

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 8 dance studios in Alberta

Artistic Director - United Ballet Company

Artistic Director - R.U.Evolution Dance Company

Artistic Director - FDC Sport & FDC Models

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

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 Dance Expo - Alberta - 2021 - directed, adjudicator
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
Shine Dance Expo - Alberta - 2022 - directed, adjudicator
Nutcracker - United Ballet Company - 2022
Alice in Wonderland - United Ballet Company - 2023
Cinderella - United Ballet Company - 2023
Nutcracker - United Ballet Company - 2023
Shine Dance Expo - Alberta - 2023 - directed, adjudicator
Edmonton Oil Kings Flashmob - Rogers Place, Alberta - 2024 - performed, directed, choreographed and coached
Beauty & The Beast- United Ballet Company - 2024
Grimms Fairytales - United Ballet Company - 2024
Shine Dance Expo - Alberta - 2024 - directed, adjudicator
Nutcracker - United Ballet Company - 2024
Edmonton Oil Kings Flashmob - Rogers Place, Alberta - 2025 - performed, directed, choreographed and coached
Sleeping Beauty - United Ballet Company - 2025
Toronto Kids Fashion Week - Edmonton Spring 2025 - performed, choreographed and coached
Toronto Kids Fashion Week - Calgary Spring 2025 - performed, choreographed and coached
Shine Dance Expo - Alberta - 2025 - directed, adjudicator
Aladdin - United Ballet Company - 2025
Nutcracker - United Ballet Company - 2026
Alberta Winter Games - Opening Ceremonies - performed, directed, choreographed and coached
Toy Story - United Ballet Company - 2026
Toronto Kids Fashion Week - Edmonton Spring 2026 - performed, choreographed and coached
Toronto Kids Fashion Week - Calgary Spring 2026 - performed, choreographed and coached
Shine Dance Expo - Alberta - 2026 - directed, adjudicator

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
Conventions across North America

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, Ardmore, Bonnyville, Cold Lake, Elk Point, Glendon, Marshall, Provost

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, Starquest 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

Toronto Kids Fashion Week - Edmonton & Calgary - 2025, 2026

Adjudication Experience:

Adjudicator for 5-6-7-8 Showtime

Adjudicator for Shine Dance Expo

Adjudicator for Flair Talent Agency

Adjudication for TVYou Ballroom Competition

Artistic Bio

Sarah C. R. Makins ARAD A.I.S.T.D. B. Msc. is Owner/Director of Fame Dance Studios Ltd. - a chain of 8 studios in Alberta, Canada. She is also Artistic Director of the United Ballet Company, R.U. Evolution Dance Company, FDC Models, FDC Sport, she is Dance Program Choreographer at the Dream Centre, Los Angeles, Director of Fame Dance Studios Teacher Training Program as well as Examiner for Fame's dance exam certification program.

Sarah grew up modelling, dancing & acting, appearing in many local and national television commercials & TV series for Access Network and SCTV including playing "Mandy" on Harriet's Magic Hats! Sarah has taken many

examinations having her Advanced RAD & Associate of I.S.T.D. in classical ballet, Intermediate Cecchetti, Advanced ISTD in tap, Grade 10 RCM piano. She has trained in Edmonton, Los Angeles & Las Vegas in ballet, jazz, contemporary, modern, tap, lyrical, hip hop, musical theatre, modelling, piano, and ballroom.

Sarah has worked with numerous resorts in Mexico and the Dominican Republic as trainer and choreographer.

Sarah teaches a broad spectrum of dance, acting and modelling styles, from hip-hop to ballroom to classical ballet, & caters to students of all ages & levels of experience, (beginner to professional). Fame's touring dance companies perform several times a year in Canada, the United States, & Mexico both on stage and behind the camera. With 33 years of teaching, ownership, choreography and master class instruction, Sarah has trained over 50+ graduates to become professional dancers, choreographers, dance company owner/directors, models, & studio owners. She has also been an adjudicator and master class teacher for numerous dance competitions.

Her passion is bringing the art & healing power of dance to not only her own students, but also students around the world who do not have the resources needed to take dance lessons. She takes her students annually to the Dream Centre in LA to teach & share dance with children who live in the projects & goes herself numerous times each year to foster their love of dance.

Sarah has been thrilled to collaborate with FRAME Productions - a professional production company that brings the finest film standards, creativity and ingenuity to every project they undertake.

Sarah also enjoys giving dancers and models the ability to be professionals from youth to adult ,as they train in the genre that they adore. The United Ballet Company performs three full length ballets each year, FDC models performs at numerous fashion shows each year, FDC Sport dances for half times shows and opening ceremonies, and R.U. Evolution films meaningful contemporary pieces that each have a message as to how to evolve and grow as a person, community member and Society.