

# Tiffany Hale

DANCE EDUCATOR, ARTIST, FILMMAKER

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## Education

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

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## Choreographic Work

<b>March 2025</b>	<b><i>Undertow</i></b> - Presented at Coleman Dance Theatre at UNCG  Undertow investigates the fragility of memory with the choreographic form representing the progression of dementia.
<b>February 2025</b>	<b><i>Shed v2</i></b> - 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  Shed examines the emotional labor of women and the shedding of societal expectations. Through interviews, I gather their stories of dance training, childhood, and current endeavors—what haunts them, where they feel most confident, and their insecurities. These conversations shape phrase work and improvisational prompts, allowing the dancers to reclaim their agency through screen dance.
<b>December 2024</b>	<b><i>Council</i></b> - dance film *Official Selection for Dance Film Festival Prague and Columbus Film, Author, and Photography Festival *Live rendition performed at BOOM Festival Charlotte 2025

Council draws inspiration from Robin Wall Kimmerer's book, Braiding Sweetgrass. This film explores the intimate bond within a community of women, mirroring the reciprocity and interconnectedness found in nature.

**November 2024**

**Strata** - Presented at Coleman Dance Theatre at UNCG

Strata aims to unveil the fragile architecture that supports constructs of race, status, and belonging.

**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.*

With a research focus in lighting and embodied camera work, Swallow personifies grief as a void that consumes.

**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

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## Research experience

**2026**

**Obscura** – UNC Greensboro, School of Dance MFA Thesis Concert  
-Faculty Advisor: Robin Gee

**2025**

**Brave Spaces: Ethnographic Research on Black Women in Pole Fitness** –  
UNCG Graduate Forum 2025 (IRB Approved)  
-Faculty Advisor: Ana Paula Höfling

**2024**

**Shed: Investigating the Female Body and Gaze in Cinema** –  
UNCG Graduate Forum 2024  
-Faculty Advisor: Ana Paula Höfling

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## Teaching experience

<b>2024-Present</b>	<b>Greensboro Ballet</b> , Greensboro, NC 27410 Contemporary I and Jazz Level B and C Teacher <ul style="list-style-type: none"><li>• 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.</li></ul>
<b>2023-2026</b>	<b>UNC Greensboro</b> , Greensboro, NC 27410 Teaching Assistant/Associate and MFA Candidate - College of Visual and Performing Arts Courses Taught: <ul style="list-style-type: none"><li>• DCE 232 and 432: Pilates for a Healthy Body – a general education course focusing on Pilates fundamentals and injury prevention.</li><li>• DCE 101: Introduction to Dance</li><li>• DCE 111: Introduction to Contemporary</li><li>• DCE 116: Jazz I</li><li>• DCE 112: Contemporary I (Dance Major Course)</li></ul> Courses as Teaching Assistant: <ul style="list-style-type: none"><li>• DCE 232 and 432: Pilates for a Healthy Body</li><li>• DCE 465: Screen Dance</li><li>• DCE 212: Contemporary Dance II (Safety Release Technique)</li><li>• DCE 453: Choreography III</li></ul>
<b>2019-2022</b>	<b>Central Academy of the Arts Elementary School</b> Central, SC 29630 Dance Instruction, Related Arts <ul style="list-style-type: none"><li>• Collaborated with general education teachers to conduct integrated lessons for students</li><li>• Taught dance technique, choreographic methods, creative movement, history, and improvisation</li><li>• Managed the classroom and enforced classroom expectations</li><li>• Choreographed for musicals and events</li><li>• Organized performances and costuming for dance, music, and theatre events.</li></ul>

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## Grants and Awards

<b>2025-2026</b>	<b>Mary Jean Pyatt Scholarship in Dance</b> - UNCG School of Dance
<b>2025</b>	<b>Greensboro Dance Film Festival Award Winner</b>
<b>2024</b>	<b>Graduate School Summer Stipend</b> - UNCG Graduate School

2024	Sue Stinson Endowment Grant - UNCG School of Dance
2023-2026	Full Teaching Assistantship and Tuition Remission - UNCG School of Dance

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## Creative Research and Published Works

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

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## Dance Training

2013-Present	<b>Modern / Contemporary –</b> <ul style="list-style-type: none"> <li>Dance Assembly GSO (2025) – with Gerri Houlihan, Carrie Plew, Caitlyn Shrader, Jasmine Powell, Marielis Garcia</li> <li>UNC Greensboro (2023-Present) – with BJ Sullivan and Caitlyn Shrader (Safety Release Technique), Clarice Young</li> </ul>
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- 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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## Community Engagement Events / Performances

#### 2023-2025

##### Drawn to Dance

Title/Position: Co-director

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.*

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## Certifications

2026	<b>Elementary Labanotation Certification (in progress)</b>
2025	<b>Pilates Mat 1,2,3 and Reformer 1,2,3 Certification</b> Balanced Body
2025	<b>Language of Dance: Foundations 1 Certification</b> Language of Dance Center USA Motif Notation

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## Professional Affiliations

2021-2022	<b>South Carolina Dance Association</b> Upstate Regional Coordinator <ul style="list-style-type: none"><li>• Notified other regional coordinators of dance events happening in the Upstate area / coordinated performances in the Upstate</li><li>• Voted on important issues amongst the board and SCDA events</li><li>• Helped organize and teach at events such as the "SCDancing Festival"</li><li>• Taught scholarship auditions for Winthrop University</li></ul>
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## Leadership Positions

2025-2026	<b>Association of Graduate Students in Dance</b> Position: President
2024-2025	<b>UNCG Pilates Program</b> Position: Pop Up Pilates Scheduler, Facilitator, and Social Media Manager
2024-2025	<b>Association of Graduate Students in Dance</b> Position: Vice President
2023-2024	<b>Association of Graduate Students in Dance</b>

Position: Secretary

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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  
Phone: 336-334-3573  
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**Robin Gee**

Director of Graduate Studies, College of Visual and Performing  
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**Dr. Ana Paula Höfling**

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**Janet Lilly**

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