

Jessica Thomas

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jessdanceartist.com

Curriculum Vitae

EDUCATION

2022	<i>MFA, Choreography, Wilson College</i> Concentrations: Choreography, Interdisciplinary Arts Thesis: <i>Conscious Listening Through the Lens of the Dancing Body</i> Thesis Advisors: Joshua Legg, MFA, Megan Mizanty, MFA, Eileen Standley, MFA
2008	<i>BFA, Dance, University of North Texas</i> *specificity upon request

PROFESSIONAL TRAINING

In progress	Skinner Releasing Technique, SRT Network
2016-2017	Massage Therapy, Cortiva Institute
2011-2012	Yoga (500 hr), Dallas Yoga Center

RELEVANT SKILLS

musician (violin, piano, voice), poetry, sound design, videography/film composition

PROFESSIONAL AFFILIATIONS

- Dance Studies Association
- Dance & Child International
- Dance Science and Somatics Educators
- American Massage Therapy Association
- Sammons Center for the Arts (focus group member)

TEACHING EXPERIENCE

Teaching Artist

2023-present	<i>Assistant Professor of Dance, Tenure-Track</i> Stephen F. Austin State University <ul style="list-style-type: none">• teach choreography II (dance film), modern and post-modern technique, ballet technique, jazz technique, dance improvisation, and somatic practices/dance conditioning, dance kinesiology• director of SFA Repertory Dance Company/Pre-Professional Dance Performance• choreograph group and solo work on selected students• mentor students with individualized honors projects and independent studies• help facilitate dance program auditions, performances, and student recruitment events• teach master classes for student recruitment and scholarship opportunities• teach technique classes at the annual American College Dance Association (ACDA)• serve on SFA Fine Arts Council• serve on SoTD Tenure & Promotion Committee• continued service on SFA School of Theatre and Dance Recruitment Committee
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2022-2023

Visiting Assistant Professor of Dance

Stephen F. Austin State University

- taught choreography II (dance film), modern technique, ballet technique, jazz technique, dance improvisation, somatic practices/dance conditioning, and dance appreciation
- choreographed group work on SFA Repertory Dance Company
- mentored students with individualized honors projects and independent studies
- helped facilitate dance program auditions, performances, and student recruitment events
- taught master classes for student recruitment and scholarship opportunities
- taught technique classes at the annual American College Dance Association (ACDA)
- served on the SFA School of Theatre and Dance Recruitment Committee
- designed audition flyers for the dance program

2009-2020

Teaching Artist, Collaborative Lecturer, Creative Assistant, Performer

Contemporary Dance Fort Worth

- taught modern/postmodern techniques, dance improvisation, and yoga, interweaving concepts from somatics, experiential anatomy, integrated bodywork, Authentic Movement, and Skinner Releasing Technique
- provided participatory dance performance lectures that involved interdisciplinary explorations, intersecting dance, music, visual arts, and creative writing to the general public in museums and art galleries throughout the DFW Metroplex
- assisted artistic director with administrative tasks, including grant research, fundraising initiatives, strategic marketing, and community outreach

2016, 2019,
2020, 2021

Visiting Teaching Artist, Lecturer, Performer

University of North Texas

- provided student-centered, somatic practice classes/lectures/workshops exploring embodied knowledge to a mixture of pre-professional dancers and varying university majors
- interwoven concepts from somatics, experiential anatomy, integrative bodywork, yoga, Qigong Shaking, and Skinner Releasing Technique

2009-2020

Teaching Artist, Collaborative Lecturer, Performer

Dance Delivered

- taught creative movement and modern dance classes
- provided participatory dance performance lectures to underserved communities to participants of all ages, abilities, ethnicities, and socio-economic backgrounds in schools and community centers throughout the DFW Metroplex

2018-2020

Founder, Teaching Artist, Administrator

Dance & Discovery

- provided somatically-centered creative dance in all-inclusive environments to childcare facilities and Montessori schools throughout Collin County
- designed student-centered, embodied curriculum for creative dance classes, nurturing each child's curiosity for movement and heightened body awareness
- performed all administrative tasks involving strategic marketing and outreach, bi-monthly newsletters to parents and schools, documentation of student enrollment and tuition

2019-2020

Teaching Artist, Administrative Assistant

Prosper Dance Theatre/Dance Arts

- taught pre-ballet, pre-tap, pre-professional ballet, pointe, and contemporary

- assisted in administrative duties, including strategic marketing, documenting class enrollments, and student tuition

2016-2020 *Teaching Artist*
White Rock Dance

- taught recreational creative movement, ballet, tap, and jazz

2016-2018 *Teaching Artist*
The Kids Dance Company

- taught recreational creative movement, ballet, tap, and jazz

2016-2018 *Teaching Artist*
Sheena's Dance Academy

- taught recreational creative movement, pre-tap, and pre-ballet

2016-2018 *Teaching Artist*
Frisco Dance Force/Prosper Dance Force

- taught recreational creative movement, pre-professional theatre, ballet, pointe, contemporary, and jazz

2011-2013 *Yoga Teacher*
Dallas Yoga Center

- provided somatic and yin yoga classes

2008-2013 *Teaching Artist*
The Colony Dance Studio

- taught recreational creative movement, pre-ballet, pre-tap, somatic yoga, conditioning for dancers, adult modern/contemporary, pre-professional ballet, and pointe

Masterclasses/Residencies

2026 *Guest Teaching Artist (representing Stephen F. Austin State University)*
University of North Texas

- taught dance improvisation during annual ACDA Conference
- presented collaborative dance piece for adjudication

2025 *Guest Teaching Artist (representing Stephen F. Austin State University)*
Texas State University

- taught dance improvisation during annual ACDA Conference
- presented interdisciplinary dance piece for adjudication

Guest Teaching Artist (representing Stephen F. Austin State University)
Arlington Heights High School

- taught open-level dance improvisation
- observed senior spotlight performances for potential scholarships

2024 *Guest Teaching Artist (representing Stephen F. Austin State University)*
University of Texas Austin

- taught peer-reviewed dance improvisation during annual ACDA Conference

2023 *Guest Teaching Artist (representing Stephen F. Austin State University)*
Sam Houston State University

- taught modern technique, dance improvisation, and somatic yoga classes during annual ACDA Conference

2022

Guest Teaching Artist

I.M. Terrell High School for STEM and Visual Performing Arts

- taught dance improvisation workshop for intermediate/advanced dance students

2021

Guest Teaching Artist

University of North Texas, Dance Program

- taught a hybrid wellness lecture and somatic yoga workshop

2011-2019

Guest Collaborative Lecturer

Modern Art Museum of Fort Worth

- provided participatory modern dance performance lectures as requested by the museum

2011-2018

Guest Collaborative Lecturer

Kimble Art Museum

- provided participatory modern dance performance lectures as requested by the museum

2012, 2015

Wellness Educator

Fort Worth ISD Physical Education/Professional Development Training

- taught somatic yoga classes for annual enrichment workshop for high school physical education teachers in the FWISD metroplex

2014

Guest Teaching Artist

Texas Ballet Theatre

- taught two, three-hour somatic yoga workshops for pre-professional and professional dancers

2014

Guest Teaching Artist

Arts Fifth Avenue

- taught pre-professional modern dance classes during week-long dance intensive

2013

Guest Teaching Artist, Collaborative Lecturer

Fort Worth Community Arts Center

- taught somatic dance and provided interdisciplinary collaboration activities during three-day FWISD arts educator enrichment workshop

2012-2013

Guest Collaborative Lecturer

Dallas Museum of Art

- provided participatory modern dance performance lectures as requested by the museum

2011

Guest Teaching Artist

Dance & Child International

- taught creative movement classes during week-long dance workshop

CHOREOGRAPHY/PERFORMANCE EXPERIENCE

Independent Choreography Premieres

2026	<p><i>Arising from the root (excerpts), (ACDA version)</i>, 12 dancers, music: Four Seasons Recomposition, Winter 2, Winter 3, and Summer 3 by Max Richter</p> <p><i>Arising from the root (Four Seasons), (formal/stage version)</i>, 12 dancers, music: Four Seasons Recomposition by Max Richter</p>
2025	<p><i>Underdeck Variation 2, (Dance Film Lab Screening, NYC)</i>, one dancer, sound design/videography/projection: Jessica Thomas</p> <p><i>Don't go back to sleep, (ACDA Gala Concert)</i>, one dancer, music textures: Michele Rabbia, Gianluca Petrella, Elvind Aarset, projection/film: Jessica Thomas, sound design: Jessica Thomas, poem: Jalal ad-Din Rumi, spoken word: Elijah Johnson</p> <p><i>Don't go back to sleep, (formal/stage version)</i>, one dancer, music textures: Michele Rabbia, Gianluca Petrella, Elvind Aarset, projection/film: Jessica Thomas, sound design: Jessica Thomas, poem: Jalal ad-Din Rumi, spoken word: Elijah Johnson</p> <p><i>When Water Speaks..., (presentation/RAISE Conference)</i> five dancers, music textures: Sealand Wave, Johann Johannsson, sound design: Jessica Thomas, projection/film: Jessica Thomas, stage design: Jessica Thomas</p> <p><i>When Water Speaks..., (formal/stage version)</i> five dancers, music textures: Sealand Wave, Johann Johannsson, sound design: Jessica Thomas, projection/film: Jessica Thomas, stage design: Jessica Thomas</p> <p><i>Duke Ellington Jazz Suite</i>, 15 dancers, nine dances, composer: Duke Ellington, live musicians: SFASU Jazz Band, conductor: JD Salis</p>
2024	<p><i>Chronos/Kairos (presentation/RAISE Conference)</i>, four dancers, music textures: Michael Wall, Eckert & Hagen, sound design/poetry: Jessica Thomas, projection/film: Jessica Thomas, written words & drawings: all dancers</p> <p><i>Chronos/Kairos (formal/stage version)</i>, four dancers, music textures: Michael Wall, Eckert & Hagen, sound design/poetry: Jessica Thomas, projection/film: Jessica Thomas, written words & drawings: all dancers</p>
2023	<p><i>Plastic(ity) (art gallery installation)</i>, one dancer, sound design: Jessica Thomas, film composition: Jessica Thomas, projection: Jessica Thomas</p> <p><i>Reveries</i>, nine dancers, sound design: Jessica Thomas, film composition: Jessica Thomas</p> <p><i>Estrela é Lua Nova</i>, two dancers, composer: Heitor Villa-Lobos, choir conductor: Michael Murphy, vocalists: SFASU A Cappella choir</p> <p><i>Sub(liminal) Hues</i>, seven dancers, music textures: Michael Wall, sound design/poetry: Jessica Thomas, spoken word: Jessica Thomas and dancers, interpretive visual art: all dancers</p> <p><i>Underdeck (Variation 1): Projection Installation</i>, one dancer, sound design/projection: Jessica Thomas</p>
2022	<p><i>Lean In</i>, one dancer, composer: Michael Wall and Jessica Thomas, poetry: David Bacon</p> <p><i>Underdeck 1</i>, one dancer, sound design/videography/projections: Jessica Thomas</p> <p><i>Variation Dialogues: Interactive Projection/Media Installation</i>, sound design and projection/media installation: Jessica Thomas</p> <p><i>Vortex 360</i>, one dancer, sound design/virtual reality videography: Jessica Thomas</p> <p><i>Vortex Variations (1-3)</i>, one dancer, sound design/videography: Jessica Thomas</p> <p><i>Workshop 360</i>, one dancer, sound design/virtual reality videography: Jessica Thomas</p> <p><i>Workshop Variations (1-3)</i>, one dancer, sound design/videography/projections: Jessica Thomas</p>

Stairwell 360, one dancer, sound design/virtual reality videography: Jessica Thomas
Stairwell Variations (1-3), one dancer, sound design/videography/projections: Jessica Thomas
Underdeck 360, one dancer, sound design/virtual reality videography: Jessica Thomas
Underdeck Variations (1-3), one dancer, sound design/videography/projections: Jessica Thomas

2021
Light Dances, one dancer, sound design/videography: Jessica Thomas
Synergy Dances, one dancer, sound design/videography: Jessica Thomas
Illuminight, one dancer, sound design/videography: Jessica Thomas, poetry: David Bacon
Beneath the Noise (Truth Beckons Unabating), one dancer, sound design: Jessica Thomas
Moon Butter Memory, one dancer, sound design/videography/projection/poetry: Jessica Thomas
What You Want This To Be, one dancer, sound design/videography: Jessica Thomas

2020
In Memoriam, one dancer, sound design/videography: Jessica Thomas
Roofers' Ethnography, one dancer, sound design/videography/spoken word: Jessica Thomas
Dark Dances, one dancer, sound design/videography: Jessica Thomas

2019
Heima (Mourning), one dancer, composer: Texas New Music Ensemble
Heima (Silence), one dancer, performed in silence
Chance Divided by 2 (Part 1 & 2), one dancer, composer: David Bacon
Glow, one dancer, composer: Nils Frahm
Feminine Flame, one dancer, composer: Shakti, poetry: Jessica Thomas
Dance with Chance (theatrical version), one dancer, composer: David Bacon
Traces of Motion #1, one dancer, videography: Jessica Thomas, performed in silence

2018
Trinity, one dancer, composer: Daniel Katsuk
Dying for Harmonium, one dancer, composer: John Hopkins

2015
Untitled, two dancers, composer: Zoe Keating
Untitled, eleven dancers, composer: Brian Setzer Band

2013
Beyond Breathing. The Uncreated. The Unknown., one dancer, composer: Sigur Ros
Heima Variations (ongoing), one dancer, performed in silence
Green Ivory, one dancer, composer: Craig Duncan

2012
Always Gives You Water, one dancer, composer: Sigur Ros
(U)niverse, one dancer, composer: Jonsi & Alex
Untitled, six dancers, composer: Ludwig van Beethoven

2011
U Knows, one dancer, composer: Jonsi & Alex
Untitled, five dancers, composer: Jonsi & Alex
Untitled, six dancers, composer: Pyotr Ilyich Tchaikovsky

2010
seenunseen, one dancer
Untitled, five dancers, composer: E. S. Posthumus

Collaborative Company Choreography Premieres

2023
Contemporary Dance Fort Worth
Actions and Elegies for Robert Motherwell, 13 dancers, composers: John Hopkins, Doug Ferguson, William Meadows, Brittany Padilla

2019
Contemporary Dance Fort Worth
Accidental Archipelago, two dancers, performed in silence

The Annihilation of Time and Space – Version 1, six dancers, performed with four metronomes
Group Structures, six dancers, composer: James Talambas
Trio Dialogues, three dancers, composer: Texas New Music Ensemble

2018
Contemporary Dance Fort Worth
Murakami Mezza, seven dancers, composer: John Hopkins

2016
Contemporary Dance Fort Worth
ConStellations: Cosmos to Chaos, eight dancers, composer: John Hopkins, Allen Austin, and Bob Mansfield
Shapes Dance, five dancers, composer: John Hopkins

2015
Contemporary Dance Fort Worth
Dance Unplugged, seven dancers, composer: John Hopkins and Austin Patton
Stomping Out: Abridged History of Modern Dance, seven dancers, composer: Bee Gees

2014
Contemporary Dance Fort Worth
Sky Descending: Dancing Between Two Buildings, seven dancers, composer: John Hopkins and Brittany Padilla
Some Assembly Required, five dancers, composer: Austin Patton
Live Bates: Structured Improvisations, four dancers, performed in silence
Sculpture Dance/Garden, seven dancers, composer: Westin Portillo

2013
Contemporary Dance Fort Worth
Chagall: Beyond Color, five dancers, composer: Austin Patton
Sculpture Dance/North Park, seven dancers, composer: Austin Patton and Jon David Johnston

2012
Contemporary Dance Fort Worth
Freudian Slips and Silent Screams, seven dancers, performed in silence
Irresistible Forces, five dancers, performed in silence

Satellite Dance Collective
Shade, three dancers, set and projection design: Scott Martin

2011
Contemporary Dance Fort Worth
IAm uAre, five dancers, composer: Sarah Donaldson
Satellite Dance Collective
Phoenix, three dancers

2010
Contemporary Dance Fort Worth
The Butterfly Effect and Other Beautiful Catastrophes, seven dancers, composer: William H. Meadows
Irresistible Forces: A "Happening" in Honor of Mother Nature, seven dancers, performed in silence
A Muse Was Here: musing for the theatre, nine dancers, composer: Layne Redmond
3 B's and a C, seven dancers, composer: Johann Sebastian Bach, Johannes Brahms, Ludwig van Beethoven, George Clinton
Muscle Memory Dance Theatre
Untitled, nine dancers

2009
Contemporary Dance Fort Worth
A MUSE Was Here: musing on artistic inspiration in the MUSEum, nine dancers, composer: Layne Redmond
Shadow Dancing, seven dancers, composer: Justin Eves
Paper Bags and Bare Feet: art is play when the ordinary meets the imaginary, five dancers

Random Acts of Dance, eight dancers, performed in silence
Shut Up and Dance!, seven dancers, composer: Sloan Automatic
A Jazzy Christmas, seven dancers, composer: Adonis Rose, Fort Worth Jazz Orchestra, and Duke Ellington
Muscle Memory Dance Theatre
Untitled, seven dancers
Satellite Dance Collective
The Eclipse Project Part 1, two dancers
Untitled, two dancers

Performances of Choreographer/Company Premieres

*specificity of additional extensive professional company training available upon request

2020

Claudia Porcasitas

ReImagine Self, three dancers, composer: Andrew DiRemiggio Stoltz and Michael Wall

2016

Gus Solomons Jr. (Merce Cunningham Dance Company)

*Steps 13: Thirteen*s/restaging, six dancers, composer: Jalalu-Kalvert Nelson

2015

Kerry Kreiman

Caravan of Screams, 3 dancers, composer: Halloween Compilation

2012

Kerry Kreiman

Organized Dances, seven dancers, composer: Brave Combo
Currents, five dancers, composer: Johann Sebastian Bach

Claudia Porcasitas

The Human Season, seven dancers, composer: Anna Phoebe

Courtney Mulcahy

Kakudo, five dancers, composer: Jon David Johnston

2011

Kerry Kreiman

Winter Night, five dancers, composer: William Meadows

Claudia Porcasitas

Madre Luna, two dancers, composer: Mecano

Sarah Newton

after dusk, before dawn, six dancers, composer: Van Eric Martin

Untitled, six dancers

2010

Kerry Kreiman

Terminus, seven dancers, composer: William Meadows

Something To Crow About: A Dance Suite, seven dancers, composer: Leeann Atherton

Colin Connor (José Limón Dance Company)

Instincts, eleven dancers

Elizabeth Gillaspy

New Best Friend/restaging, two dancers

Kihyoung Choi

Please Stop Being Nice!, two dancers, composer: Meredith Monk and Byoung Lee

Lori Sundeen Soderbergh

As Seen on TV, one dancer

Questions (Blowin' in the Wind), one dancer, composer: Bob Dylan

Claudia Porcasitas

Chao, one dancer, composer: Meredith Monk

Backhaus Dance Company

Untitled, thirteen dancers

2009	Kerry Kreiman <i>Stand Next To You</i> , two dancers, composer: Sloan Automatic
	Lori Sundeen Soderbergh <i>Dance Painting</i> , three dancers
2008	Brenna Monroe-Cook (José Limón Dance Company) Jose Limon's <i>Psalm</i> /restaging, thirteen dancers, composer: Jon Magnussen
	Shelley Cushman <i>En I Me</i> , fourteen dancers, composer: Jesse Coulter

INTENSIVES/WORKSHOPS PARTICIPATED IN

Bartenieff Fundamentals (PA), 2022, Kristen Chun/Alexander Technique (PA), 2021, Out on a Limb Dance Company (TX), 2013, 2015, 2017, Brazos Dance Collective (TX), 2012, 2014, Dallas Black Dance Theatre (TX), 2012, Brenna Monroe-Cook (CA), 2008, 2010, Colin Connor (CA), 2010, 2011, Risa Steinberg (CA), 2011, Bill Evans Somatic Dance (TX), 2009, 2011, 2014, Backhaus Dance Company (CA), 2009, 2010, Merce Cunningham Dance Company (NY), 2008, 2009, Alvin Ailey Dance Company (NY), 2005, 2008, 2010, Jose Limon Dance Company (NY), 2008, 2009, 2010, Dance New Amsterdam (NY), 2004, 2005, 2008, 2009, Peridance Center (NY), 2004, 2005, 2008, 2009, Carla Maxwell (NY), 2008, Andy Noble (TX), 2008

AWARDS & HONORS

ACDA Gala Concert recipient, 2025
 SoTD Outstanding Faculty Award Nominee, 2024
 Evans Somatic Dance Institute Scholarship recipient, 2015
 José Limón Intensive Scholarship recipient, 2010
 Backhaus Dance Intensive Scholarship recipient, 2009
 Lucille Murchison Dance Scholarship recipient, 2004
 Chi Tau Epsilon: Dance Honor Society, 2004-2008

REFERENCES

Joshua Legg
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 Wilson College
 Associate Dean for Academic Affairs & MFA Program Director
 717-264-2781

Kerry Kreiman
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 Contemporary Dance Fort Worth
 Executive/Artistic Director
 817-401-1671

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