

# KRISTINA CASANDRA C. LONGGAT

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## PROFESSIONAL SUMMARY

Dedicated and passionate 16-year-old ballerina skilled in both solo and group performances, with extensive experience in recitals, competitions, and productions. Versatile in various dance genres and known for adapting to complex choreographies. Demonstrates strong work ethic, discipline, and respect among colleagues. Eager for continuous growth and refinement of technique while bringing artistic expression to every performance.

## AREAS OF EXPERTISE

- Classical Ballet
- Contemporary
- Jazz
- Lyrical
- Hip-Hop
- Basic Gymnastics
- Tap Dance

## EDUCATION

### Seton Home Study School

High School Year 10 | August 2023- Present

Virgínia, U.S.A

### Elizabeth Seton School- Cavite

High School Year 7-9 | SY -2021- 2023

Elementary | SY 2015-2020

Preschool | SY 2011-2014

Imus, Cavite

## BALLET EXPERIENCE

### Ballet Philippines Dance School

Scholar | February 2019-Present

#### “The Joy if Dance” Recital

Played the role of “Kitri” | March 2024

#### “Recital 2023”

Performed: Bluebird Pas de Duex | March 2023

- Developed strong stage presence and confidence in leading roles, demonstrating leadership and collaboration with cast members.
- Participated in all the recitals of the school.

Pasay, Philippines

GSIS Theater, Pasay, Philippines

MayBank Theater, Taguig, Philippines

### Asian Grand Prix Final

Finalist | 2022

- Achieved finalist status in a prestigious international ballet competition, showcasing technical proficiency and artistry.

Bangkok, Thailand

### Asian Grand Prix Regional Manila

Silver Medalist | 2022

4<sup>th</sup> Place | 2018

- Awarded the silver medal in a renowned regional ballet competition, demonstrating technical and artistic skills.

Manila, Philippines

### Get the Beat Finals

World Champion | 2018

- Awarded World Champion in an international dance competition, demonstrating exceptional versatility, and artistry.

Anglo-Chinese Junior College, Singapore

### The Hongkong Challenge Cup Dance Competition

Gold Medalist | 2018

Best Performer in Jazz Junior Division

- Awarded Gold Medals for exceptional performance and recognized as Best Performer in the competition showcasing superior skill and stage presence.

Youth Square Chai Han, Hongkong

### Malaysian International Ballet Grand Prix

Grand Finalist | 2017

- Gained valuable experience performing in a high-pressure environment, refining precision, discipline, and stage presence.

Kuala Lumpur, Malaysia

## RELATED EXPERIENCES & ACTIVITIES

### RD Ballet Studio

Guest Artist for Ballet Recital | July 2024

- Demonstrated the ability to make fair and unbiased judgments based solely on skill and performance.

Cavite, Philippines

### De La Salle Santiago Zobel School

Guest Artist for Ballet Recital | May 2024

- Engaged with different age groups of ballet dancers and successfully inspired them through dance.

Muntinlupa, Philippines

### Elizabeth Seton School- South

Performing for school events | SY 2019-2022

- Choreographed dances in various genres appropriate for the event.

Cavite, Philippines

## **TRAININGS & WORKSHOPS**

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### **Workshop with Mr. Runqiao Du**

Online Masterclass | January- March 2023

### **Improve and Contemporary Dance Plus: a 5-week Online Workshop with David Russo**

Online Masterclass | November - December 2021