



SARAH LISABETH

Height 5' 0" Eye Colour: Blue
Hair Colour: Light brown/
Bilingual: Welsh & English



Training

Trinity College, Carmarthen
Sherman Youth Theatre
New Cottage Dance Centre
Bali Unmasked Workshop- Lunar Productions
Improvisation- Paddy Faulkner

TELEVISION

I love Wales Dancer Clive Flowers BBC Wales

THEATRE

Clymau	Main Dancer	Eilir Owen-Griffiths	Trinity
I'll Be There In A Minute Now	Ffion	Claire Friswell	Frapetsus Productions Tour
Twelfth Night	Olivia	Sara Lloyd	Trinity
Gormenghast	Fuchsia/Clarice Groan	Various directors	ATRuiM Th
Kontakt	Sarah	Phillip Mackenzie	Sherman Theatre Th
Oedipus	Tiresias	Various directors	ATRuiM Th
Gospel	Jesus/Salome	Phillip Mackenzie	Sherman Theatre Th (Tour)
18/6	Daughter	Phillip Mackenzie	Sherman Theatre Th
Bob's Dance Hall	Lead dancer	Phillip Mackenzie	Sherman Theatre Th
Macbeth	Lady Macbeth	Various directors	Sherman Theatre Th
Savage Love	Lead dancer	Various directors	Sherman Theatre Th
Frankenstein	Bride of Frankenstein	Phillip Mackenzie	Sherman Theatre Th
Dick Whittington	Dancer	Owen Money	Owen Money Theatre Company
Viva Mexico	Dancer/Singer	Various directors	Blackwood Miners Operatic

Gospel was taken on tour to the International Kosovan Film and Theatre Festival of 'Skene Up' and to Bologna, Italy.

DANCE

British Latin American Formation Champion 2004- 2006

International Supreme Award Part 5 in both Latin American and disco dancing under the IDTA board of examinations

Cha-Cha * Samba * Tango * Rumba * Rock 'n' Roll * Jive * Waltz * Freestyle Disco * Salsa * Ballroom
Grade Silver in ballroom dancing (graded by IDTA)

Have demonstrated Latin American dancing across the UK and also in Paris

Previous experience as a Latin American and disco dance teacher for young children

SKILLS

Singing, Contemporary dance; Swimming, Snorkelling, Netball, Hockey, Basket ball, Badminton, Tennis, Running, Horse Ridding, Gymnastics, Yoga; Computer Literate; Improvisation, Devising, Clean Driving License. Cheer Leading

ACCENTS

RP; South Wales (Native); North Wales