

# SHAE M. FOREST

BOSTON, MA | SHAEFOREST1@GMAIL.COM | WWW.SHAEFOREST.COM

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PERFORMANCE RESUME LOCATED ON SHAEFOREST.COM

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## CHOREOGRAPHY AND TEACHING RESUME

### EDUCATION

#### JACKSONVILLE UNIVERSITY

*MASTER OF FINE ARTS IN CHOREOGRAPHY*

FACULTY: CHRISTINIA TEAGUE-MANN, CARI FREIBERGER

### LOCATION

JACKSONVILLE, FL

#### UNIVERSITY OF MASSACHUSETTS, AMHERST

*BFA IN DANCE*

*PROFESSIONAL CERTIFICATE IN ARTS MANAGEMENT*

*PSYCHOLOGY MINOR*

AMHERST, MA

#### NATIONAL ACADEMY OF SPORTS MEDICINE - FITNESS CERT

AFAA

MASSACHUSETTS

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### CONVENTION

#### ALIVE DANCE TOURS

NEW ENGLAND, USA

#### WORK IT DANCE CHALLENGE

NEW ENGLAND, USA

#### INFERNO DANCE COMPETITIONS

WISCONSIN DELLS, WI

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### DIRECTING

#### WINTER DANCE CONCERT 2025 AT MILTON ACADEMY

MILTON, MA

DIRECTED 100 DANCERS' PARTICIPATION

STYLES INCLUDE LEBANESE BELLYDANCING, TRADITIONAL CHINESE, TAP, CONTEMPORARY, BOLLYWOOD, AND MORE.

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### MUSICAL CHOREOGRAPHY

#### *SOMETHING ROTTEN!* - UPPER SCHOOL MUSICAL 2024

MILTON ACADEMY

#### *FOOTLOOSE! JUNIOR EDITION* - MIDDLE SCHOOL MUSICAL 2025

MILTON ACADEMY

#### *DREAMING WIDE AWAKE* - CLASS IV FOLLIES PLAY

MILTON ACADEMY

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### DANCE CHOREOGRAPHY

<b>WINTER DANCE CONCERT 2025</b> <i>MY WAY</i> CONTEMPORARY CONCEPT PIECE, 23 DANCERS	KING THEATRE, MILTON, MA
<b>MASTERS OF FINE ARTS THESIS CHOREOGRAPHY 2024</b> <i>THE EMERGENCE OF CREATIVITY IN CHAOS</i> JACKSONVILLE UNIVERSITY, CONCEPT FILM CONTEMPORARY MODERN, 8 DANCERS	FILM- JACKSONVILLE, FL
<b>DEAN COLLEGE FALL FACULTY DANCE WORKS 2023</b> <i>RESONANCE: MFA IN PROGRESS</i> CONTEMPORARY MODERN, 8 DANCERS	MAIN STAGE, FRANKLIN, MA
<b>DEAN COLLEGE FALL FACULTY DANCE WORKS 2022</b> <i>STRUCTURED CHAOS</i> CONTEMPORARY MODERN, 7 DANCERS	MAIN STAGE, FRANKLIN, MA
<b>DEAN COLLEGE SUMMER INTENSIVES 2022-2025</b> SUMMER INTENSIVE PERFORMANCE SHOWS, 50+ DANCERS	MAIN STAGE, FRANKLIN, MA
<b>‘INTERSECTING IDENTITIES’ BFA DANCE CONCERT 2020</b> <i>SPEAK</i> CONTEMPORARY MODERN, 7 DANCERS	TOTMAN LAB, AMHERST, MA
<b>BOSTON CONTEMPORARY DANCE FESTIVAL: ON-STAGE SHOWCASE 2020</b> <i>SPEAK</i> SELECTED BY A PANEL OF ESTABLISHED DANCE LEADERS IN THE U.S CONTEMPORARY MODERN, 7 DANCERS	CALDERWOOD STAGE, BOSTON, MA
<b>“WHEN?” BLACK LIVES MATTER CONCEPT VIDEO 2020</b> CHOREOGRAPHER AND ARTISTIC DIRECTOR CONTEMPORARY MODERN, 3 DANCERS	CAPE COD, MA
<b>‘WHAT KEEPS US MOVING?’ INTEGRATIVE EXPERIENCE PROJECT 2019</b> <i>BREEZEBLOCKS</i> CONTEMPORARY MODERN, 2 DANCERS	TOTMAN LAB, AMHERST, MA
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<b>TEACHING EXPERIENCE AND NONPROFIT WORK</b>	<b>DATE</b>
<b>MILTON ACADEMY</b> AUGUST 2024 - MARCH 2025 DANCE TEACHER AND CHOREOGRAPHER, CONCERT DIRECTOR	MILTON, MA
<b>JACKSONVILLE UNIVERSITY</b> 2022-2024 MFA LIAISON AND FACULTY SUPPORT	JACKSONVILLE, FL
<b>DEAN COLLEGE DANCE PROGRAM</b> 2021-2025 DANCE FACULTY AND CHOREOGRAPHER	FRANKLIN, MA
<b>SOMERVILLE HEALY PUBLIC SCHOOL, <i>BALLETROX</i></b>	SOMERVILLE, MA
TAUGHT ELEMENTARY SCHOOL STUDENTS IN A FREE AFTER SCHOOL PROGRAM THROUGH THE NONPROFIT BALLETROX TO BRING DANCE TO STUDENTS OF ALL BACKGROUNDS AND LEARNING ABILITIES.	
<b>BOSTON CITY LIGHTS PERFORMING ARTS</b>	BOSTON, MA / FARMINGTON, ME

TAUGHT AT SUMMER CAMP PROGRAM IN FARMINGTON, MAINE, ENGAGING IN IMMERSIVE DANCE WORKSHOPS AND CULTURAL INTERDISCIPLINARY EXPERIENCES AND TEACHING STUDENTS. VOLUNTEERED TIME AND KNOWLEDGE TO TEACH DANCE TO UNDERPRIVILEGED AND UNDERSERVED COMMUNITIES, PROVIDING AN AVENUE FOR CREATIVE EXPRESSION AND EMPOWERMENT.

**INFERNO DANCE COMPETITIONS 2021- PRESENT**

NATIONWIDE

DANCE COMPETITION ADJUDICATOR

MENTORING STUDENTS OF ALL AGES WITH LIVE FEEDBACK AND CRITIQUES

**DANCE STUDIO CHOREOGRAPHY WORK 2015-PRESENT**

NEW ENGLAND

TAUGHT AND CHOREOGRAPHED AT **OVER 30 DANCE STUDIOS IN NEW ENGLAND**, WORKING WITH DANCERS OF ALL AGES ACROSS BOTH COMPETITIVE STAGES AND COMMUNITY/NONPROFIT SETTINGS. CHOREOGRAPHED AND TAUGHT MASTERCLASSES IN STYLES INCLUDING JAZZ, IMPROVISATION WITH LIVE DRUMMERS, TAP, LYRICAL, CONTEMPORARY, JAZZ FUNK, AND MODERN, WITH ROUTINES RANGING FROM SOLOS TO LARGE GROUPS. RECIPIENT OF MULTIPLE CHOREOGRAPHY AWARDS FROM REVEL DANCE CONVENTIONS AND NYCDA.

**NOTABLE STUDIO FACULTY POSITIONS INCLUDE:**

- ZEAL PERFORMING ARTS STUDIO – SCITUATE, MA
- THE DANCEINN (OWNED BY THELMA GOLDBERG) – LEXINGTON, MA
- ZELLO DANCE STUDIOS - PEABODY, MA
- ON YOUR TOES DANCE STUDIO – ACTON, MA
- BROADWAY BOUND – MERRIMACK, NH
- DANCE DESIGNS – CAPE COD, HYANNIS, MA

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**RECOGNITION**

**TOP PERCENTILE, EVALUATIONS - HIGHLY RANKED PROFESSORS DEAN COLLEGE 2021-2025**

**NYCDA CRITIC'S CHOICE CHOREOGRAPHY - *MIND CONTROL* 2022**

**REVEL DANCE BEST CHOREOGRAPHY - *ELEVATED* 2021**

**CHANCELLOR'S TALENT AWARD, UMASS AMHERST 2020**

**BFA THESIS CHOREOGRAPHY - *SPEAK* 2020**

DANCEINFORMA MAGAZINE REVIEW

BOSTON CONTEMPORARY DANCE FESTIVAL SELECTED PERFORMANCE

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**DANCE TRAINING**

**UNIVERSITY OF MASSACHUSETTS, AMHERST**

AMHERST, MA

*BFA IN DANCE*

*PROFESSIONAL CERTIFICATE IN ARTS MANAGEMENT*

*PSYCHOLOGY MINOR*

MODERN: PAUL DENNIS  
CONTEMPORARY: ASTON MCCULLOUGH, BRONWEN MACARTHUR  
BALLET: THOMAS VACANTI  
JAZZ: LESLIE FRYE MAIETTA  
HIP-HOP: SHAKIA JOHNSON

**MT. HOLYOKE COLLEGE**

SOUTH HADLEY, MA

MUSICAL THEATER, TAP: DEBRA VEGA (NYC ROCKETTES)

**NEW YORK CITY BALLET**

NEW YORK CITY, NY

BALLET: JACQUELINE BOLOGNA

**PANTOS PROJECT DANCE COMPANY**

WALTHAM, MA

MODERN, CONTEMPORARY: KAT PANTOS

**URBANITY DANCE COMPANY**

BOSTON, MA

MODERN/CONCERT DANCE: MEGAN ANDERSON

**DANCE DESIGNS CAPE COD**

HYANNIS, MA

BALLET: NORAH DALE ALLEN

HIP-HOP: KEITH SILVA

JAZZ/LYRICAL: AMY DEFEUDIS

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**FITNESS**

**NATIONAL ACADEMY OF SPORTS MEDICINE - FITNESS CERT**

MASSACHUSETTS

AFAA

**BARREABOVE FITNESS CERTIFICATE**

HARVARD UNIVERSITY, MA

(CONTINUING EDUCATION NASM CREDITS 1.2)

**RETRO FITNESS**

CAMBRIDGE, MA

GROUP FITNESS INSTRUCTOR (HIIT, TONE & STRETCH, CARDIO DANCE)

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FOR MORE INFORMATION OR TO REQUEST CHOREOGRAPHY FILM, PLEASE SEE [SHAEOFEST.COM](http://SHAEOFEST.COM) OR CONTACT [SHAEOFEST1@GMAIL.COM](mailto:SHAEOFEST1@GMAIL.COM).

SEE PERFORMANCE RESUME AT [SHAEOFEST.COM](http://SHAEOFEST.COM).