zandunga  
Self Choreographed for Solo Composition 2 at Shenandoah University

*This was my third solo choreographed for my composition class. This solo was based in Rondo Form. Rondo Form is based on growing phrases and inserting commercials to challenge the choreographer. My entry point was a poem.*

2019                      *Jane Doe*                      Solo; 3:30 minutes  
music: Josh McCausland, The Victim; Philip Glass, Metamorphosis II  
Self Choreographed for Solo Composition 2 at Shenandoah University

*This work was my fourth solo choreographed for my composition class. This study is about music, dance, and a current event. My piece was on the topic on human trafficking.*

2019                      If Not Now, When?                      Duet; 3:30 minutes  
music: Two Cellos, The Resistance, words bby Emma Watson  
Collaboration for Solo Composition 2 at Shenandoah University  
Collaboration with Kati Freeman

*This was a collaboration with a fellow classmate, Kati Freeman, we took two separate pieces that we had created and combined the choreography to create a new piece. The piece was to spread awareness for artists advocating for current social issues. Our issue was gender inequality.*

2019                      Dear Inner Self                      Trio; 3:50 minutes  
music: Speaking in Tongues II/ Om Namaha Shiva by: Shelia Chandra  
Self Choreographed for Group Composition 1 at Shenandoah University  
Dancers: Amy Cutler, Zariah Henthorn, and Rebecca Hopkins

*The concept behind this piece was based off the phrase Om Namaha Shiva, which translates to to bow to your inner-self. The overall concept is the idea of what would it be like if you could speak to your own self conscience in the flesh.*

- 2019                      Love Being Loved                      Quartet; 2:55 minutes  
 music: Peach Scone (live) by Hobo Johnson  
 Self Choreographed for Group Composition 1 at Shenandoah University  
 \*\*Tasks: Choreograph on a 6x6 platform  
 Dancers: Maggie DeFrees, Sammy Fossum, Hannah Mikulecky, Christine West
- The research governing my exploration was what are the reasons that people don't share their true feelings to the ones they truly love when there are risks involved? What keeps people from expressing love and how does it differ from one person to another. There are always reasons not to tell someone something but more importantly think of the many reasons why you should tell someone how you feel.*
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- 2019                      21st Century Cabaret                      Production; 17:00 minutes  
 music: Welcome to Burlesque by: Cher; Performed live by Emily Steinhart and Vanessa Estaniel. Bad Guy by PostModern Jukebox. I Kissed a Girl by: Katy Perry; Performed by: Vanessa Estaniel and transposed by Matt White (saxophone). Toxic Cover by: Britney Spears; Performed by: Emily Steinhart and Jack Dossett, transposed by Matt White (saxophone). Hey Big Spender/Gold Digger Remix by: Helen Gallagher and Kanye West. Directed and Produced for ShenCoLab Student Festival at Shenandoah University  
 Dancers: Lily Farrar, Kati Freeman, Maggie Pekala, Ashley Rivette, Cara Thomas, Becca Hopkins, Brittney Prestige, Maddi Boone, Arrow ZurSchmiede, Brandon Cameron, Emily Steinhart, Spencer Lynn, Jack Dossett, and Vanessa Estaniel
- The purpose of this project was to take modern music and turn it into 1960s jazz music and be performed in the atmosphere of a cabaret night club. This production was put together in just 4 days. It included a live band and singers.*
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- 2020                      Nostalgia Adrift                      Solo; 2:40 minutes  
 music: Slip by: Elliot Moss  
 Self Choreographed for Group Composition 2 at Shenandoah University  
 Dancer: V Cangelosi
- The purpose of this project was to portray the feeling of regret and longing through beat driven movements on a single dancer. The premise of my piece is that moment when you realize you are at a point in life that the person you used to be has slipped away. It's all about reminiscing on your past self, it's like those nights where you are on your phone looking at old pictures and you think "wow I was happier then", or "Life was good then". The soloist is represents the person that you have become, and you are grieving for your past self. The soloist will be experiencing an internal struggle.*
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- 2020                      Conscious Blur                      Quintet; 2:40 minutes  
 music: La Vie En Rose Performed by: Lady Gaga  
 Self Choreographed for Group Composition 2 at Shenandoah University  
 Dancers: Hallie Moore, Zariah Henthorn, Kaitlyn Christoff, Lainey Griffin, and Mary Kate Crawley  
 \*\*\*Choreographed over Zoom during the COVID-19 Pandemic\*\*\*
- The purpose of this project was to depict a point in a person's life that is now a distant memory that they perceive as better than what they have in the present.*

- 2021                      Idle in Indulgence                      Solo; 3:40 minutes  
 music: Mine (Instrumental) / A Palé Performed by: Drake and Beyonce / Rosalia  
 Self Choreographed for Senior Showcase at Shenandoah University  
 Dancer: Lily Farrar
- My piece is based on La Noche de San Juan which is the night of fire celebration in Barcelona, Spain. The premise of my piece is that I am just a tourist in the city, being an outsider looking into the culture. When there is a dynamic switch in the music that is a representation of myself dreaming that I am one of those Spanish dancers performing in the square. At the end I wake up from the daydream and still admire the city and what it has to offer. The idea is to remember you can always make your wildest dreams your reality.*
- 2021                      3                      Group; 2:40 minutes  
 music: Eduardo Makaroff - *Santa Maria* performed by Gotan Project, Jesse Carmichael, Ryan Dusick, Adam Levine, Michael Madden, James Valentine - *She Will Be Loved* performed by Maroon 5, and Pablo Diaz, King Feeney, Teo Halm, Jose Balvin Osorio, Omar Pineda, Alejandra Ramirez, Rosalia Vila - *Con Altura* performed by Rosalia & J Balvin ft. El Guincho  
 Dancers: Kelly Donah, Sammy Fossum, Zariah Henthorn, Becca Hopkins, Ella McCauley, Hallie Moore, Ashley Reed, Kade Wright, John Ray (Understudy), April Ulrich (Understudy)
- "3" depicts the emotions and qualities that different styles of ballroom dance create. I wanted to explore how the origins of ballroom dance affect the way the audience feels while watching. From the intense tango, the passionate rumba, and finally, to the energetic cha cha, each style presents its specialized qualities and creates reactions for those watching or dancing.*
- 2022                      Salute                      Production; 6:00 minutes  
 Music: Salute by Little Mix; Pass that Dutch (instrumental) by Missy Elliot  
 Dancers: Smash Dance Academy Elite Team  
 60 dancers
- Large production piece commissioned for Smash Dance Academy in Provo Utah.*
- 2023                      Who Are You?                      Group; 3:00 minutes  
 Music: Toxic Cover by: Melanie Martinez  
 15 Dancers
- Large group number commissioned for Cedar Valley High School production of Alice in Wonderland.*

## **Performance History / Professional Experience**

- 2023                      Hear Her (Salt Lake City, UT)  
**FEM Dance Company**  
 Alicia Ross and Dancers, Choreographers
- 2023                      Becoming (Salt Lake City, UT)  
**Shift Contemporary Dance**  
 Megan Warnick, Bayli Baker, Tommy Green, Choreographers

- 2023      Chronology (Provo, UT) - Soloist  
**Wasatch Contemporary Dance**  
Shani Robison, Hayley Stubbard, Kaley Pruitt, Choreographers
- 2023      Together in Christ (Film for YSA Conference/ One Republic Concert)  
(Salt Lake City, UT)  
**Mysterybox Productions**  
Christie Moulton, Choreographer
- 2023      YOUNIQUE Convention/ Corporate Event (Salt Lake City, UT)  
**Aeris Aerial Arts, Hired Dancer**  
Megan Warnick, Choreographer
- 2023      Wuthering Heights (Salt Lake City, UT) - Role: Isabella Linton  
**Serena Webb Dance Theatre**  
Serena Webb, Choreographer
- 2023      Clever (Provo, UT)  
**Wasatch Contemporary Dance Company**  
Jessica Heaton, Jamaal Burkmar, Abby Brumbeloe, Kenzie Gannaway, Choreographers
- 2023      Embrace (Salt Lake City, UT)  
**Fem Dance Company**  
Nick Harding, Choreographer
- 2022      Thriller (Salt Lake City, UT)  
**Odyssey Dance Theatre**  
Derryl Yeager, Choreographer and Director
- 2022      USANA Conference (Salt Lake City, UT)  
**Freelance Gig**  
Megan Warnick, Choreographer
- 2022      Germany Tour (Romeo & Juliet / Chicago)  
**Odyssey Dance Theatre**  
Derryl Yeager, Choreographer and Director
- 2022      Sledgehammer (Salt Lake City, UT)  
**Odyssey Dance Theatre**  
Derryl Yeager, Mia Michaels, Christian Denise, and Veronica Yeager, Choreographers

- 2022 Chicago (Salt Lake City, UT)  
**Odyssey Dance Theatre**  
Derryl Yeager, Choreographer and Director
- 2022 Let It Be |Beatles Tribute Show| (Salt Lake City, UT)  
**Odyssey Dance Theatre**  
Derryl Yeager, Choreographer and Director
- 2022 Romeo & Juliet (Salt Lake City, UT)  
**Odyssey Dance Theatre**  
Derryl Yeager, Choreographer and Director
- 2021 It's A Wonderful Life (Salt Lake City, UT)  
**Odyssey Dance Theatre**  
Derryl Yeager, Choreographer and Director
- 2021 Thriller (Ogden, Logan, Salt Lake City, Park City, UT)  
**Odyssey Dance Theatre**  
Derryl Yeager and Veronica Yeager, Choreographer and Director
- 2021 Inhabitanace (Dance Film) (Winchester, VA)  
**Shenandoah University**  
Sidra Bell, choreographer
- 2020 Virtual Fall Semester Videos (Winchester, VA)  
**Shenandoah University**  
Group Pieces: Casual Effect  
Tiffanie Carson, choreographer
- 2020 Virtual Fall Semester Videos (Winchester, VA)  
**Shenandoah University**  
Group Piece: Take Care  
Daniel Padierna, choreographer
- 2020 Rosas Danst Rosas Video Project (Online During COVID-19)  
**Shenandoah University w/ Dance Works Chicago**  
Anne Teresa de Keersmaecker, original choreographer
- 2020 Reflections Dance Concert (Winchester, VA)  
**Shenandoah University**  
Group Pieces: Verve Remix  
Kimberly Fields, choreographer



- 2019 NC State Game Halftime Performance (Raleigh, NC)  
Commercial Dance Intensive Winter  
Casey Noblett, Cassidy Noblett, and Carisa Wilson
- 2019 Fall Dance Concert (Winchester, VA)  
**Shenandoah University**  
Group Pieces: Bad Guy, Cage Construction, \*\*michaels piece  
Erica Helm, Casey Noblett, Michael Lomeka, choreographers
- 2019 Prism Senior Ensemble Dance Concert (Winchester, VA)  
**Shenandoah University**  
Group Pieces: Our Inevitability;, Acceptance  
Natalie D'Angelo, Brittney Prestridge, choreographers
- 2019,2018 Holiday Gala (Winchester, VA)  
**Shenandoah University**  
Group Pieces: Rockette Performance  
Tiffanie Carson, choreographer
- 2019 Movement Festival (Winchester, VA)  
**Shenandoah University**  
Group Pieces: Discord  
Ashayla Byrd, choreographer
- 2019 Spring Dance Concert (Winchester, VA)  
**Shenandoah University**  
Group Pieces: because I was falling..., Waiting for Mr. R, Seven Nation,  
Matt Pardo, Erica Helm, Justin Lewis, Janelle Spruill , choreographers
- 2019 Adira Senior Ensemble Dance Concert (Winchester, VA)  
**Shenandoah University**  
Group Pieces: You Ain't Nothin'-Hold On You  
Caitlyn Minueto, Megan Drum, choreographers
- 2018 Fall Dance Concert (Winchester, VA)  
**Shenandoah University**  
Group Pieces: Santiago-Swipe Right  
Erica Helm, Jacob Brent, choreographers
- 2018 Student Performance Week (Winchester, VA)  
**Shenandoah University**  
36&6  
Lily Farrar, Cassidy Myers, Jimmy Smith, and Erin Roukous  
Group Pieces: Borders, Run., Human Rights

- Dot Kelly, Kaylee Noble, choreographers
- 2018      ContraTempo Latin Dance Theatre (Winchester, VA)  
**Shenandoah University**  
 Ensemble
- 2018      Spring Dance Concert (Winchester, VA)  
**Shenandoah University**  
 Group Pieces: Tension and Release  
 Maurice Fraga, choreographer
- 2017      Virago Senior Ensemble Dance Concert (Winchester, VA)  
**Shenandoah University**  
 Group Pieces: Cell Block Tango-Sister, Sister!-Boogie  
 Brianna Dregier, Aliyah Sweeney, Maria Ortiz, choreographers
- 2017      Junior Group Composition Showing (Winchester, VA)  
**Shenandoah University**  
 Group pieces  
 Brittany Prestige, Madison Vickhouse, Dot Kelly, choreographers
- 2010-2016      Dance World Ballroom Showcases (Nashville, TN)  
 Ballroom Duets    Danny Pugh, Lily Farrar, choreographers
- 2003-2016      Precision Dance Studio Recitals (Columbia, TN)  
 Solos and group dances      Lisa Walker, Lily Farrar , choreographers
- 2017      All That Dance Spring Concert (Spring Hill, TN)  
 Solos and group dances      Anna Perry and Molly Sansone, choreographers
- 2005-2016      Christmas Parade (Columbia, TN)  
 Group Piece      Lisa Walker, choreographer
- 2014-2015      Nutcracker (Spring Hill, TN)  
 Arabian Princess and Sugar Plum Fairy  
 Chelsea Howell, choreographers
- 2013-2014      Southern Fried Festival (Spring Hill, TN)  
 Solos and group dances      Lisa Walker, choreographers
- 2013      Chili Cook Off/ Fall Festival (Spring Hill, TN)  
 Solos and group dances      Lisa Walker, choreographers
- 2015/2012      Clarksville Dancing with the Stars (Clarksville, TN)  
 Ballroom Duet    Danny Pugh, Lily Farrar, choreographers

## **Films / Projects**

- 2023                      **Let Them Eat Cake**  
Produced by: Independent  
Directed by: Elizabeth Chaille  
Choreography by: Elizabeth Chaille
- 2023                      **Together in Christ**  
Produced by: Mystery Box  
Directed by: David Thorpe  
Choreography by: Christie Moulton
- 2022                      **Dance Ball**  
Produced by: Wasatch Contemporary Dance Company  
Film for Fall Performance and Utah Dance Film Festival  
Directed and Edited by Aleisha Paspuel  
Choreography by Jessica Heaton and Dancers

## **Management/Marketing/Work Experience**

Synergy Outreach Performance Lehi, UT- *Current*  
Created a collective list of schools in surrounding counties, created an email template, and emailed schools inviting them to a Free Outreach Performance featuring Miss Utah. 300 students ended up attending. Working and communicating with 4 dance companies in Utah, Chrysalis, SALT, Shift and Junction Dance Company.

Central Utah Ballet Lehi, UT- *Current*  
Office manager and director's assistant for a ballet studio in Lehi as well as professional ballet company, Chrysalis. Marketing manager for Instagram and Facebook accounts, content creation and managing analytics.

Odyssey Dance Theatre Draper, UT- *Current*  
Company member and social media manager, working alongside the marketing manager of the company and Energy8media to grow the social media and outreach for the company. 2022 completely sold-out season. Tasked with the opportunity to create a grant proposal for a private foundation.

Koresh Contemporary Dance Company Philadelphia, PA- 2021  
Hired as a summer intern for the marketing and management within a professional dance company. Working with donors, website updates, company managing, and newsletters.

Shenandoah University Winchester, VA – 2021

As secretary for our Senior class, I have researched and negotiated the contract for an offsite location for our Senior Capstone performance, due to COVID-19. This is the first time an off-campus venue has been used, and many different concerns such as funding, insurance, scheduling, COVID restrictions, and performance space had to be considered.

Shenandoah University Winchester, VA - 2019

Applied for, and received, a Grant to produce a Cabaret Performance for Student performance week. Was responsible for all aspects of the performance including tech, live musicians, dance choreography, programs, photo shoots, rehearsals, and set design.

## **Grants, Awards & Honors**

1st place - 2023 SURE Awards for Individual Graduate Research at Shenandoah University - *The History and Stereotype of the Sexualization of Dancers and How Harassment is Being Handled in Arts Management Today, A Literature Review*

Graduated Summa Cum Laude from Shenandoah University  
Awarded Outstanding Performance Award, 2021

2019-20 Gus Giordano Scholarship award  
for Jazz Dance at Shenandoah University

National Honor Society, 2017  
For excelling in grades and community service

AMDA Summer Intensive Scholarship, 2016

Shenandoah Conservatory Scholarship, 2017

DCYC (Dance Cincinnati Youth Competition), 2015 Full Summer Intensive Scholarship  
for placing 2nd in Contemporary

## **Professional Affiliations**

Sigma Rho Delta National Dance Fraternity, Epsilon Chapter (Winchester, VA)

- Member since 2018
- Secretary 2019-2021

## **References**

**Jennie Creer-King**

Owner and Director of  
Central Utah Ballet  
& Chrysalis Ballet  
(Lehi, UT)

(801) 602-3937  
[jenniecreerking@gmail.com](mailto:jenniecreerking@gmail.com)

**Jessica Heaton**

Director of Wasatch Contemporary  
(Provo, UT)

(858) 361-3391  
[jessicaheaton@wasatchcontemporary.com](mailto:jessicaheaton@wasatchcontemporary.com)

**Derryl Yeager**

Artistic Director of Odyssey Dance  
(Salt Lake City, UT)

(801) 949-6441  
[derryl@odysseydance.com](mailto:derryl@odysseydance.com)

**Megan Warnick**

Artistic Director of SHIFT  
(Highland, UT)

(801) 971-9453

**Maurice Fraga**

Dance Division Chair  
Shenandoah University  
(Winchester, VA)

(540) 313-2060  
[mfraga@su.edu](mailto:mfraga@su.edu)

**Erica Helm**

Associate Professor  
Shenandoah University  
(Winchester, VA)

(540) 665-4647  
[ehelm@su.edu](mailto:ehelm@su.edu)

**Matt Pardo**

Former Associate Professor  
James Madison University.  
(Virginia)

[pardomj@jmu.edu](mailto:pardomj@jmu.edu)  
<http://matt-pardo.com/>

**Chelsea Howell**

Director/Teacher  
Children's Ballet Theater  
(Spring Hill, TN)

(615) 335-3891

**Danny Pugh**

Ballroom Teacher  
Nashville Ballroom and Company  
(Nashville, TN)

(615) 364-7053

**Anna Perry**

Teacher/Choreographer  
All That Dance

(804) 513-1274

(Spring Hill, TN)

**Michael Lomeka**

Former Assistant Professor  
Shenandoah University  
(Winchester, VA)

(702) 496-5729  
mlomeka@su.edu

**Shylo Martinez**

Assistant Professor  
Coordinator of  
Musical Theatre Dance  
(Winchester, VA)

(301) 938-0309  
smartine2@su.edu

**Daniel Padierna**

Assistant Professor  
(Winchester, VA)

dpadiern@su.edu