
SOPH CARDINAL

They/Them/Theirs

sophcardinal@yahoo.com | Los Angeles, CA | (480)-559-0163

EDUCATION

COLORADO STATE UNIVERSITY – BACHELOR OF ARTS IN DANCE, 2021.

SUMMA CUM LAUDE

CACTUS SHADOWS HIGH SCHOOL - I.B. DIPLOMA GRADUATE 2018

DANCE RELATED COURSE WORK

FALL 2018 - SPRING 2021

COLORADO STATE UNIVERSITY

Fall 2021

<i>D-420A: Advanced Modern Technique</i>	Emily Morgan
<i>D-420B: Advanced Ballet Technique</i>	Madeline Harvey
<i>D-487: Dance Internship</i>	Emily Morgan, Interned under Grace Gallagher

Spring 2021

<i>D-321A: Advanced Modern Technique</i>	Susie Garifi
<i>D-321B: Advanced Ballet Technique</i>	Joy Prendergast
<i>D-428: History of Western Dance Forms</i>	Emily Morgan
<i>D-340: Dance Repertory Outreach</i>	Madeline Harvey
<i>D-286: Performance Practicum</i>	Judy Bejarano
<i>D-224: Music for Dancers</i>	David McArthur

Fall 2020

<i>D-471: Dance Capstone Concert</i>	Emily Morgan
<i>D-434: Modern Technique Pedagogy</i>	Judy Bejarano
<i>D-330: Dance Repertory Ensemble</i>	Madeline Harvey
<i>D-320B: Advanced Ballet Technique</i>	Madeline Harvey
<i>D-320A: Advanced Modern Technique</i>	Judy Bejarano Grace Gallagher
<i>D-286: Practicum</i>	Susie Garifi

Spring 2020

<i>D-424: Ballet Technique Pedagogy</i>	Grace Gallagher
<i>D-427: Dance History</i>	Alicia Laumann
<i>D-340: Dance Repertory Outreach</i>	Judy Bejarano

	<i>D-392: Dance Junior Seminar</i>	Madeline Harvey
	<i>D-321A: Advanced Modern</i>	Emily Morgan
	<i>D-220A: Intermediate Modern</i>	Judy Bejarano
	<i>D-220B: Intermediate Ballet</i>	Matthew Harvey
Fall 2019	<i>D-326: Dance Choreography II</i>	Chung-Fu Chang
	<i>D-330: Dance Repertory Ensemble</i>	Judy Bejarano
	<i>D-220A: Intermediate Modern</i>	Emily Morgan
	<i>D-220B: Intermediate Ballet</i>	Amber Mazurana Alicia Laumann
Spring 2019	<i>D-226: Dance Choreography I</i>	Chung-Fu Chang
	<i>D-324: Teaching Creative Movement</i>	Lisa Morgan
	<i>D-220A: Intermediate Modern</i>	Amber Mazurana
	<i>D-220B: Intermediate Ballet</i>	Emily Morgan
	<i>D-286: Performance Practicum</i>	Matthew Harvey
Fall 2018	<i>D-196: Dance Improvisation</i>	Emily Morgan
	<i>D-192: Dance First Year Seminar</i>	Madeline Harvey
	<i>D-220C: Jazz</i>	Matthew Harvey
	<i>D-220A: Intermediate Modern</i>	Judy Bejarano
	<i>D-220B: Intermediate Ballet</i>	Amber Mazurana
	<i>D-286: Dance Practicum</i>	Matthew Harvey

PERFORMANCE EXPERIENCE

COLORADO STATE UNIVERSITY

Fall 2021	<i>Pump It Up!</i>	Grace Gallagher
Fall 2021	<i>Blind Faith</i>	Soph Cardinal
Spring 2021	<i>Across the Universe</i>	Dwight Rhoden
Spring 2021	<i>Humanesque</i>	Judy Bejarano
Spring 2021	<i>the high</i>	Kourney Yadao
Spring 2021	<i>sonder. - n.</i>	Kaitlyn Carson
Spring 2021	<i>Hauntingly Beautiful</i>	Emily Wallace

Fall 2020	<i>Dreams of Flying</i>	Madeline Harvey
Fall 2020	<i>All the Little Things</i>	Susie Garifi
Fall 2020	<i>Hindsight</i>	Emily Wallace
Fall 2019	<i>Rise</i>	Mia Wilborne
Fall 2019	<i>Satori</i>	Sam Lewis
Fall 2019	<i>Open Season</i>	Dazzmin Brown
Fall 2019	<i>Great and Sudden</i>	Soph Cardinal
Fall 2019	<i>Ajar (understudy)</i>	Madeline Harvey
Fall 2019	<i>Through Lines</i>	Judy Bejarano and Lisa Morgan
Fall 2019	<i>Letters to Theo</i>	Judy Bejarano
Spring 2019	<i>Pendula</i>	Matthew Harvey
Spring 2019	<i>Unexpected Goodbyes</i>	Jasmine Burns
Spring 2019	<i>Veins</i>	Kourtney Yadao
Fall 2018	<i>To Control/Be Controlled</i>	Madison Martinek
Fall 2018	<i>Grief is the Price of Love</i>	Jenny Trenchard
Fall 2018	<i>2 out of 10</i>	Cassie Eron
Fall 2018	<i>Timeless Dream</i>	Katelyn Doyle

PROFESSIONAL PERFORMANCE

Spring 2023	<i>Jeté Dance Showcase</i>	Dexter Da Rocha
Fall 2022	<i>Industry Dance Awards</i>	Jessica Starr, Derek Hough, Hayley Erbert
Fall 2022	<i>Dancers Against Cancer "Hey Ya!" PSA</i>	Jessica Starr, Derek Hough, Hayley Erbert
Fall 2022	<i>Outset Events Private Arts Series</i>	Megan Grabau
Fall 2021	<i>The Fitness Marshall Opener</i>	Soph Cardinal
Fall 2021	<i>James Barre "Blame It On Us" Official Music Video</i>	Jessica Starr, MusEffect

Fall 2021

"Sicko Mode" Video

Megan Grabau

CHOREOGRAPHY EXPERIENCE

COLORADO STATE UNIVERSITY

FALL 2018 - SPRING 2021

Fall 2021

Blind Faith

5 Dancers

Bad Religion by Frank Ocean
Tokyo Drifting by Glass Animals feat. Denzel Curry

Spring 2021

No Justice No Peace

3 Dancers

White Privilege II by Macklemore, Ryan Lewis, and Jamila Woods

Fall 2020

Blessed Be the Fruit

5 Dancers

Hey Mami by Sylvan Esso

Stutter by EDEN

burn by Billie Eilish (with Vince Staples)

Fall 2020

Anomaly

1 Dancer

Falling Short by Låpsley

Mount Everest by

Labrinth

Fall 2019

Great and Sudden

4 Dancers

Exalter by Forest Swords

Crow by DJ-Kicks

PRIMA DANCE ARIZONA

FALL 2017 - PRESENT

Spring 2024

Ate Up All Their Cake

1 Dancer

AUATC by Bon Ives

Fall 2023

Don't Take The Money

3 Dancers

Don't Take The Money (feat. Lorde) - MTV
Unplugged by Bleachers and Lorde

Fall 2023	<i>Embers in The Dark</i>	8 Dancers	<i>I Burned LA Down (Choral Version)</i> by Noah Cyrus
Fall 2023	<i>Trndsttr</i>	1 Dancer	<i>Trndsttr (feat. M Maggie Lucian Remix</i>
Fall 2023	<i>Cinnamon</i>	1 Dancer	<i>Cinnamon</i> by Jome
Fall 2021	<i>Bravado</i>	3 Dancers	<i>Bravado</i> by Lorde
Fall 2021	<i>Make Me Cry</i>	1 Dancer	<i>Make Me (Cry)</i> by Noah Cyrus, Labrinth
Fall 2017	<i>Body Gold.</i>	1 Dancer	<i>Body Gold</i> by Oh Wonder.

WEST LA ACADEMY OF DANCE
SPRING 2022-PRESENT

Spring 2024	<i>Dreamers</i>	15 dancers	<i>Dream State - Instrumental</i> by Son Lux
Spring 2024	<i>It Takes a Village</i>	2 Dancers	<i>The World Was Waiting</i> by Dreamers' Circus
Spring 2024	<i>Made of Tin</i>	10 dancers	<i>Sriracha!</i> By Amen Worldwide, Chris Howland
Fall 2023	<i>Beige</i>	15 Dancers	<i>Beige</i> by Yoke Lore
Fall 2023	<i>The Best</i>	7 Dancers	<i>Simply The Best</i> by Billianne

CACTUS SHADOWS HIGH SCHOOL
FALL 2016-PRESENT

Spring 2024	<i>Unravel</i>	18 Dancers	<i>it's all so incredibly loud</i> by Glass Animals
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Spring 2017	<i>The Distance Between Us.</i>	2 Dancers	<i>Ghost in the Wind</i> by Birdy.
Spring 2016	<i>Me Too.</i>	1 Dancer	<i>Without the Lights</i> by Elliot Moss.
Fall 2016	<i>La Cœur.</i>	1 Dancer	<i>Pachelbel Canon in D</i> by Johann Pachelbel.

BEVERLY HILLS HIGH SCHOOL
PRESENT

Spring 2024	<i>Understanding</i>	22 Dancers	<i>Til enda</i> by Ólafur Arnalds
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IMPULSE DANCE AND FITNESS
SPRING 2021-FALL 2022

Fall 2021	<i>Life is Good</i>	14 Dancers	<i>Life is Good</i> by Future feat. Drake
Fall 2021	<i>Thats What I Want</i>	10 Dancers	<i>THATS WHAT I WANT</i> by Lil Nas X
Fall 2021	<i>Marmalade</i>	10 Dancers	<i>Marmalade</i> by Macklemore feat. Lil Yachty
Spring 2021	<i>Pursuit of Happiness</i>	5 Dancers	<i>Pursuit of Happiness</i> by Kid Cudi, MGMT, and Ratatat
Spring 2021	<i>The Way Life Goes</i>	7 Dancers	<i>The Way Life Goes</i> by Lil Uzi Vert and Oh Wonder

EARLY DANCE TRAINING

2016-2018	IB Dance through Cactus Shadows High School Honors Dance Company
2016-2018	Cactus Shadows High School Honors Dance Company
2016-2018	Prima Dance Arizona
2014-2016	Bender Performing Arts
2008-2014	Springfield Dance

2008-2014 Springfield Youth Performance Group
2005-2008 Cave Creek Dance Academy

TEACHING EXPERIENCE

COLORADO STATE UNIVERSITY

Spring 2019 Teaching Creative Movement for Children

Teaching 4th grade students basic elements of creative movement technique. Constructing and teaching movement sequences based on geometric and art content related to their academic class room. Working collaboratively with other teachers to cultivate a holistic lesson plan geared towards advancing the students' knowledge on creative movement skills.

Spring 2020 Ballet Pedagogy

Instructing beginner level ballet students on proper alignment, vocabulary, and execution of beginning ballet technique. Creating lesson plans for a full, classical ballet class. Working with accompanist to learn how to integrate live music into a movement class.

Fall 2020 Modern Pedagogy

Instructing beginning level modern students on codified modern techniques such as Graham, Horton, and Cunningham. Building a comprehensive lesson plan and working with a live accompanist to teach musicality and discipline to new coming adult movers.

PRIMA DANCE ARIZONA

2018-Present MasterClass Instructor/Guest Artist

Primary contemporary guest artist and masterclass instructor for the competitive team at Prima. Train dancers at an advanced/preprofessional level to expand upon their technical and artistic abilities in contemporary and hip hop styles. Primary competition dance choreographer for solos, trios, and group pieces - placing first place overall at multiple nationals and achieving multiple Choreographic Excellence Recognition awards.

2017-2018 Ballet/Tap Combo Class

Teaching beginning level ballet/tap to children ages 2-6.

Hip Hop I

Teaching beginning level hip-hop to children ages 6-8.

Hip Hop II

Teaching intermediate level hip-hop to children ages 8-10.

WEST LA ACADEMY OF DANCE

2022-present Hip Hop and Contemporary Instructor

Leading hip hop and contemporary dance instructor. Working with dancers ages 10-18 to create a safe and inclusive environment to expand upon their technical and artistic boundaries to grow as dancers, humans, and artists. I teach groove, popping, and house styles of hip hop with an emphasis on foundational skill building and freestyle. For contemporary, I focus classes on expanding improvisational studies and technical abilities from modern/contemporary movement styles.

DANCESPACE PERFORMING ARTS ACADEMY

2022-Present Masterclass and Convention Instructor

Guest artist and Masterclass instructor in heels and hip hop styles for junior and senior company.

Faculty member of in-house convention. Teaching hip hop and heels masterclasses along with leading mock auditions for senior, teen, and mini levels.

IMPULSE DANCE AND FITNESS CENTER LLC

2021 Hip Hop Instructor

Leading hip hop instructor at Impulse Dance and Fitness teaching fundamentals in house, popping, grooving, and breaking to beginner level dancers to guide their overall knowledge of the style. Expand upon these concepts with the Intermediate/Advanced level to incorporate a deeper understanding of the culture, history, artistry, and musicality that make up hip hop.

STUDIO WEST DANCE CENTER

2021-Present Hip Hop Instructor and Receptionist

Teacher and creator of a TikTok Hip Hop class. Creating a syllabus that teaches students the latest dance trends while also educating them on how to safely create, edit, and manage social media.

Substitute teacher for Grace Gallaghers Intermediate and Advanced level contemporary and hip hop classes.

Receptionist work taking phone calls, recording messages, working with clients, taking inventory of boutique orders, and organizing files.

BLOCK 1750

2022 Hp Hop Master Classes

Hip Hop masterclass and substitute teacher. Working with professional level dancers in a drop-in setting to build their technique and foundation of street styles.

HONORS AND AWARDS

COLORADO STATE UNIVERSITY

Fall 2021 Summa Cum Laude graduate.

Fall 2018-Fall 2020 Recipient of the Western Undergraduate Exchange Scholarship.

Member of the National Society of Collegiate Scholars.

Dean's List recipient.

Fall 2019 Recipient of the Irmel Louise Williams Fagan Dance Scholarship.

EARL MOSLEY DIVERSITY OF DANCE

Spring 2021 Choreography selected for the Diversity is Activism Film Festival.

CACTUS SHADOWS HIGH SCHOOL

Fall 2017-Spring 2018 Member of the National Honors Society for Dance Arts.

Spring 2020 Recipient of the International Baccalaureate Diploma.

MASTER CLASSES

14 September 2020 Tiffany Rhynard

16 September 2020 Ashwini Gogate

28 September 2020 Edson "Bboy House" Magana

5 October 2020 Chen-Yu Tsuei

3 March 2020 Pilobolus

22 February 2020 André Megerdichian

22 October 2019 Andrew Wass

16 October 2019 Ballet Jörgen

4 April 2019 Jessica Pittman Hip Hop Master Class

5 March 2019 Aspen Santa Fe Ballet

24 January 2019 Ballet Trockadero

15 September 2018 Jerri Kumeri, Richmond Ballet

REGIONAL/NATIONAL CONFERENCES, CONVENTIONS, COMPETITIONS

Spring 2024 Over 20 First Place Overall and Choreographic Excellence awards at regional competitions in Phoenix and Vegas for Fluid Dance Competition, Groove, Nexus Dance, and Encore dance.

- June 2023** First place overall teen/senior duo/trio at Fluid Dance Competition in Phoenix, Arizona for trio *Bravado*.
- June 2023** Choreographic excellence award at Fluid Dance Competition in Phoenix, Arizona for trio *Bravado*
- Spring 2023** Over 10 First Place Overall Regional wins at competitions such as Groove, Encore, Fluid, and Artist Simply Human for teen/senior trios and solos.
- June 2018** Competed at Encore National Dance Competition in Las Vegas, Nevada. 3rd place overall Senior Solo for self-choreographed solo *Body Gold*.

SUMMER INTENSIVES

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- July 2021** A 5 day long summer intensive lead under director Jessica Starr that honed training in hip hop, jazz funk, contemporary, modern, and pilates. Performing Jessica Starrs choreography in an official music video for musician James Barre.

BOULDER JAZZ DANCE WORKSHOP

- July 2019** 2 week long summer intensive with extensive training in jazz, hip hop, contemporary, modern, musical theatre, turns, improvisation, and choreography. Performing repertory work with instructors Kaitlin Webster, Wade Madsen, and Lauren Beale as well as dancing in 3 student choreographed works and choreographing/performing a solo.

DIRECTION AND TECHNICAL PRODUCTION EXPERIENCE

COLORADO STATE UNIVERSITY

Spring 2019 TH264 - Lighting Design for the Theatre I

Learning how to design lights for dance, theatre, concert, and photography settings. Introduction to hanging, focusing, and designing lights for dancer, theatre, photography, and concert venues.

Fall 2018 D186 - Practicum

Crewing the 2018 Fall Dance Concert. Making sure that dancers checked their costumes in/out, assisting with quick changes, washing costumes after every show.

SERVICE AND ENGAGEMENT

COLORADO STATE UNIVERSITY

Spring 2020 Dance Repertory Outreach - Modern

Creating and performing various modern dance repertory works under the instruction of Judy Bejarano. Recording the works virtually and composing a video with the performance video as well as activities and questions to be sent to various retirement homes and school districts.

Spring 2020 Dance Repertory Outreach - Ballet

Working directly with Complexions Dance founder Dwight Rhoden to stage and perform his work *Across the Universe* from his show "Beetlejuice." Teaching virtual workshops to Parkinson's patients and K-12 students on a regional and national level under the instruction of Madeline Harvey.

REFERENCES

Judy Bejarano

Email: Judy.Bejaranao@colostate.edu

Phone: (970)-491-4243

Senior Instructor of Dance; Improvisation, Choreography, and Modern Technique, Colorado State University.

Elissa Ericson

Email: eericson@ccusd93.net

Phone: (602)-696-4607

Cactus Shadows High School Dance Company Director.

Grace Gallagher

Email: gracegallagher@colostate.edu

Phone: (269)-317-4450

Professor of Dance, Colorado State University.

Madeline Jazz Harvey

Email: madeline.harvey@colostate.edu

Phone: (970)-491-4244

Assistant Professor of Dance; Ballet, School of Music, Theatre, and Dance, Colorado State University.

Mariah MacFarlan

Email: mariah@wladance.com

Phone: (509)-628-6130

Artistic Director, West LA Academy of Dance

Emily Morgan

Email: emily.morgan@colostate.edu

Assistant Professor of Dance and Director of Dance, Colorado State University.

Jessica Starr

Phone: (310)-980-6290

Founder and Artistic director of MusEffect Dance Company.

Cara Zic

Email: cara@primadance.com

Phone: (480)-656-2822

Artistic Director, Prima Dance Arizona

4532 E. Lone Mountain Rd., Suite 204, Cave Creek, AZ, 85331