

SOPH CARDINAL

They/Them/Theirs

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EDUCATION

University of Utah Master of Fine Arts in Modern Dance with Screendance Certificate Candidate.
2024-Present

Colorado State University Bachelor of Fine Arts in Dance. Graduated Summa Cum Laude.
2018-2021

Cactus Shadows High School Graduate of the International Baccalaureate Program.
2015-2018

TEACHING AND WORK EXPERIENCE

University of Utah | Graduate Student and Graduate Teaching Assistant | Salt Lake City, UT | Present

I currently lead teach, co-teach, and assist theory, technique, and composition courses to Modern BFA, Ballet BFA, and Non-Majors students at the University of Utah. I implement my thesis work into pedagogical praxis by encouraging a discovery of self through movement and theory courses.

Prima Dance Arizona | Hip Hop, Contemporary, Lyrical, Jazz | Cave Creek, AZ | 2016-Present

I am a contemporary competition choreographer at Prima Dance Arizona. My pieces here have won numerous first-place overall awards and Choreographic Excellence awards within contemporary dance styles. I am also a primary masterclass studio teacher in contemporary, hip-hop, and numerous other styles.

Cactus Shadows High School | Guest Choreographer | Cave Creek, AZ | Present

I am a guest choreographer for the CSHS High School Dance Company. I am brought in for their company shows to set contemporary large group work (25-30 dancers) that fits within their shows artists themes.

West LA Academy of Dance | Hip Hop and Contemporary Instructor | Santa Monica, CA | Present

I was the primary hip-hop and contemporary instructor of junior-senior-level company dancers at WLAD. I work with students at an advanced level to explore their technical and artistic boundaries of movement. I continue to work there as a guest teacher and choreographer.

Impulse Dance and Fitness | Hip Hop Instructor | Fort Collins, CO | February 2021-April 2022

I was the primary hip hop instructor at Impulse Dance, an adult-only studio. At this studio, I taught beginner-level dancers the fundamentals of house, popping, grooving, and breaking to guide their overall knowledge of the style. I also taught the Intermediate/Advanced level, which expanded upon these fundamentals to incorporate a deeper understanding of the culture, history, artistry, and musicality that make up hip hop.

DanceSpace Performing Arts Academy | Hip Hop and Heels Master Classes | Substitute | Thornton, CO | 2022

I am a guest artist and masterclass instructor in heels and hip-hop styles for the junior and senior companies at DanceSpace. I was also a faculty member at their in-house convention, leading heels, hip hop, and mock audition classes for senior, teen, and mini levels.

Studio West Dance Center | Hip Hop Instructor | Receptionist | Fort Collins, CO | 2020-2022

At this reputable competition dance studio, I taught progressions, contemporary, jazz, hip hop, and ballet to beginning through advanced-level company dancers. I also developed a syllabus for a TikTok Hip-Hop class and worked the front desk, managing customers and processing and shipping orders from the store's boutique.

Colorado State University | Ballet and Modern Pedagogy, Teaching Creative Movement | 2018-2021

I instructed beginner-level ballet and modern students on proper alignment, vocabulary, and the history of these techniques. I was responsible for creating lesson plans, working with accompanists, and finding innovative ways to introduce codified technique to adult-level students.

PERFORMANCE

University of Utah 2024-Present	<i>Fall Shows I and II Salt Lake City, UT</i> Molly Heller, Eric Handman.
Jeté 2023	<i>Contemporary Performance Los Angeles, CA</i> Dexter DaRocha
Dancers Against Cancer 2022	<i>PSA for MusEffect Company Los Angeles, CA</i> Derek Hough, Hayley Erbert Hough, and Jessica Starr

CHOREOGRAPHY

Mile High | Salt Lake City, UT | 2025

A trio presented at Creative Process to Production Group (CPPGG) blending contemporary and urban street style movement to explore vitality.

both || and | Salt Lake City | 2024

A duet presented by 801 Salon explores themes of duality and belonging through collaborative dance-making.

Anywhere With You | Prima Dance Arizona | 2024-2025

A competition duet exploring the evolving complexities of friendships. It has won 1st overall at Groove, NRG, Fluid, and Nexus and received numerous choreography awards.

Don't Take The Money | Prima Dance Arizona | 2023-2024

A competition trio exploring loss of stability and relationships. It won 1st overall and outstanding choreography awards at Encore, Fluid, Groove, and Headliners and won 3rd Overall at Encores Nationals in Las Vegas.

AWARDS AND SCHOLARSHIPS

Earl Mosley Diversity of Dance *Dance is Activism* Film Festival | 2021

Blessed Be the Fruit, a piece reflecting the impact of limiting reproductive healthcare on women, was showcased in the Dance is Activism Film Festival presented by Earl Mosley Diversity of Dance.

Summa Cum Laude Graduate | December 2021

For the December of 2021 graduation ceremony, I was the only student in the CSU schools of Music, Theatre, and Dance to graduate summa cum laude

REFERENCES

Grace Gallagher	Assistant Professor of Dance, Colorado State University. grace.gallagher@colostate.edu (269)-317-4450
Jessica Starr	Artistic Director, MusEffect Dance Company jessica@musedancecompany.com (310)-980-6290
Jennifer Knotsman	Owner & Artistic Director, Studio West Dance Center jennifer@swdcfc.com (970)-581-4758
Emily Morgan	Director of Dance, Colorado State University. emily.morgan@colostate.edu (970)-491-4294
Cara Zic	Artistic Director, Prima Dance Arizona. primadanceaz.com (219)-241-2877