

Sarah C. R. Makins ARAD A.I.S.T.D. B. Msc.

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Titles:

Owner/Director - Fame Dance Studios Ltd. - chain of 9 dance studios in Alberta and Saskatchewan

Artistic Director - RUEvolution Dance Company

Director - FDC Dance Company

Dance Program Choreographer - Dream Centre - Los Angeles

Director - Fame Dance Studios - Teacher Training Program

Director - Fame Dance Studios - Dance Certification Program

Director - Fame Training & Casting

Director - Dance Link - Uganda, Nuevo Vallarta, Los Angeles

FDC & RUEvolution Dance Company events:

The Nutcracker - Alberta tour - 2003, 2004, 2012 - directed, choreographed and coached

Joseph & The Technicolor Dreamcoat - Alberta - 2004 - choreographed and coached

Broadway Bound! - Alberta - 2005 - created, choreographed and coached

Tropicana - Alberta - 2006 - created, performed, choreographed and coached

Grease - Alberta - 2007 - performed, choreographed and coached

Soulabration - United Nations, New York NY - 2007 - created, directed, choreographed and coached

Aladdin - Alberta - 2008 - co-directed, choreographed and coached

Disneyland Performance - Anaheim, CA - 2009 - directed, choreographed and coached

Arts For Life - Alberta - 2010 - created, directed, choreographed and coached

Disneyland/Edge, Anaheim, CA - 2011 - directed, choreographed and coached

Edmonton Oil Kings -Rogers Place, Alberta - 2012-2013-2014 - directed, choreographed and coached

Edmonton Oil Kings Flashmob - Rogers Place Alberta - 2013

Disneyworld, Orlando, FL - 2013 - directed, choreographed and coached

Resort Performances - Puerto Vallarta, Mexico 2013 - performed, directed, choreographed and coached

Fame Commercials - Alberta - 2013-2014 - performed, directed, choreographed and coached

City Hall Christmas Banquet - Alberta - 2013 - performed, directed, choreographed and coached

Masonic Masquerade Charity Ball - Alberta - 2014 - performed, directed, choreographed and coached

Humane Society Charity Banquet - Alberta - 2014 - performed, directed, choreographed and coached

Hockey Day in Canada - Alberta - 2014 - directed, choreographed and coached

I Do Bridal Showcase Canada 2014 - performed, modelled, directed, choreographed and coached

Mayors Celebration - Alberta - 2014 - performed, directed, choreographed and coached

Edmonton Oil Kings Flashmob - Rogers Place, Alberta - 2014 - performed, directed, choreographed and coached

Western Canadian Fashion Week - Alberta - 2015-2016 - modelled, directed, choreographed and coached

Starquest - Las Vegas, NV - 2016 - choreographed and coached

Resort Performances - Puerto Vallarta, Mexico 2016 - performed, directed, choreographed and coached

Dream Centre Music Videos - Los Angeles CA/Las Vegas NV - 2016 - performed, choreographed and coached

Inside a Shelter for Abused/Rescue Farm Animals documentary - Las Vegas NV - 2016 - performed, choreographed and coached

"Where's Lana" - Nala cat video - Los Angeles, CA - 2016 - performed, choreographed and coached

"Happy Holidays" - Nala cat video - Los Angeles, CA - 2016 - performed, choreographed and coached

"Happy Halloween" - Nala cat video - Los Angeles, CA - 2016 - performed, choreographed and coached

"Canadian Thanksgiving" - Nala cat video - Los Angeles, CA - 2016 - performed, choreographed and coached

"Nala The Cat Goes to a Dance Audition" - Los Angeles, CA - 2016 - performed, choreographed and coached

"Wake Up" Music Video - Las Vegas, NV - 2017 - performed, choreographed and coached

"How I Am" Music Video with Las Vegas Rap artist Kemono - Las Vegas, NV - 2017 - performed, choreographed and coached

"The Dream Centre LA" Music Video - Los Angeles, CA - 2017 - performed, choreographed and coached

Families at The Dump tutorial videos - Alberta - 2018 - performed, directed, choreographed and coached

Dream Centre Block Parties - Watts, Los Angeles, CA - 2019 - performed, directed, choreographed and coached

"Millennium Nightmare" Stanley Carroll collection - fashion short film - Alberta - 2019 - choreographed and coached

Western Canadian Fashion Week - Alberta - 2017-2018-2019 - performed, directed, choreographed and coached

"I Do" Bridal Showcase Canada - 2019-2020 - performed, directed, choreographed and coached
FRAME Productions - Feature Film - Disguise - Alberta - 2020 - performed, choreographed and coached
FRAME Productions - Music video - Limo Tint - Alberta - 2021 - choreographed and coached
FRAME Productions - Artistic short film - Perfection - Alberta - 2021 - choreographed and coached
FRAME Productions - Artistic short film - Born To Be Me - Alberta - 2021 - choreographed and coached
FRAME Productions - Artistic short film - Depression - Alberta - 2021 - performed, choreographed and coached
Dadawear Fashion Show - Stanley Carroll Alberta - 2021 - directed, choreographed and coached
Shine FDC Dance Expo - Alberta - 2021 - directed
Oil Kings Game Flashmob - Rogers Place - Alberta - 2022 - directed, choreographed and coached
SPCA Gala Fundraiser - Alberta - 2022 - directed, choreographed and coached
Interval Home Gala Fundraiser - Alberta - 2022 - directed, choreographed and coached

Accreditation:

Advanced Royal Academy of Dance - Classical Ballet
advanced Imperial Society of Teachers of Dance - Classical Ballet
Associate of the Imperial Society of Teachers of Dance (Distinction)
Intermediate Cecchetti - Classical Ballet
Intermediate Imperial Society of Teachers of Dance - Tap
Reiki - Masters level
Bachelor of Metaphysical science
Grade 10 - Royal Conservatory of Music - Classical Piano

Training:

Alberta Ballet School
Edmonton School of Ballet
Grant MacEwan College
Marr Mac Dance and Theatre Arts
Royal Winnipeg Ballet
Tremaine - Los Angeles
3rd Street - Los Angeles
Edge - Los Angeles
Henry Letang - Las Vegas
University of Alberta - Classical Piano
Grant MacEwan College - Jazz Piano
John Casablancas Agency - Modelling/Acting

Genres:

Classical Ballet, Neo-classical Ballet, Pointe, Urban Jazz, Broadway Jazz, Street Jazz, Tap, Lyrical, Hip-Hop, Breakdancing, Contemporary, Modern, Stretch/Conditioning, Ballroom, Variety, Musical Theatre, Liturgical, Classical Piano, Jazz Piano

Teaching/Studio Ownership Experience:

Edmonton School of Ballet - senior instructor
Turning Point - Sherwood Park - senior instructor
Sherwood Park School of Dance - senior instructor
Step by Step School of Dance - Sherwood Park - senior instructor
Marr Mac Dance and Theatre Arts - ballet instructor
Dancefusion - Sherwood Park - co-owned and Senior Instructor
Antigravity Dance Company - founder, director
Fame Dance Studios Ltd - Lloydminster, Bonnyville, Cold Lake, Elk Point, Pierceland, Goodsoil, Provost, Spiritwood, Glendon
Instructed numerous workshops and conventions across North America for schools, competitions, dance studios, talent agencies and youth groups.
Instructed and choreographed for numerous resorts in Mexico and the Dominican Republic.

Magazine features:

numerous catalogue features for the Bay, Levis and Sears - modelled
FRAME Productions - Mob Journal features - pose choreography
FRAME Productions - Fienfh magazine features - pose choreography

Competitions & Awards:

numerous top choreography, top group, top soloist awards across North America at Candance, Standing Ovation, 5-6-7-8 Showtime, Dance Power, Showtime Promotions, Alberta Dance Festival, Starquest Las Vegas, Staquest Seattle
Top Groups - 5-6-7-8 Showtime Dance World Cup - Whistler, BC and Mont Tremblanc, QC
Best Dance Choreography - Oniros Film Awards - New York

Television Experience:

Harriet's Magic Hats - ACCESS TV television series - 1980-1986
Numerous commercials for the Bay, Sears, Levis, Canadian Dairy Association
SCTV episodes
multiple news cast interviews on CTV, NEWCAP News, CBC, ACCESS TV
Fame Dance Studios - How to Dance commercials

Modelling experience:

numerous fashion shows under John Casablancas modelling agency for Levis, the Bay, Sears
Western Canadian Fashion Week 2015-2020

Adjudication Experience:

Adjudicator for 5-6-7-8 Showtime events
Adjudicator for Flair Talent Agency events
Adjudication for TVYou Ballroom Competition

ARTISTIC BIO

Sarah C. R. Makins ARAD A.I.S.T.D.

Owner/Director - Fame Dance Studios Ltd.

29 - years teaching/ownership experience

Sarah started her training with classical ballet at Alberta Ballet school, Edmonton School of Ballet, Grant McEwan College, Royal Winnipeg Ballet all in professional programs since the age of 5. Summers were spent training at the Edge and Tremaine in LA and competing in the United States every year. She has taken ballet exams in Cecchetti, RAD and I.S.T.D. finishing with taking her Intermediate Cecchetti, Advanced RAD, Advanced I.S.T.D. and Associate of I.S.T.D. with Distinction. She also has extensive training in the Vaganova method studying with several Russian ballet teachers.

Sarah has also trained and has examinations in Al Gilbert and I.S.T.D. Tap, Jazz, Modern, Hip-Hop, Variety, Musical Theatre and Ballroom. She is also a classically trained pianist having her grade 10 Royal Conservatory as well as performing in numerous venues and concerts including many solo recitals.

Sarah has also modeled and acted, appearing in many local and national television commercials as well as TV series for Access Network and SCTV. Sarah also danced with several recording artists including the French composer Andre Gagnon.

She first learned hip-hop in LA from the best in the industry and has continued to take classes/conventions each summer bringing students of all ages to also keep up to date with current styles.

Sarah's dream was to be in a ballet company and use her talents to bring her love of the magic of ballet to audiences. After spending time in the ballet company world, she noticed that world brought with it some negative consequences for dancers such as not eating a proper diet, not being treated always with kindness or working in a cold, non-creative environment, not often focusing on helping others. Sarah felt that her calling was to bring the love of dance, professional level instruction, performance opportunities and the showing of selflessness through the art form of dance to students of all ages.

Sarah then began her planning. Ideas started with the desire to start a chain of dance studios that would have dance companies attached, all emphasizing teaching and performing dance in a healthy, positive, selfless and kind environment, offering students opportunities to experience professional performance and teaching opportunities.

She came back from the ballet company world and started teaching at the Sherwood Park School of Dance, Step by Step, The Edmonton School of Ballet and then co-owned Dancefusion in Sherwood park.

She also adjudicated for 5-6-7-8 Showtime dance competitions. International choreography highlights include setting main stage shows for several resorts in the Dominican Republic and Mexico.

While she was at Dancefusion, she had several advanced students training that wished to become professional dancers and professional teachers. She then opened the dance company Antigravity as well as several locations of dance studios across Alberta to make sure that these incredible students would be able to perform and teach in a diverse array of communities, spreading their love of dance to others.

She has had a youth dance company performing each year since Fame Dance Studios started in 2000. The company has performed in New York at the United Nations, has been to both Disneyland Anaheim and Disneyworld Florida numerous times, has performed both the Nutcracker and Sleeping Beauty in numerous theatres and schools bringing the joy and the beauty of classical ballet to school students. The company also performed a full production of Grease, Aladdin, Joseph and the Technicolour Dreamcoat to name a few. She also created and produced two full productions - Soulbration - a production with a spiritual/liturgical theme and Tropicana, a light hearted comedic murder mystery.

The company members also train in annual conventions in Las Vegas, perform at fashion shows including Western Canadian fashion week and are now producing and performing in music videos to raise awareness for multiple charity organizations including the Dream Centre in LA, Families at the Dump in Mexico and the Mustard Seed in Edmonton.

Sarah takes tremendous pride in having trained now over 50 graduates to become successful professional dancers, dance instructors, choreographers, models, dance company and dance studio owners. One of Sarah's latest graduates, Justin Hauber who made it into the Intensive training program at Harbour Dance - Vancouver, auditioned for Royal Caribbean cruise line and was successful. He is presently performing his first contract on board! Brandon Leroy appeared in Bridal Fantasy magazine his first year after graduating from Fame and attended Talent Inc in Toronto where he won a dance scholarship as well as a full scholarship to the Talent Inc. UK conference. Keith MacAskill, another of Sarah's graduates who only had 3 years of training with her, also successfully auditioned into the Intensive training program at Harbour, and has now performed with several different professional dance projects in Vancouver. He is excited to continue performing in the Vancouver area and one day will return to teach and share his experience. Shae Kuebler, a graduate of Sarah's from the Sherwood Park area established his own contemporary dance company in 2004 in Vancouver - Radical System Art. Emily Noton whom Sarah also taught at Dancefusion is an instructor at Harbour in Vancouver and has performed internationally. An incredible student, Jodi Chalifoux teaches dance at Dance Unlimited in Edmonton. Sarah had the pleasure of teaching Jeff and Aleasha Gatti who now teach at Shelly's Dance Co in Edmonton. Shelby Hager was Sarah's student for 12 years and became a professional full-time teacher and manager within Fame. Nicole Faull after having trained with Sarah for 13 years has performed with Orchesis, U of A in Edmonton, has been a member of the Kathleen Hughes Dance Association, she has performed in several internationally acclaimed arts festivals and is now in Toronto studying with Great Moving Dancers, The Underground Dance Centre and City Dance Corps. Samuel Lundell was Sarah's dance and piano student for 10 years studying Tap, Hip-hop and piano. He received his Grade 10 Royal Conservatory of Music with First Class Honours and now is touring, composing and recording his own gospel CD. These are just a few of the successful students that Sarah is infinitely proud of.

Sarah's passion for bringing kindness and positivity to her classes, her dance company members and to audiences will continue as long as she teaches and choreographs. She is very excited to combine mission work with the arts and show students and audiences how to help others and make a change in our world through dance and music.