

SHAE M. FOREST

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PERFORMANCE RESUME LOCATED ON SHAEFOREST.COM

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

CONVENTION

ALIVE DANCE TOURS

NEW ENGLAND, USA

WORK IT DANCE CHALLENGE

NEW ENGLAND, USA

INFERN0 DANCE COMPETITIONS

WISCONSIN DELLS, WI

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.

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

DANCE CHOREOGRAPHY

WINTER DANCE CONCERT 2025*MY WAY*

CONTEMPORARY CONCEPT PIECE, 23 DANCERS

KING THEATRE, MILTON, MA

MASTERS OF FINE ARTS THESIS CHOREOGRAPHY 2024*THE EMERGENCE OF CREATIVITY IN CHAOS*

JACKSONVILLE UNIVERSITY, CONCEPT FILM

CONTEMPORARY MODERN, 8 DANCERS

FILM- JACKSONVILLE, FL

DEAN COLLEGE FALL FACULTY DANCE WORKS 2023*RESONANCE: MFA IN PROGRESS*

CONTEMPORARY MODERN, 8 DANCERS

MAIN STAGE, FRANKLIN, MA

DEAN COLLEGE FALL FACULTY DANCE WORKS 2022*STRUCTURED CHAOS*

CONTEMPORARY MODERN, 7 DANCERS

MAIN STAGE, FRANKLIN, MA

DEAN COLLEGE SUMMER INTENSIVES 2022-2025

SUMMER INTENSIVE PERFORMANCE SHOWS, 50+ DANCERS

MAIN STAGE, FRANKLIN, MA

'INTERSECTING IDENTITIES' BFA DANCE CONCERT 2020*SPEAK*

CONTEMPORARY MODERN, 7 DANCERS

TOTMAN LAB, AMHERST, MA

BOSTON CONTEMPORARY DANCE FESTIVAL: ON-STAGE SHOWCASE 2020

SPEAK SELECTED BY A PANEL OF ESTABLISHED DANCE LEADERS IN THE U.S.

CONTEMPORARY MODERN, 7 DANCERS

CALDERWOOD STAGE, BOSTON, MA

"WHEN?" BLACK LIVES MATTER CONCEPT VIDEO 2020

CHOREOGRAPHER AND ARTISTIC DIRECTOR

CONTEMPORARY MODERN, 3 DANCERS

CAPE COD, MA

'WHAT KEEPS US MOVING?' INTEGRATIVE EXPERIENCE PROJECT 2019*BREEZEBLOCKS*

CONTEMPORARY MODERN, 2 DANCERS

TOTMAN LAB, AMHERST, MA

TEACHING EXPERIENCE AND NONPROFIT WORK**DATE****MILTON ACADEMY AUGUST 2024 - MARCH 2025**

MILTON, MA

DANCE TEACHER AND CHOREOGRAPHER, CONCERT DIRECTOR

JACKSONVILLE UNIVERSITY 2022-2024

JACKSONVILLE, FL

MFA LIAISON AND FACULTY SUPPORT

DEAN COLLEGE DANCE PROGRAM 2021-2025

FRANKLIN, MA

DANCE FACULTY AND CHOREOGRAPHER

SOMERVILLE HEALY PUBLIC SCHOOL, BALLETROX

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.

BOSTON CITY LIGHTS PERFORMING ARTS

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.

INFERO 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

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

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
MUSICAL THEATER, TAP: DEBRA VEGA (NYC ROCKETTES)

SOUTH HADLEY, MA

NEW YORK CITY BALLET
BALLET: JACQUELINE BOLOGNA

NEW YORK CITY, NY

PANTOS PROJECT DANCE COMPANY
MODERN, CONTEMPORARY: KAT PANTOS

WALTHAM, MA

URBANITY DANCE COMPANY
MODERN/CONCERT DANCE: MEGAN ANDERSON

BOSTON, MA

DANCE DESIGNS CAPE COD
BALLET: NORAH DALE ALLEN
HIP-HOP: KEITH SILVA
JAZZ/LYRICAL: AMY DEFEUDIS

HYANNIS, MA

FITNESS

NATIONAL ACADEMY OF SPORTS MEDICINE - FITNESS CERT
AFAA

MASSACHUSETTS

BARREABOVE FITNESS CERTIFICATE
(CONTINUING EDUCATION NASM CREDITS 1.2)

HARVARD UNIVERSITY, MA

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

CAMBRIDGE, MA

FOR MORE INFORMATION OR TO REQUEST CHOREOGRAPHY FILM, PLEASE SEE SHAEFOREST.COM OR CONTACT SHAEFOREST1@GMAIL.COM.

SEE PERFORMANCE RESUME AT SHAEFOREST.COM.