

Krista Jennings Langford



Dance Teacher & Choreographer

I would love to offer your school my services as a guest/substitute dance teacher and/or choreographer for your dance program or dance team. In this portfolio you'll find my resume, photos, and classes and services I offer.

In 2008, I graduated summa cum laude from TCU with a BFA in Ballet and Modern Dance as well as a BA in English. During my time at TCU, I received the Calloway and Jerry Bywaters Cochran Scholarship for Excellence in Modern Dance, and I also received a grant for Undergraduate Creativity, which I used to produce a concert of my own choreography.

Following graduation, I taught at a variety of studios in the DFW area and also choreographed for many student dance groups. I danced and served as resident choreographer for Fort Worth professional company Texas Dance Theatre and performed in two high-energy musical productions at Six Flags Over Texas. In addition, I have worked as a freelance blogger and writer for national and DFW publications including Dance, Dance Spirit, and Dance Teacher magazine, Fort Worth Opera, and The Dance Council of North Texas' quarterly.

Most recently, I've worked as a teacher of adult technology classes for Microsoft. While teaching 4-6 classes a day, 7 days a week for the better part of 3 years, I was able to develop my teaching skills as well as my passion for technology. I learned that, when teaching, simple communication is best. I learned patience, and, most importantly, I learned that I love teaching.

My varied background gives me the opportunity to speak to your students in a unique way. When I teach dance technique classes, my goal is to make the concepts as simple as possible, challenge students to work at their highest level, and find ways to connect their other classes and experiences to the lessons learned in dance class and vice versa. I would also love to open your students' eyes to things they normally wouldn't encounter until college, but in a way that's age and ability-appropriate. That's why I'm excited to offer workshops on subjects like dance for camera, choreography, and the creative feedback process.

I am available as a substitute teacher or as a guest teacher for special events. In addition, I would be thrilled to offer your school workshops on a variety of topics. Feel free to turn to **page 2** for my resume, and to **page 4** to see the workshops and classes I'm available to teach as well as my rates. If you have a need for audition judges, I'd be happy to serve in that way as well.

Please feel free to contact me if you have questions about my services and offerings. I hope to hear from you soon.

Krista Langford  
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(770) 891 7260

## **FORMAL EDUCATION/HONORS- Texas Christian University**

BFA in Ballet & Modern Dance, graduated summa cum laude

Dean's Scholarship, 4.0 GPA

Calloway and Jerry Bywaters Cochran Scholarship for excellence in modern dance

## **TRAINING**

**School for Classical and Contemporary Dance at TCU (2004-2008)**

**Coursework:** ballet, pointe, modern dance, jazz, character dance, partnering, teaching methods, choreography, dance history

**Faculty:** Li-Chou Cheng, Carrie Cheng, Susan Douglas Roberts, Elizabeth Gillaspay, Nina Martin, Ceyhun Oszoy, , Ellen Shelton, Mica Trocajek, Dian West

**Lawrenceville School of Ballet (1992-2004)**

**Styles:** Ballet, pointe, modern dance, jazz, tap

**Faculty:** Phyllis Allen, Robert "BJ" Hilbun, Amy Orr, Melissa Stevens

### **Workshops/Master Classes**

2007 Bates Dance Festival

2006 TCU Alonzo King Master Class & Workshop

2006 Broadway Theatre Project, Debra McWaters (director)

2005 North Carolina Dance Theatre summer program

## **EXPERIENCE**

Substitute/Guest Teacher (2008-present) for numerous dance schools & programs including: Fort Worth Academy of Fine Arts, Texas Ballet Theater School, Arlington Heights High School, Ingredients Dance Company, Contemporary Dance/Fort Worth. Dance genres taught: Ballet, modern/contemporary, jazz. All levels & ages.

**Arlington Classical Ballet Academy (January 2014-present)**

Contemporary teacher, advanced level

**Innovative Dance, Inc. (January 2014-present)**

Teacher, choreographer

**ImPULSE Dance Project (December 2013-present)**

Dancer

**Texas Ballet Theater (June 2012)**

Modern teacher and choreographer, Junior Summer Intensive

**Gayle Corkery School of Ballet (2009-2010)**

Teacher, choreographer

**Texas Dance Theatre (2009-2010)**

Dancer, resident choreographer

**Six Flags Over Texas (2009)**

Dancer for 2 seasonal shows

**Texas Christian University (2008-2010)**

Substitute teacher, demonstrator for beginner modern class, rehearsal director, producer and choreographer of concert consisting of six original works



**PLEASE NOTE:** All Rates listed are preferred but are simply a suggested starting point, and are negotiable depending on your school's needs and existing practices. If significant travel is required, payment for commute expenses may be necessary.

### **SUBSTITUTE OR GUEST TEACHING**

**Rates: \$35/hour, \$50/90 minutes**

All classes available for all levels and ages and will be tailored to the levels and ages present.

#### **Ballet Technique**

Class consists of age-appropriate exercises at the barre, center, and across the floor, following the traditional ballet class structure. Emphasis is placed on learning and developing proper ballet technique and class etiquette.

#### **Modern/Contemporary Dance Technique**

Class consists of a warm-up that begins on the floor, then moves to standing exercises. Students will then move across the floor, and class ends with a challenging center floor combination. Emphasis is placed on floor work, learning and performing contemporary movement, and interpreting movement in new and non-traditional ways.

#### **Jazz Dance Technique**

Class consists of a warm-up that includes isolations, abdominal work, stretching, and strengthening exercises. Students will practice jumps and turns moving across the floor, pirouettes (when age and level appropriate), and end class with a challenging center combination. Emphasis is placed on musicality, moving with high energy, and exhibiting personal style and expression.

#### **Musical Theater Dance**

Class is similar to a jazz dance technique class. Students will be challenged to exhibit a high level of performance quality and stage presence throughout the class. The final combination will incorporate a song from a Broadway musical, and students are encouraged to perform the combination in character.

### **CHOREOGRAPHY**

**Rate: \$100/minute of choreography**

New work created for any age or level. Styles of works offered: classical ballet, contemporary ballet, contemporary dance, jazz dance, theater dance.

## WORKSHOPS

**Rates: \$100/hour**

All workshops, with the exception of Contemporary Ballet Movement Invention, are available for and will be tailored to the ages and levels present.

Workshops are a great way to introduce your students to new, more advanced ideas in a setting that encourages exploration, creativity, and innovation. These workshops will encourage students to step outside their comfort zone and begin thinking and working creatively outside of the traditional class structure.

We can structure workshops in a way that works for your school. Longer workshops can be split into smaller parts for several days or any workshop could be offered as a special event on an evening or weekend that fits your program's schedule.

### Workshops Offered:

**Dance for Camera**

**Choreography**

**The Feedback Process**

**Contemporary Ballet Movement Invention**

(full descriptions of each workshop below)

### Dance for Camera

Students will be given a simple dance combination to begin or will begin with a combination that all the students already know from a previous class or performance. Students will take turns performing the combination and filming one another, experimenting with different camera angles, perspectives, and even performance locations if they choose. They will then take their films and manipulate them (individually or as an instructor-led group, depending on facilities and age of the students) using basic video editing software to create a new dance for camera.

**Length: 4-6 hours, can be split into parts**

**Skills Developed:** teamwork, collaboration, synthesis of multiple ideas, choreographic process, problem solving, creative thinking, synthesis of technology and arts, basic video editing, basic camera techniques

**Product Created:** one dance for film or several that can be shown at an upcoming performance, at the end of the workshop, or published on school's website or YouTube channel

## **Choreography**

Students will work together to create a short dance in a style of their choosing. They will work in small groups to create shorter, 8-16 count combinations, and then as a large group combine those smaller pieces to create a 1-2 minute dance. When bringing their ideas together, students will be guided to include choreographic devices including motif, improvisation, repetition, retrograde, unison, canon/contagion, and variations on speed, rhythm, and/or perspective.

**Length: 90 minutes to 3 hours**

**Skills Developed:** teamwork, collaboration, dance technique, performance quality and stage presence, synthesis of multiple ideas, choreographic process, improvisation, problem solving, creative thinking.

**Product Developed:** final dance can be performed for an upcoming performance or for parents and teachers at the conclusion of the workshop.

## **The Feedback Process- learning to give and receive constructive criticism and utilize feedback from peers and mentors**

This workshop aims to move students from describing a dance or dancer as “good” or “bad” or “I liked it” or “I didn’t like it,” and instead thinking and responding to what they see in a critical and useful way. The workshop will begin by viewing a work of choreography and asking for students’ feedback. We will begin talking about the dance as a group, and after a bit of discussion about what they thought, I will then guide students through the steps laid out in Liz Lerman’s Critical Response Process as a frame for giving and receiving effective feedback. We will then re-watch the same dance and walk through the same process, giving students a chance to apply the process they’ve learned. We’ll then role play and discuss other situations that require critical response and/or response to constructive criticism (ie, your peer creates a dance or other piece of art and wants your opinion, or how to respond to a teacher or parent who gives you constructive criticism about something you’ve done).

**Length: 90 minutes to 2 hours**

**Skills Developed:** Interpersonal relations, speaking on topic, public speaking, critical thinking, understanding the difference between a neutral and opinionated question, understanding the difference between fact and opinion, ability to identify components of a dance or work of art rather than simply expressing an emotional response

## **Contemporary Ballet Movement Invention**

**offered to students at the advanced level (i.e., comfortable with pirouettes and other turns, longer combinations, and strong enough to balance in releve without the barre), who are in their sophomore, junior or senior years of high school**

This workshop will give students a starting point for creating dances and movement that are contemporary in nature but still utilize classical ballet technique. We will begin with barre exercises, introducing new ideas such as shifting on and off balance, improvising part of an exercise, etc. Then we will move to center where they will learn a contemporary ballet combination. After a break, we will deconstruct the combination. Then students will have time to create their own contemporary ballet combination utilizing these ideas. After showing each other their combinations, we'll end by giving feedback to one another, identifying what was successful in their combinations and giving ideas on ways they could have further pushed the boundaries.

**OPTIONAL:** if there is interest and your school would like to allot extra time, after giving feedback, students can then come together and work to create a new contemporary ballet utilizing each dancer's combinations.

**Length: 2-3 hours, (3-4 hours needed if utilizing optional section of class)**

**Skills Developed:** Problem solving, critical thinking, application of new ideas, giving and receiving constructive criticism and feedback, dance technique, performance quality, stage presence, deconstructing movement

**Product Developed:** short combination for each dancer to use in audition videos or future choreography, and possibly a longer work for students to perform at a future performance



## Choreography Reel

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Click above to see a compilation video of my previous work. If you are interested in more examples, please feel free to contact me!

email: [kjlangford @ live.com](mailto:kjlangford@live.com)  
phone: (770) 891 7260

### References

Susan Douglas Roberts - [s.d.roberts@tcu.edu](mailto:s.d.roberts@tcu.edu)  
Elizabeth Gillaspay - [egillaspay@gmail.com](mailto:egillaspay@gmail.com)  
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