



SOPHIA MUSAL

Dancer

PROFILE

I have been dancing since I was two years old. Although I've trained in many different types of dance, I am pursuing a ballet career because my passion is ballet. My goal upon graduation from high school is to get into a training program that will lead to a ballet contract.

CONTACT

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SKILLS

Ballet, Contemporary, Jazz

Performance experience partnering

Also trained in Tap, Musical Theatre and Hip Hop

TRAINING

North Jersey School of Dance Arts

2008 - Present

Trained in Ballet, Pointe (since 2012), Contemporary, Jazz, Musical Theatre, Hip Hop and Tap

Summer Intensive Training

2023 – Ellison Ballet, New York, NY

2022 & 2019 – Boston Ballet, Boston, MA

2012-2018 & 2021 – Vaganova Intensive Workshop, Hackettstown, NJ

PERFORMANCE EXPERIENCE

New Jersey Civic Youth Ballet: member of youth ballet since 2010 dancing in professional performances of the Nutcracker each December and a spring show each year. Trained and danced with paid professional dancers, including dancing pas de deux in Coppelia and The Nutcracker.

The Nutcracker, annually 2010-2023

Danced the roles of Sugar Plum Fairy, Clara, Fritz, Dew Drop, Snow Princess, Spanish Chocolate, French Mirlitons, Chinese Tea, Columbine, Clara Puppet, Snow, Flowers, Girl & Boy Child, Butterflies, Mother Goose, Chinese Attendant, Mice, Soldiers and Angels

Spring Shows:

Coppelia (2023 & 2016), Swanhilda & Village Children

The Secret Garden (2022), Lilies Craven, Wind and The Garden Rose

To Autumn and Finding Equilibrium (2020 & 2021), contemporary ballets choreographed for NJCYB.

Carnival of the Animals (2019, 2013-2014), The Little Girl, Red Birds, Cuckoo Bird

Fairy Doll/La Boutique (2017-2018), Dolls, Tarantella and French Doll

Early shows **Beatrix Potter, Peter & The Wolf, Hansel and Gretel**