Artist Statement

I dance to make sense of the world around and inside of me. I dance as a way to meditate, release, and synthesize. In creating dance I value process over product and collaboration over solo work. I consider myself to be a facilitator of the ideas and identities around me rather than the “big idea” person, and will usually create only once I’ve formed a specific bond with those who I work with. There is no hierarchy for me; choreography, music, media, costumes, makeup, environment, people all have an equal role in creating valuable work.

Although I have studied many forms, I focus on contemporary movement with ballet influences when choreographing. Most of my work is influenced by and in dialogue with feminist writing, visual art made by women and/or for women, and interactions with the people in my life. Being a dance educator, performer, and choreographer, it is imperative to me to make quality dance that is accessible to various populations. I enjoy making dance that happens away from the typical proscenium stage, in environments where dance is unexpected or maybe even not welcome. Through both teaching and making dance I want people to know the expressive, story-telling, and inquisitive power of movement, so they walk away with a new appreciation and curiosity for dance.