



# Sofy Versotskaya

Accomplished Ballet Dancer and Educator with Expertise in Classical and Contemporary Dance, Choreography, and Sport Rehabilitation

+79697330998

Online

soverso02@gmail.com

## Summary

A dedicated and accomplished ballet dancer with extensive training from the prestigious Vaganova Academy of Russian Ballet and professional experience with leading ballet companies. Proficient in classical, neoclassical, and contemporary ballet, with a rich performance history at renowned venues such as the Mariinsky and Mikhailovsky Theatres. Experienced in teaching classical dance and choreography to children and teenagers. Passionate about bringing artistic vision to life on stage and eager to contribute to innovative productions in a dynamic and inspiring environment.

## Skills

**Classical Ballet** 10



Mastery of Vaganova technique, with extensive experience in performing classical repertoire.

**Neoclassical & Contemporary Dance** 10



Proficient in neoclassical and modern choreography, with experience in innovative productions.

**Choreography & Teaching** 10



Skilled in teaching classical and modern dance, including choreography, stretching, and ballet gymnastics to children and teenagers.

**Stage Performance** 10



Experience performing in leading roles and ensemble parts at prestigious theatres and international venues.

**Adaptability** 10



Quick to adapt to new styles and environments, with a strong ability to learn and incorporate complex choreography.

**Collaboration & Communication** 10



Strong teamwork and communication skills, with experience working in diverse and dynamic groups.

**Event Participation** 10



Involved in high-profile events such as the opening of the Paralympic Games in Sochi, demonstrating poise and professionalism in large-scale productions.

**Sport rehabilitation** 10



Knowledgeable in sport rehabilitation techniques, focusing on injury prevention, recovery, and performance optimization for dancers and athletes.

## Education

2023 - 2024

### Course in Modern dance's techniques

2023 - 2024

### Course in Anatomy, Physiology and Biomechanics of the human body, specialized for choreography

2020 - 2023

### Master in Classical Ballet Dancing

Vaganova Academy - Saint Petersburg

During the training took a course on the heritage of classical and modern dance, the history of choreographic art Mastered the program on the methodology of teaching classical and character dance.

2012 - 2020

### Professional ballet dancer, teacher-choreographer

Vaganova Academy - Saint Petersburg

- Graduated from the Vaganova Academy of Russian Ballet, mastering the classical program of A. Y. Vaganova.
- Performed in productions at the Mariinsky and Mikhailovsky Theatres, including "Shurale," "The Sleeping Beauty," "The Puppet Fairy," "A Midsummer Night's Dream," and "Corsair."
- Participated in Hermitage Theatre programmes, seminars, open classes, and master classes.
- Completed a modernist course under Daniel Cardoso as part of the Vaganova ARB's annual educational program.
- Participated in the opening ceremony of the Paralympic Games in Sochi in 2014.
- Successfully completed courses in classical, character, duet-classical, historical dance, and acting.

My thesis on 'Vaganova's Practical Heritage and System in Teaching Classical Dance' was published in the Almanac of the Vaganova Academy of Russian Ballet.

## Teaching experience

- Taught children in the preparatory group and junior classes at the Vaganova Academy.
- Experienced in teaching classical dance, modern choreography, stretching, ballet gymnastics, and theatre classes to children and teenagers.
- Since 2020, teaching at the "Assol" dance studio and the "AkTer" school at the Kasatkina and Vasilev State Classical Dance Theatre.
- Participated in rehearsals as a teacher at the Bolshoi Theatre, Vishnevskaya Theatre, Nadezhda Babkina Theatre, MISIS, and other Moscow venues.

## Performances

- **2020-Present:** Ballet dancer with Moscow City Ballet, participated in tours to Dubai.
- Performed in productions by the E. V. Cherkasova and V. Grishchenko company.
- Danced in classic ballets such as "Swan Lake," "Sleeping Beauty," "The Nutcracker," "Romeo and Juliet," "Giselle," and others.
- **2021-Present:** Ballet dancer with the New Ballet Theatre.
- Performed both ensemble and solo roles in classical, neoclassical, and contemporary ballets, including "A Midsummer Night's Dream," "Kafka," "Dangerous Liaisons," "Winter Rose," and others.