

## Danielle Lydia Sheather

Danielle Lydia Sheather, [www.daniellelydiasheather.com](http://www.daniellelydiasheather.com) (she, her) is a Canadian born dancer, choreographer, artist, podcaster, and educator. Her professional training includes the Paul Taylor Winter Intensive, Limón Spring Studies Program, Horton Pedagogy Workshop, Centre National de la Danse, Off Jazz Stage D'été, One Body One Career Countertechnique Intensive, and the Katherine Dunham Educator Track Summer Intensive.

Professional credits include: Stiletto Entertainment/Holland America Cruise Lines, Artpark, Sesame Street Live, Busch Garden Europe, Dance Jam, The International Dance Festival, Truthdance, BalaSole Dance Company, New York Fashion Week, National Commercials for Bush Gardens Europe and specs for Bacardi, Chain Reaction, Diamante Pictures, and premiering the role of Tamsen Donner at the The Eileen and Allen Anes Studio Theatre in the workshop version of Jeffrey Denman's *Resilience: The Donner Party*.

Danielle's choreography has been showcased at Baryshnikov Arts Center (NYC), WAXworks at Triskelion Arts (NYC), WHITE WAVE DUMBO Dance Festival at the Gelsey Kirkland ArtsCenter (NYC), Stevie Eller Dance Theater (Tucson, AZ), McGinnis Theater (Greenville, NC), the Randall L. Jones Theatre (Cedar City, UT), The Capitol Theatre (Salt Lake City, UT), and Le Regard du Cygne (Paris, France). She has also been commissioned to create works for Zodiaque Dance Company and Zodiaque Dance Ensemble, Flatlands Dance Theatre (Lubbock, TX), and Verve Dance Company (Glendale, AZ). Danielle's work *NEVER, the less* was selected to participate in the 2022 Inaside Chicago Dance Choreography Competition. In February 2024, her work, *I Knew a Man* was showcased at WHITE WAVE presents the SoloDuo Dance Festival at Dixon Place in New York City. In 2024, she collaborated with PBS Utah for the promotion of the *Hollywood in Utah* documentary.

Dr. of Chiropractic Medicine James D. Walters and Danielle began The Dance Up! in January of 2023; a monthly podcast that hopes to cultivate better communication between the dance and healthcare industries to bridge the gap and address the need for better treatment and care for the ailments that affect the dance population. The Dance Up! has been focused on education strategies for healthcare practitioners that include building their compassion in understanding that dance is not a monolith, is a profession, and carries equal amounts mental, physical, and emotional components and thus the biopsychosocial model should be considered when offering care and treatment. Follow us @thedanceup

She is currently serving as Assistant Professor at Southern Utah University where she developed the curriculum for the progressive jazz dance track to represent a more equitable education. She is the recipient of three Curriculum Innovation Grants and the Distinguished Scholarly and Creative Activity Award. She has previously served as Clinical Assistant Professor at the University at Buffalo, and Guest Artist and Instructor at East Carolina University. Danielle received her MFA from the University of Arizona as a University Fellow and graduated from the University at Buffalo Honors College with a BFA in Dance and BA in Psychology.