

# Tabitha Steger

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## Education

### **GYROKINESIS® Trainer certification**

*In Progress*

Pursuing a certification in Juliu Horvath's movement method designed to increase range of motion and balance the body's strength and flexibility

### **University of Minnesota**

**2012-2016**

Bachelor of Arts in Dance.  
Technique courses in ballet: Abdo Rodriguez-Sayegh, modern: Toni Pierce-Sands, Joanie Smith, Scott Rink, Somatics: Margie Fargnoli, Jazz: Carla Grotting, Linda Talcott-Lee, Composition, African Improvisation, Theory, History etc.

### **Jerusalem Academy of Music and Dance**

**2015-2016**

A collegiate study abroad experience.  
Technique courses in GAGA: Aya Israeli, Yaniv Avraham, Shani Garfinkel, Release: Noa Werthiem, Inbal Aloni, Amir Kolben, Ballet: Myriam Kesherman, Mate Moray, Composition, Repertoire

### **Alonzo King LINES ballet Summer Program**

**2015**

Instructors: Alonzo King, Sidra Bell, Arturo Ferndandez, Maurya Kerr, Leewei Chao, Sandrine Cassini, Prince Credell

### **Training Residency with Spellbound Contemporary Ballet**

**2015**

Instructors: Mauro Astolfi, Cristina Amodi

### **TU Summer Dance Intensive**

**2014**

Instructors: Uri Sands, Toni Pierce-Sands, Laurel Keen, Berit Alhgren

### **Dance Italia Summer Program**

**2013**

Instructors: Aya Israeli, Bruce Michelson, Stefanie Nelson, Andy Noble



## Dance Performance

Awadallah, Leila	<i>Almost but not yellow</i>	Washington DC, Kennedy Center	2016
Sands, Uri	<i>No One Will See</i>	Minneapolis, Cowles Center	2016
Bohm, Lauren	<i>illimitable grain</i>	Minneapolis, Bryant Lake Bowl	2016
Freeh, Penelope	<i>Helioscope</i> (chorus)	Minneapolis, Illusion Theater	2016
Naharin, Ohad	Various Works (informal)	Jerusalem, Jersalem Academy	2015
Werthiem, Noa	<i>Mana</i> (informal)	Jerusalem, Jerusalem Academy	2015
Bell, Sidra	<i>Muted</i>	San Francisco, Cowell Theater	2015
Kerr, Maurya	<i>beast</i>	San Francisco, Cowell Theater	2015
Graham, Martha	<i>Panorama</i>	Minneapolis, Northrup Auditorium	2015
Kerr, Maurya	<i>FLANK</i>	Minneapolis, Whiting Theater	2014
Rink, Scott	<i>past/present/tense</i>	Minneapolis, Whiting Theater	2014
Keigwin, Larry	<i>Runaway</i>	Minneapolis, Kilburn Theater	2014
Rosenthal, Johanna	<i>Grey Noise</i>	Minneapolis, Kilburn Theater	2014
Chipaumire, Nora	<i>Dark Swan</i>	Minneapolis, Barbara Barker Center	2013
Flink, Carl	<i>A Modest Proposal</i>	Minneapolis, Barbara Barker Center	2013
Sands, Toni and Uri	<i>Earth</i>	Minneapolis, BBC, O'Shaughnessy	2013, 2011
Davies, Angharad	<i>Throb</i>	Minneapolis, The Walker Arts Center	2012, 2013
Fricke, Wynn	<i>White Sparrows</i>	Minneapolis, Ritz Theater	2012
Freeh, Penny	<i>Glad Rags</i>	Minneapolis, The O'Shaughnessy	2012
Bergeron, Maggie	<i>Northbound</i>	St. Paul, Ordway Theater	2011
Sayegh Rodriguez, Abdo	<i>A Shade There Never Was</i>	Minneapolis, Ritz Theater	2011
Buraczkeski, Danny	<i>I'm On My Way</i>	Minneapolis	2011

## Dance Video Work

Big Cats	<i>What if it doesn't get better?</i>	John Mark/Alex Munro	2016
Weary One	MSP airport arts promo	John Mark/Mette Towley	2016
PROF	<i>Moron</i>	Kron Dunn/Jacob Anderson	2012

## Dance Composition

<i>Prickly pearish forfuckssake</i>	Cultural shock and homesickness (solo/multi bodied)	2016
<i>Free stuff</i>	finding agency in a space without a home (solo/video)	2016
<i>Relative Shift</i>	Relativity within paradigm shifts (10 dancers)	2015
<i>Unseen</i>	Parasitic vs. symbiotic relationships (2 duets)	2014
<i>It crumbles and you jump</i>	Coping and rebuilding of oneself (solo)	2014
<i>Walking on Eggshells</i>	Maneuvering around fragility (7 dancers)	2012

## Related Work Experience

Instructor/Assistant/Choreographer: at Legacy Dance Studio, Yackel Dance Studio	2009-present
Instructor/substitute: at Yackel Dance Studio, Elevé Dance Studio, Ballaré Teatro, Legacy Dance Studio, Escalate Dance Studio, Stella Dance Studio	2012-present

**Performance Reel:** (password: tabitha) <https://vimeo.com/146688051>

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