

Tiffany Hale

DANCE EDUCATOR, ARTIST, FILMMAKER

tiffanyhale.com

Education

2026	University of North Carolina Greensboro - Greensboro, NC M.F.A. in Dance (degree expected May 2026)
2019	Winthrop University - Rock Hill, SC B.A. in Dance with K/12 Certification Teaching Certification Number: 295180 Graduated Magna Cum Laude

Choreographic Work

January 2026	marathon - dance film, presented at the Greensboro Cultural Center in Greensboro, NC
October 2025	Wo(mansplain) - presented at Coleman Dance Theatre at UNCG
March 2025	Undertow - presented at Coleman Dance Theatre at UNCG
February 2025	Shed v2 - dance film *Official Selection for Black Lives Rising Festival in New York. *Screened at the African Americans and Labor Black History Month Performance at UNCG
December 2024	Council - dance film *Official Selection for Dance Film Festival Prague and Columbus Film, Author, and Photography Festival *Live rendition performed at BOOM Festival Charlotte 2025
November 2024	Strata - Presented at Coleman Dance Theatre at UNCG
April 2024	Swallow - dance film

**Official Selection and Award Winner for the Greensboro Dance Film Festival, Columbus Film, Author, and Photography Festival, and Interfaccia Digitale.*

February 2024	2 r e m o v e - Presented at Greensboro Project Space
November 2023	fig tree - informal performance at Coleman Dance Theatre at UNCG
October 2022	dichotomy - dance film
November 2018	Cracked Foundation - Presented at Johnson Dance Theatre at Winthrop University and ACDA Informal Gala 2019
April 2018	Broken Mirrors - Presented at Johnson Dance Theatre at Winthrop University

Research Experience

2026	Obscura: Phenomenology, Screendance, and Ways of Seeing – UNC Greensboro, School of Dance MFA Thesis -Advisor: Robin Gee
2025	Brave Spaces: Ethnographic Research on Black Women in Pole Fitness – UNCG Graduate Forum 2025 (IRB Approved)
2024	Shed: Investigating the Female Body and Gaze in Cinema – UNCG Graduate Forum 2024

Teaching experience

2024-Present	Greensboro Ballet , Greensboro, NC 27410 Contemporary I and Jazz Level B and C Teacher Work with children ranging from nine to twelve years old on beginning and intermediate contemporary technique with an emphasis in Safety Release and beginning Jazz technique.
2023-2026	UNC Greensboro , Greensboro, NC 27410 Teaching Assistant/Associate and MFA Candidate - College of Visual and Performing Arts Courses Taught: DCE 232, 432, and 632: Pilates for a Healthy Body – a general education course focusing on Pilates fundamentals and injury prevention.

- DCE 101: Introduction to Dance
- DCE 111: Introduction to Contemporary
- DCE 116: Jazz I
- DCE 112: Contemporary I

Courses as Teaching Assistant:

- DCE 232 and 432: Pilates for a Healthy Body
- DCE 465: Screen Dance
- DCE 212: Contemporary Dance II (Safety Release Technique)
- DCE 453: Choreography III

2019-2022

Central Academy of the Arts Elementary School Central, SC 29630

Dance Instruction, Related Arts

- Collaborated with general education teachers to conduct integrated lessons for students
- Taught dance technique, choreographic methods, creative movement, history, and improvisation
- Managed the classroom and enforced classroom expectations
- Choreographed for musicals and events
- Organized performances and costuming for dance, music, and theatre events.

Guest Teaching, Masterclasses, Conference Presentations

2026	Safety Release Technique - ACDA SouthEast Conference
2025	Safety Release Technique - Contemporary II at UNCG
2024	High School Dance Day - UNC Greensboro
2024	Mat Pilates Workshop - North Carolina Dance Education Organization Conference (NCDEO)
2023	Contemporary Technique - NC Dance District in Charlotte, NC
2021	Artist in Residence - Arts Reaching Middle and Elementary Schools (ARMES) Program

Grants and Awards

2025-2026	Mary Jean Pyatt Scholarship in Dance - UNCG School of Dance
2025	Columbus Author, Photography, and Film Festival Award Winner

2025	Greensboro Dance Film Festival Award Winner
2024	Graduate School Summer Stipend - UNCG Graduate School
2024	Sue Stinson Endowment Grant - UNCG School of Dance
2023-2026	Full Teaching Assistantship and Tuition Remission - UNCG School of Dance

Creative Research and Published Works

2026	Black Lives Rising Film Festival – Official Selection Film: <i>Shed v2</i>
2025	Interfaccia Digitale – Official Selection Film: <i>Swallow</i>
2025	Columbus Author, Photography, and Film Festival – Official Selection Film: <i>Swallow</i>
2025	Columbus Author, Photography, and Film Festival – Official Selection and Award Winner Film: <i>Council</i>
2025	Dance Film Festival Prague – Official Selection Film: <i>Swallow</i>
2025	Carolina Muse Literary and Arts Magazine – Digital Publication Film: <i>Council</i>
2025	Greensboro Dance Film Festival – Award Winner Film: <i>Swallow</i>
2024	Carolina Muse Literary and Arts Magazine – Digital Publication Film: <i>Swallow</i>

Community Engagement Events / Performances

2023-2026	Drawn to Dance Title/Position: Co-director https://researchmagazine.uncg.edu/2024-issue/drawn-to-dance
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Improvisational, multi-disciplinary event for the community hosted by the Weatherspoon Arts Museum and UNCG School of Dance - *sponsored by the Sue Stinson Endowment Grant.*

2024

Not Another Chair Dance

Title/Position: Co-director

Free satirical, graduate level production that explored the ubiquity of chairs in contemporary dance performance - hosted by UNCG School of Dance.

2024

Retrofuturism

Title/Position: Co-director

Free performance hosted by Greensboro Project Space that investigates how our past informs our future - *sponsored by the Sue Stinson Endowment Grant.*

Certifications

2026

Elementary Labanotation Certification (in progress)

2025

Pilates Mat 1,2,3 and Reformer 1,2,3 Certification

Balanced Body

2025

Language of Dance: Foundations 1 Certification

Language of Dance Center USA

Motif Notation

2021

South Carolina K-12 Teaching License

Professional Affiliations

2021-2022

South Carolina Dance Association

Upstate Regional Coordinator

- Notified other regional coordinators of dance events happening in the Upstate area / coordinated performances in the Upstate

- Voted on important issues amongst the board and SCDA events
- Helped organize and teach at events such as the “SCDancing Festival”
- Taught scholarship auditions for Winthrop University

Leadership Positions

2026	UNC Greensboro Position: Marketing and Recruitment Assistant
2025-2026	Association of Graduate Students in Dance Position: President
2024-2025	UNCG Pilates Program Position: Pop Up Pilates Scheduler, Facilitator, and Social Media Manager
2024-2025	Association of Graduate Students in Dance Position: Vice President
2023-2024	Association of Graduate Students in Dance Position: Secretary
2021-2022	South Carolina Dance Association Position: Upstate Regional Coordinator

Performance

2026	<i>Big Beats</i> by Joanna Kotze
2026	<i>Utopia</i> by Jonah Carrel
2025	<i>Your Time, Caught, Holds Mine</i> by B.J. Sullivan
2024	<i>Breakfast Served</i> by Jonah Carrel
2023	<i>Bodies</i> by Tiffany Hale
2023	<i>Shed</i> by Tiffany Hale
2019	<i>Journey</i> by Maria Caruso (restaged by Lauren Skrabalak)

2018	<i>The Waiting Room</i> by Salvatore Aiello (restaged by Mia Cunningham)
2017	<i>Broken Code</i> by Rebecca Bryant
2017	<i>Motown Medley</i> by Kelly Ozust
2016	<i>Shelter</i> by Meg Schriffen

Dance Training

2013-Present

Modern / Contemporary –

- Dance Assembly GSO (2025) – with Gerri Houlihan, Carrie Plew, Caitlyn Shrader, Jasmine Powell, Marielis Garcia
- UNC Greensboro (2023-Present) – with BJ Sullivan and Caitlyn Shrader (Safety Release Technique), Clarice Young
- Open Door Studios (2022-Present) – with Megan Payne
- Winthrop University (2015-2019) – with Kelly Ozust, Meg Schriffen, Stacy McConnell.
- Etude Winterguard and CROWN (2015-2019) - with Brian Winn and Herbert Washington
- Palmetto Dance Productions (2012-2015)- with Elise Archie

2014-Present

Ballet –

- UNC Greensboro (2023-Present) – with Chelsea Hilding
- Open Door Studios (2022-Present) – with Kim Diepold
- Winthrop University (2015-2019) – with Lauren Skrabalak, Mia Cunningham, and Bethany Tuffey
- Palmetto Dance Productions (2012-2015) – with Elise Archie
- York County Ballet (2014) – with Anne Blackwell

2013-Present

Jazz –

- Uprooted Teacher Workshop (2025) - with Lynn Simonson, Maurice Watson, Robin Gee, and Chanon Judson
- UNC Greensboro (2023-Present) – with Maurice Watson
- Winthrop University (2015-2019) - with Meg Schriffen, Kelly Ozust, and Julianna Hane.

2015-Present

Hip Hop –

- Dance Project (2023-Present) – with Elijah Motley
 - NC Dance District (2022-Present) – with Alex White, Wayne 'Stormi' Boyd, Tiffany Monet
 - Palmetto Dance Productions (2012-2015)- with Elise Archie
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References

B.J. Sullivan

Professor of Dance, College of Visual and Performing Arts,
UNC Greensboro
Founder of Sullivan Safety Release Technique
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Email: ejulli2@uncg.edu

Robin Gee

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Nina Munda

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Janet Lilly

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