

Elsy Contreras Ballet Dance

26 Clinton Ave., Staten Island, NY 10301
917-520-2765

About Elsy Contreras

Elsy Contreras' dance interpretations have been highly praised by the Mexican press as a style of movement of the greatest quality.

Elsy Contreras, an energetic, talented, and human individual has dedicated her entire life to the world of dance. She has studied under and interpreted the various styles and techniques of a wide assortment of the best teachers internationally, and directly with choreographers. Ms. Contreras is the creator of her own unique style, which emphasizes new sensations and movements. Through an adroit exploitation of time and space, she manages to project to the spectator, the dynamic, humane quality of the human experience. Her use of movement ranges from the soft to the profound, from lyricism to abruptness, from the emotional to the cerebral. Her teaching methods developed great dancers from childhood through professional. Her students have gone on to dance in major companies such as ABT and Harlem Ballet of NY.

A dancer, teacher, and choreographer, Elsy Contreras has been instrumental in developing new young talent while at the same time, through her own dynamically beautiful interpretations, blazing a path for them to follow.

Educational Projects:

Throughout her career, Elsy Contreras has worked to improve Mexico's educational system, through a series of educational projects involving dance. Most recently, these projects have been synthesized into a videotape series to foster improved education, attitude, discipline, increased concentration and attention span, through posture-improving exercises.

Elsy has had a TV show - ***ElsyDance, And...*** - on MNN.org for over 10 years. Every Friday, the one-hour show introduces her dance, guest companies, teachers, and choreographers to promote dance all over the world.

Elsy Contreras

Professional Dancer — Choreographer — Teacher — Director

26 Clinton Ave., Staten Island, NY 10301

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Web: <http://www.elsydance.com/>

Email: elsy@elsydance.com

EDUCATION:

- **Professional Dancer**, Academy of Dance, National Institute of Fine Arts, Mexico City.
- **Professional Kindergarten Teacher**, National School of Educators, Mexico City, Specialist in Pedagogy.
- **Awarded scholarship** granted by the National Institute of Fine Arts and José Limon to study at the New London, Connecticut School of Dance.
- **Specialist** in: Martha Graham Technique, Cuban Classical Methodology,
- **Courses**: Alvin Ailey, Jazz with Luigi. NY Conservatory of Dance, Joffrey Ballet School.

TEACHING EXPERIENCE:

- **Founder and Dance Teacher**, 26 Clinton Ave. Studio, Staten Island, NY
- **Founder and Dance Teacher**, Academy of Dance, St. Mary's of the Assumption Parish, Staten Island, NY
- **Classic Ballet Dance Teacher**, Mrs. Rosemary's Dance Studios, Staten Island, NY
- **"EducArt Contreras System Workshop,"** Staten Island Children's Museum, Staten Island, NY
- **Master Classes**, Moving in Time Dance Studio, Staten Island, NY
- **"EducArt Contreras System Workshop,"** for "Teen Night," YMCA, Staten Island, NY
- **Jurist**, 5th and 6th Folk Dance Festivals, Organization Tepeyac, New York, NY.
- **Dance Teacher**, Ballet Tepeyac, New York, NY
- **Dance Teacher**, Times Circle Rehearsal Studio, New York, NY
- **Kindergarten Teacher**, Mexico City School System under the Secretary of Public Education.
- **Classic Ballet and Modern Dance**: Mexican Institute of Social Security.
- **Contemporary Dance**: Ballet Folklorico de Mexico.
- **Dance for Actors**: University Theater Center at the National Autonomous University of Mexico.
- **Graham Technique**: Academy of Dance at the National Institute of Fine Arts in Mexico City.
- **Classic Ballet, Graham Technique, and Contreras Style**: School of Dance, of the Department of the Federal District of Mexico City.

**EDUCATIONAL
DANCE
PROJECTS:**

**Department of the Federal District of Mexico School
Institute of Social Security School**

- **Coordinator of Dance**, Houses of Culture
- **Conducted** conferences, demonstrations and lectures at elementary schools, high schools, and professional schools.
- **Cultural TV**, Art and Dance Programs.

**CURRENT
TRAINING:**

- **Classic Ballet**: Professional training under: **Antoinette Peloso**, **Anna Fateeva**, **Diane Cartier**, Vitaly, and Raianova.
- Classic Ballet: Professional training under **David Howard**.
- **Classic Ballet**: Professional training under: **Simon Dow** and **Nancy Bielski**, STEPS; **Diane Cartier**, American Ballet Theatre.

**CREDITS: *Elsy Contreras & Company*
Director, Dancer, and Choreographer**

Television Appearances in Mexico City and New York City

- "Conversation with Jimmy Fortson," — Mexico Channel 11; 1987, featuring an interview, hosted by Jimmy Fortson with Elsy Contreras, **Nuclear Dance**, **Narciso Dead**, and **Huapango**.
- "En Vivo" ("Live") — Mexico Channel 2; 1984, featuring an interview, hosted by Ricardo Rocha with Elsy Contreras, **La Fortuna** and **Nuclear Dance**.
- "6 en Punto" ("6 O'Clock") — Mexico Channel 5; 1983, featuring **Huapango** and **Drums**.
- "River-to-River," 42nd Street, New York City Festival — HBO; 1985, featuring **Huapango** and **Nuclear Dance**.
- "Mexico en la Cultura" ("Mexico and Culture") — Mexico Channel 9; 1985, featuring **Obsidian Butterfly**, by Octavio Paz at the Museo Tamayo, choreography by Elsy Contreras and Brian Nissen.
- "Mexico en la Cultura" ("Mexico and Culture") — Mexico Channel 2; 1984, featuring **Henry Moore at the Museum of Modern Art**, choreography by Elsy Contreras.
- "24 Horas" ("24 Hours") — Mexico Channel 2; 1983, featuring interview, hosted by Jacoba Zabudovsky with Elsy Contreras and **Drums**.
- "Noche a Noche" ("Night to Night") — Mexico Channel 9; 1987, featuring **Solo de Amor**, **La Fortuna**, and **Transmutation Dance Theater**. Also, in 1982, featuring interview, hosted by Felix Cortes Camarillo with Elsy Contreras, **Drums**; **Wind Woman**, **Sand Woman**, **Free Woman**, and **Birds**.

- “Lo Mejor de las Artes” (“The Best of the Arts”) — Mexico Channel 11: three 60-minute specials; In 1985, featuring interview with Elsy Contreras, **Elements**, **Temper** and **Portrait**. In 1983, featuring **Drums**, **Nuclear Dance**, **Narciso Dead**; **Wind Woman**, **Sand Woman**, **Free Woman**; and **Moments**.
- “Mi Danza” (“My Dance”) — Mexico Channel 11, In 1981, 60-minutes, Hosted and written by Elsy Contreras, featuring **Drums**, **Romance**, **Nuclear Dance**, and **Wind Woman**, **Sand Woman**, **Free Woman**.

Stage Performances

- **St. George Theater 2004, “Snowflake,” Nutcracker.**
- **Staten Island Stadium 2003, AmoreDanz** Mrs. Rosemary’s Dance Studios.
- **Snug Harbor Cultural Center Harmony Street Fair 2001**, NY.
- **LOTUS Arts Center, New York, NY, July 2001, Nuclear Dance**
- **WestBeth Art Gallery**, New York, NY
- **Merce Cunningham Studio**, New York, NY
- **Gowanus Arts Exchange**, New York, NY
- **United Nations 40th and 50th Anniversary Celebrations** at Dag Hammarskjold Auditorium; 1985 and 1995, New York, NY
- **Off Broadway “Festival Latino ‘85”**; 1985, New York, NY
- **Elsy Contreras Dance Company** conducted performances in Mexico, at theaters; museums; Universities, High Schools and Elementary Schools auditoriums; outdoor exhibits; cultural fairs; and tours:
 - Museum of the City University of CDMX, Teatro de Arquitectura,
 - Sala Covarrubias, UNAM.
 - Instituto Politecnico Nacional, all theaters
 - IMSS Cuauhtemoc.
 - Palacio de Bellas Artes Sala Ponce.
 - Castle of Chapultapec, and Lake of Chapultapec, CDMX.
- **Independent Ballet of Mexico, Founding Member, Dancer and Soloist**
 - Command Performance for Queen Juliana and Royal Family of The Netherlands.
 - Toured with company to Central and South America, the United States, and Europe.
- **Moshe Kadem’s Ballet, Mexico City, Principal Soloist**
- **Official Dance Company of Mexico**, sponsored by the **National Institute of Fine Arts, Mexico City, Dancer**
- **Ballet Tlachitl Mexicatl, Director, Dancer, and Choreographer**
- **The New Guardia** directed by **Alicia Alonso**, Choreographer
- **Ballet Concierto of Mexico**, Dancer
- **Elia Kazan – Anna Sokolow**, Principal Dancer
- **Sutrana Dance Theatre, New York City, Principal Soloist**
- **National Company of Dance, Mexico City, Rehearsal Assistant**
Elsy Contreras choreographed for TV commercials and plays, working with freelance dancers.

Published Interviews, Articles, Photographs, and Videos Available Upon Request

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Repertoire

Dance

AmoreDanz
Masquerade
Solari – Work in Progress (Neo-Classical Ballet)
Sacramental Dances (Neo-Classical Ballet)
Death of Narcissus
The Girl from Rang Bang
Elements
Unity of Three
Isadora
Drums
Studies
Develop
Anxiety
Jazz
Birds
Moments
Mourning
Dove
Paper Virgins
Huapango
Mariachi Songs
Audition
Wind Woman, Sand Woman, Free Woman
Nuclear Dance

Obsidian Butterfly

Fortune
Bodies
My Only Love
Temperament
Habanera
Transmutation (dance-theater)
Self Portrait
Unicorn
Wind of Love

Composer

Manuel De Falla
Aram Katchaturian
Juno Reactor
Leonardo Leo and Berio
Luciano Berio
Beethoven and Concrete Music
Antonio Russek
Aaron Copland
B. Britten
Guem (African Music)
Percussions
D. Brubeck
Duke Ellington
M. Moussorsky
M. Moussorsky
L. Boellman
S. Revueltas
F. Villanueva
P. Moncayo
P. Moncayo
S. Revueltas
Marvim Hamlish
Antonio Russek
J. Carrillo
 Poem: L.M. Olavarrieta
Poem: Octavio Paz,
 Nobel Prize Winner
Carl Orff
Antonio Russek
Aaron Copland
G. Bizet
George Gershwin
Laury Anderson
Antonio Russek
C. Debussy
Shubert

All of Antonio Russek's music was composed specially for Elsy's choreography.