

Lelia Rosenkrans

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Education

University of Arkansas Little Rock

Major: Dance Performance, BFA

Minor: Chemistry

GPA: 4.0

August 2014– May 2018

Professional Performance Experience

- Aerial Silks Performer – Valentine’s Cabaret; Cirque Noel February 2022; Dec. 2021
- Dancer - GLITCH – a 12 min dance on film work by Stray Pulse April 2021
Production
- Dancer – S[H]IFT – a 15 min dance on film work by Stray Pulse December 2020
Production
- Dancer – *Coronavirus Happenings* May – August 2020
- Dancer – *Shaky Ground* – Vanessa Long Dance Company June 2020
- Dancer - Selected Dance Film for Momentary Talent Show May 2020
- Dancer – *Vicinity*, premiered at Tank Theater NYC March 2019
- Dancer - NACHMO! Boston, *A Last Dance* January – Feb. 2019
- Company Member – Cambridge Dance Company November 2018 – June 2019
- Company Member – Long2 Dance Company October 2018 – March 2019
- Dancer- *Opera: Classics Plus!*, Hot Springs Muses September 2018
- Company Member - Untapped, Inc. October 2016 – Oct. 2018
 - Non-profit tap organization based in Little Rock, Arkansas
 - Performance Credits: *Legends of Rhythm II*, *Dance Impact 2017*, *Youth Ensemble Giving Tuesday Showcase 2017*, *Dancing for a Cause*, Guest Performance: *North Little Rock High School Christmas Showcase*
 - Community Outreach: Led and assisted with workshops at United Cerebral Palsy Foundation, Hot Springs High School and Middle School, North Little Rock High School, Lee Elementary, and Untapped Youth Ensemble
- Dancer- *The Merry Widow*, Hot Springs Muses September 2017
- Dancer- Arkansas Festival Ballet’s *Alice in Wonderland* May 2017
- Dancer- Arkansas Symphony Orchestra’s *Home for the Holidays* December 2016
- Dancer- Arkansas Festival Ballet’s *Nutcracker* December 2016
- Dancer- Arkansas Festival Ballet’s *Peter Pan* May 2016

Choreographic Experience

- Co-Choreographer – GLITCH, a dance on film work by Stray Pulse April 2021

Production

- Co-Choreographer – S[H]IFT, a dance on film work by Stray Pulse Production December 2020
- Co-Choreographer – *Coronavirus Happenings* with Michael Roberson May – August 2020
- Co-Choreographer – Dance on Film for Momentary Talent Show May 2020
- Choreographer – *Vicinity*, premiered at Tank Theater NYC March 2019
- Co-Choreographer – NACHMO! Boston January 2019
 - Premiered one original work entitled, *A Last Dance* September 2018
- *Opera: Classics Plus!* with Hot Springs Muses January 2018
- Senior Dance Projects 2018
 - Premiered three original works entitled, *Society's Amalgamation*, *The Reflection*, and *Growing*
- North Little Rock High School Christmas Showcase December 2017
- University of Arkansas, Little Rock Fall Dance Harvest Festival November 2016
 - Premiered one original work entitled, *Hola, Amor*

Dance Intensives and Conferences

- Orange Grove Dance Summer Virtual Intensive August 2020
- P.O.R.C.H. Improvisation and Training Module at Ponderosa in Stolzenhagen, Germany June 2018
- Gaga Winter Intensive, New York, New York January 2018
- American College Dance Association South Conference March 2017
 - Dancer - *Signs of Life*, Adjudicated work by Gabrielle Confer
 - Dancer - *Universe in Movement*, Adjudicated work by Jahna Powell
 - Dancer - *Category Four*, Informal work by Brandy Nimms
 - Studied modern, ballet, pilates, yoga, improvisation, and jazz
- New Dialect Winter Intensive with Riley Watts January 2017
- American College Dance Association South Conference March 2016
 - Dancer - *Trip Waves*, Adjudicated work by Regina Lewis
 - Dancer - *Spun*, Informal work by Priscilla Webb
 - Studied modern, ballet, hip-hop, Gyrotonic technique, and classical dances of Puebla, Mexico
- Keigwin + Company Winter Intensive January 2016
- American College Dance Association South Conference March 2015
 - Dancer - *Incessant Adaptation*, Adjudicated work by Ashley Mahan
 - Studied modern, ballet, hip-hop, jazz, yoga, and Chinese Traditional dance

Notable Collegiate Dance Experience

- Body Works Spring Dance Concert November 2017
 - Soloist - *Lesser No More*, Choreographed by Stephanie Thibeault
- Fall Dance Harvest Festival April 2017
 - Soloist - *a promise in the embers*, Choreographed by Guest Artist Rhythm McCarthy
- University of Arkansas, Little Rock Dance Tour August- Dec. 2015, 2016
 - Traveled to eight local high schools for lecture demonstrations and performances of modern, jazz, and ballet techniques. Answered questions on college life and the importance of art and dance in today's world.
- Body Works Spring Dance Concert November 2016
 - Dancer - *Undefined*, Choreographed by Guest Artist Matt Boyce
 - Soloist - *The Second Wave*, Choreographed by Stephen K. Stone
- Body Works Spring Dance Concert April 2015
 - Dancer - *What?!!!*, Choreographed by Guest Artist Dr. Rennie Harris

Teaching Experience

- Workshops through Untapped, Inc. October 2016 – Aug. 2021
 - Designed and Taught introductory tap workshops at Hot Springs Middle School and for the Untapped Youth Ensemble. Assisted with workshops at Hot Springs High School and North Little Rock High School.
- Rhythm and Shoes Dance Studio Assistant Instructor 2008 - 2014
 - Assisted with classes in hip-hop, contemporary, ballet, tap, and jazz classes, ages 4-14. Substitute taught classes when teachers were unavailable

Research Experience

- *Fitness, Salivary Metabolites, and The Modern Dancer's Perceptions* October 2016 – 2018
 - Presented at the International Association of Dance Medicine and Science Conference 2018
 - Undergraduate Research Capstone for Donaghey Scholars Program, funded in part (\$2,000) by Student Undergraduate Research Foundation, Arkansas Department of Higher Education

- A study looking at glucose, lactate, non-esterified fatty acid, cortisol, and heat shock protein levels before and after a modern dance class, and over the course of a semester. Participants also completed a self-reflection survey before and after the dance class asking them to rank their health, fitness, mental stress, and how hard they thought they were working during class.
- Aims included determining: A) the relationships between self-reported fitness levels and the levels of salivary concentrations of metabolites, B) the effects of acute and chronic conditioning over 14 weeks on these concentrations, and C) how dancers' perceptions compared to what their biomarkers indicated.