

Elsy Contreras Ballet Dance

26 Clinton Ave., Staten Island, NY 10301
718-874-6135

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 teachers and 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.

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 Contreras

Professional Dancer — Choreographer — Teacher

26 Clinton Ave., Staten Island, NY 10301
718-874-6135 Phone; 718-874-6566 Fax

Web: www.elsydance.com/ and www.youtube.com/elsyballet

Email: elsy@elsydance.com

CREDITS:

Elsy Contreras & Company

Director, Dancer, and Choreographer

Television Appearances in Mexico City and New York City

- ***ElsyDance And...*** — Manhattan Neighborhood Network channel 56 (Time Warner), channel 83 (RCN) and web stream Fridays at 4:30 PM.
- “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 Zabludovsky 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 ***Jazz Birds***.
- “Los 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

- **FerryFest™ 100**, New York, NY, October 2005, “Viva La Danza.”
- **St. George Theater 2004**, “Snowflake,” Nutcracker.
- **Staten Island Stadium 2003**, ***AmoreDanz*** Mrs. Rosemary’s Dance Studios.
- **Snug Harbor Cultural Center Harmony Street Fair 2001**, Staten Island, NY.
- **LOTUS Arts Center**, New York, NY, July 2001, ***Nuclear Dance***
- **WestBeth Art Gallery**, New York, NY, September 1996.
- **Merce Cunningham Studio**, New York, NY
- **Gowanus Arts Exchange**, Brooklyn, NY, November 1998.
- **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.

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CREDITS:

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 Kedem'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.

**EDUCATIONAL
DANCE PROJECTS:**

Department of the Federal District of Mexico

- **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.

**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.

**CURRENT
TRAINING:**

- **Classic Ballet:** Professional training under: **Simon Dow** and **Nancy Bielski**, STEPS; **Diane Cartier**, American Ballet Theatre.

EDUCATION:

Professional Dancer, Academy of Dance, National Institute of Fine Arts, Mexico City.

Professional Kindergarten Teacher, National School of Educators, Mexico City

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.

**Elsy Contreras is a Permanent Resident of the United States and has full work authorization.
Published Interviews, Articles, Photographs, and Videos Available Upon Request**

Elsy Contreras Ballet Dance

Repertoire

Choreography

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

Music

Manuel De Falla
 Aram Katchaturian
 Juno Reactor
 Leo and Cimarossa
 Luciano Berio Solo
 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 Hamlishé
 Antonio Russek
 J. Carrillo, Poem: L.M. Olavarrieta
 Poem: Octavio Paz,
 Nobel Prize Winner
 Carl Orff Solo
 Aaron Copland Solo
 Antonio Russek
 G. Bizet
 George Gershwin
 Laury Anderson
 Antonio Russek
 C. Debussy Solo
 Shubert

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

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