

Crystal Lewis

Graduate Student/ Assistant in Dance
Department of Theater and Dance
College of Arts and Sciences
Sam Houston State University

Education

- Master of Fine Arts in Dance (Candidate)** 2011
Sam Houston State University, Huntsville, TX
(Performance and Choreography)
Continued training classes in Advanced Ballet, Advanced Modern, Choreography, Research Methods, Dance & Technology, Contact Improvisation and Partnering, Dance Criticism, Independent Studies, Thesis Development, Production, and Repertory.
- Bachelor of Fine Arts in Dance (Completed)** 2009
Southeast Missouri State University, Cape Girardeau, MO
(Dance Performance)
Received training in Advanced Ballet, Advanced Modern, Advanced Jazz, Limon Technique, Choreography, Production, Dance History, Sound Design, Improvisation, Movement Analysis, Principles of Teaching, Creative Movement, Dance Aesthetics, Acting for non-majors, Costume Design, Costume Construction
Repertory and Performing Company Member of Southeast Dance Ensemble
- Associate Degree in Dance (no degree earned)** 2003-2007
Glendale Community College, Glendale, AZ
Trained in classes in Advanced Modern, Advanced Ballet (Cecchetti Method), Modern Jazz, Advanced Jazz, Choreography, Dance Careers, Dance History, Graham Technique, Pilates, Pointe, Rhythmic Theory, Contact Improvisation, Humanities 101, Food and Nutrition and Improvisation

Courses Qualified To Teach

- All levels of Modern
- All levels of Jazz
- Modern Jazz
- Beginning and Intermediate Ballet
- Choreography
- Dance History
- Principles of Teaching Dance
- Contact Improvisation
- Improvisation

- Pilates
- Dance Careers
- Movement Analysis
- Floor Work & Inversions in Modern and Contemporary Dance
- Partnering

Teaching Experience

- ACDFA, Northwestern State University, Natchitoches, LA
Taught Master Class on Floor Work and Inversions in Modern Dance 2010
- Huntsville Health Movement, Huntsville, TX
Pilates Instructor 2009-Present
- Sam Houston State University, Huntsville, TX
Pilates Instructor in the Sports Recreation Center 2010
- Southeast Missouri State University, Cape Girardeau, MO
Teaching Assistant for Lees Hummel in
Level III Ballet (as an independent study) 2009
- Southeast Missouri State University, Cape Girardeau, MO
Instructor for Creative Movement classes for children ages 3-5
In the Elementary Education Department 2008
- Yoga On Broadway, Cape Girardeau, MO
Pilates Instructor 2008-2009
- Kennett School of Performing Arts, Kennett, MO
Dance Instructor
- Ballet
 - Jazz
 - Pointe
 - Modern
 - Pilates
- The Dance Den, Phoenix, AZ
Dance Instructor 2001-2006
- Creative Movement

- Ballet
- Jazz
- Pointe

Professional Performing and Training Experience

ACDFA, Southern Region

Northwestern State University, Natchitoches, LA

Master Class with Gerri Houlihan

Safety Release Technique with B.J. Sullivan

Contact Partnering with B.J. Sullivan

2010

Andy and Dionne Noble (NobleMotion Dance)

Faculty at Sam Houston State University, Huntsville, TX

2010

Astrid von Ussar (Von Ussar Danceworks)

Sam Houston State University, Huntsville, TX

Artist in Residency

2009

Meghan Durham Wall (Ohio State University)

Sam Houston State University, Huntsville, TX

Artist in Residency

2009

Dana Nicolay

Faculty at Sam Houston State University, Huntsville, TX

2009

Robert Battle (Battleworks Dance Company)

New Artistic Director of the Alvin Ailey American Dance Theater

Southeast Missouri State University, Cape Girardeau, MO

Artist in Residency

Performed work "Rush Hour"

2009

American College Dance Festival

Central Region

Hendrix College, Conway, AR

Performed in Student Work in the adjudication concert

2009

Marc Strauss

Faculty at Southeast Missouri State University, Cape Girardeau, MO

"Sonata For Five In Fours" (20 minute contemporary ballet)

2009

Hilary Peterson
Faculty at Southeast Missouri State University
Cape Girardeau, MO
Performed work “What Remains” 2008

Sean Curran (Sean Curran Dance Company)
Southeast Missouri State University, Cape Girardeau, MO
Artist in Residency
Soloist and part of ensemble in work “(More) Social Discourse” 2008

American Dance Festival
ADF January Intensive NYC
Held at the Trisha Brown Dance Company Studios, New York, NY
Classes with Gerri Houlihan, Jennifer Nugent, Ishmael Houston-Jones,
Roger Belman, Martha Myers, Andrea E Jones,
David Brick and John Jasperse
Also took the Laura Dean “spinning” technique class with Roger Belman 2008

Ad Deum Dance Company
Spring Break Intensive
Master Classes with Randall Flinn, Sandra Organ, Shizu Yasuda,
Daniel Cossette and Clara Cravey 2008

Philip Edgecombe
Faculty at Southeast Missouri State and former company member
of Hedwig Dances in Chicago, IL 2008

Hilary Peterson
Faculty at Southeast Missouri State University
Cape Girardeau, MO
Performed work “The End From Where You Are” 2007

Meghan Bingle (32 Flavors Dance Company)
Glendale Community College, Glendale, AZ
Artist in Residence 2006

Apryl Seech (Spinning Yarn Dance Collective)
Glendale Community College
Artist in Residence 2006

Master Classes (as part of training)

B.J. Sullivan (Professor, University of North Carolina at Greensboro)
Safety Release and Contact Partnering 2010

Dominic Walsh (Artistic Director, Dominic Walsh Dance Theater)
Ballet and Repertory 2010

Astrid von Ussar (Artistic Director, Von Ussar Danceworks)
(Also an instructor at the Alvin Ailey School in NYC)
Advanced Modern Technique 2009

Erin Reck (Reck Dance Projects)
Advanced Modern Technique 2010

Meghan Durham Wall (Professor, Ohio State University)
Advanced Modern Technique 2009

Cornelius Carter (Professor, University of Alabama Tuscaloosa)
Advanced/Intermediate Modern Technique 2009

Gerri Houlihan (Professor, Florida State University)
Advanced Modern Technique 2008 & 2010

Robert Battle (Artistic Director, Battleworks Dance Company)
Advanced Modern Technique and Repertory 2008

Jennifer Nugent (Dancer with Bill T. Jones/Arnie Zane Dance Co.)
Advanced Modern Technique 2008

Lisa Race (Professor, Connecticut College)
Advanced Modern Technique and Inversions in Modern Dance 2008

Ishmael Houston-Jones (Eugene Lang College)
Improvisation 2008

Martha Myers (Professor, ADF)
Choreography 2008

Andrea E. Jones (SouloWorks/Andrea E. Woods & Dancers)
African Technique 2008

Roger Belman (Former dancer with Laura Dean Company)
Modern Technique and the Laura Dean Spinning Technique 2008

John Jasperse (Artistic Director, John Jasperse Company)
Floor Work in Modern Dance 2008

David Brick (Co-Founder, Headlong Dance Theater)
Advanced Modern Technique 2008

Angela Rosenkrans (Professor, Scottsdale Community College, AZ)
Ballet for Contemporary Dancers 2008

Sean Curran (Artistic Director, Sean Curran Dance Company) Advanced Modern Technique	2007
Kelly Kemp (Instructor at the ODC/School San Francisco) Advanced Release Technique	2007
Janice Garrett (Artistic Director, Janice Garrett and Dancers) Int/Adv Modern Technique	2007
Augusta Moore (Instructor at the ODC/School San Francisco) Intermediate Ballet	2007
Charles Torres (Instructor, Stapleton School of the Performing Arts) Advanced Ballet	2006
Carley Conder (Artistic Director, Conder/Dance) Advanced Modern Technique	2006
Ballet Arizona (School of Ballet Arizona) Intermediate and Advanced Adult Ballet Classes Various Instructors	2005

Companies

Physical Graffiti

(Pre-Professional Modern Dance Company, Artistic Director, Lenna DeMarco)
 Company Member (2005-2007)
 Performed in an evening length piece in 2007 at the
 ODC Theater in San Francisco, CA
 Performed in multiple works that were performed
 Around the Phoenix Metropolitan Area including
 The 2007 Young Artists of Promise Conference
 While in the company worked with local professionals Meghan Bingle, Carley Conder,
 Apryl Seech, and Jennifer Walker

Triple Threat Dance Company (Formerly DanceFX, Artistic Director, Linda Frane)

Company Member
 Performed in multiple works presented throughout venues in the
 Phoenix Metropolitan Area (2001-2005)

Choreography

- “Varied Themes”- A Solo Work, Length 4 minutes
Sam Houston State University, Huntsville, TX
Presented in Majors Workshop 2010
- “Slow Tango” (A Contemporary Pointe Piece)
Length 4 minutes, 2 Dancers
Sam Houston State University, Huntsville, TX
Presented in the Graduate Dance Concert *Inevitably* 2010
- “Flirting With Light”
Length 10 minutes, 4 Dancers
Sam Houston State University, Huntsville, TX
Presented in the Graduate Dance Concert *Inevitably* 2010
- “Life’s Journey”
Length 8 minutes, 3 Dancers
Presented at the Annual Huntsville Community Dance Concert
(also presented in Dances at 8 at SHSU) 2009
- “The Perpetual Cycle”
Length 6 minutes, 2 Dancers
Sam Houston State University, Huntsville, TX
Presented in Majors Workshop 2009
- “Backed Into A Corner” (Dance for Camera)
Length 4 minutes, Solo
Sam Houston State University
Presented as a final project in Dance & Technology class 2009
- “Primal”
Length 7 minutes, 7 Dancers
Southeast Missouri State University, Cape Girardeau, MO
Presented in the Student Informal Concert 2008
- “Isadora” (A tribute to Isadora Duncan)
Length 5 minutes, Solo work
Southeast Missouri State University, Cape Girardeau, MO
Presented at Last Chance to Dance Student Concert 2008

“Illusion”
Length 8 minutes, 5 dancers
Southeast Missouri State University, Cape Girardeau, MO
Presented in the Student Informal Dance Concert 2007

“Pushing and Pulling”
Length 5 minutes, 3 Dancers
Southeast Missouri State University, Cape Girardeau, MO
Student Dance Showcase 2007

“Rhythmic Fusions”
Length 9 minutes, 10 dancers
Collaborated with GCC Percussion Ensemble for Original Music Score
Glendale Community College, Glendale, AZ
Presented in the Spring Dance Concert 2006

“Why”
Length 3 minutes, A Solo Work
Glendale Community College, Glendale, AZ
Presented in the informal dance Concert 2005

Awards and Honors

Graduate Assistantship Fall 2010

\$1,000 Dance Scholarship Recipient
Sam Houston State University, Huntsville, TX (2009-2010)

Dean’s List
Southeast Missouri State University, Cape Girardeau, MO Fall 2007

Partial Dance Scholarship Recipient
Glendale Community College, Glendale, AZ Fall 2003

Certifications

Mat Pilates Instructor

2007-2010

Original Testing and Certification through Global Expert Rating
Current Testing and Certification through American Sports and Fitness
Association. Mentored and participated in Pilates classes under Jennifer Walker
Who was certified in Classical Pilates.

Description of Class

Crystal's Mat Pilates class focuses on breath and body awareness. The class usually starts off with exercises designed to help align the pelvis and imprint the body into the mat before beginning to engage and focus on the deeper abdominal exercises. The purpose of Pilates and this class is to develop a strong core while focusing on proper body alignment as you flow through each exercise with fluidity. This class will work at the advanced beginner to intermediate level. The class starts off and finishes with simple breathing exercises as to prepare the body for physical activity for the class and also to allow the body to rest and recover before entering into the rest of your day. You feel taller, stronger, more aligned, and healthier when leaving this class.

