

Winter Showcase

by North Shore Performance Companies
&
Special Guest



January, 19th at 4 PM
At the Cressey Center, Lake Forest Academy

2025 Edition

Program



01. Lise Variation, La Fille Mal Gardee

Dancer: Jessica Larbig
Composer: Ferdinand Herold

02. Advanced Company

Girly Pop

"Girly Pop"

Composer: Multiple artists

Hip Hop

Choreographer: Wes Owens Jr.

03. Senior Company

The Show Must Go On

"The Show Must Go On"

Composer: Queen

Contemporary

Choreographer: Sarah Sterling

04. Junior Company

I'm A Believer

"I'm A Believer" From "Shrek" Motion Picture Soundtrack

Composer: John Powell

Musical Theater

Choreographer: Caroline Kuhl

**05. Ballet Theatre
Class Demonstration**

"Polonaise"

Composer: Onegin

Choreographer: Soren M. Niewelt

06. Junior Company

Buttercup

"Buttercup" - Build Me Up Buttercup

Composer: Bianca Rose

Contemporary

Choreographer: Sarah Sterling

07. Senior Company

Putin' on the Ritz

"Putin' on the Ritz"

Composer: Taco

Musical Theater

Choreographer: Jessica Desens

08. Advanced Company

Something to Believe in

"Live Acoustic"

Composer: Young the Giant

Contemporary

Choreographer: Sarah Sterling

09. Vitruvian

Dancer: Jessica Larbig

"Sicilienne Op. 78"

Composer: Gautier

Choreographer: Soren M. Niewelt

10. FINALE ALL

"Stars and Stripes"

composer: John Philip Sousa

Choreographer: Soren M. Niewelt



Casting



**Special Guest:
Jessica Larbig**

For two decades, Jessica has graced the stages from Beijing to The Hague and London with companies like Singapore Ballet, Danceworks Rotterdam and as principal for ten years with JSLN Dance Company. As new resident of Chicago, she is excited to train with NSSD and perform in their productions.

North Shore Performance Companies:

Junior Company:

Emerson Alva, Silje Bernhardson, Francesca Chez, Viviene Clearfield, Kensi Curran, Evelyn Makris, Mackenzie Vidmar

Senior Company:

Ellerie Baker, Molly Figenholtz, Shayna Gross, Madeline Kenzie, Harper Reyes, Ella Scharg, Shayna Smekhov

Advanced Company:

Mia Aronow, Naomi Godin, Sienna Josleyn, Noelle Kaczmarek, Vivienne Sayegh

Ballet Theatre:

Adaline Green, Elizabeth Happ, Sienna Lytle,
Brooke Svoboda

Student Division Dance Intensive
ages 7 and up
placement will be done on first day of the intensive
Registration due by May, 1st

INTENSIVE
June 16th to July 11th
(NOT JULY 4TH)
Daily from 9:30 - 3:30 PM Price: \$ 2100
Deposit of \$500 required

Join our exciting Dance intensive this summer, featuring a diverse curriculum that includes ballet, contemporary, and specialized technique classes. You'll have the opportunity to work closely with esteemed ballet masters, explore innovative movement styles, and receive personalized corrections to enhance your technique. By the end of the camp, you'll notice significant improvements in your dancing, making this an invaluable experience for any aspiring dancer!

The Final Showcase will enchant the entire Family!

“One Ballet a Day”

Student Division Dance Camp
ages 7 and up
placement will be done on first day of camp
Registration due by May, 1st

CAMP
July 14th to 25th
Daily from 9:30 - 3:30 PM
Price: \$1050 - Deposit of \$100 required

NSSD Dance Camp offers an intense training experience designed to enhance your technique, stage presence, and overall approach to dance, allowing you to discover your specific interests, whether in ballet, jazz, lyrical, modern, tap, or musical theatre. These camps are not only fun and challenging but also provide valuable insights that make your dance journey both rewarding and transformative.

The Final Showcase will enchant the entire Family!

NUTCRACKER PREP. CAMP
August, 4th to 8th
Daily from 9:30 - 3:30 PM
Price: \$525 - Deposit of \$100 required

Join our Nutcracker prep camp to immerse yourself in the ballet's enchanting story while gaining essential skills before auditions and rehearsals begin. Enhance your understanding of what choreographers seek, boost your confidence, and refine your technique to improve your chances of landing a better role in the upcoming production.

Choreographers



Sören M. Niewelt

Soren Niewelt, Assistant Director at North Shore School of Dance and Director of North Shore Performance Companies

as well as Director of the NSSD Ballet Theatre.

He is a German born national and graduated from the Australian Ballet School in 1999. His international career as a dancer took him all over the world performing soloist parts in many classics like Romeo and Juliet, Don Quixote, e.o. as well as in new works by Nacho Duarte, Alessio Silvestrin, e.o. He founded his own neoclassical dance company, JSLN Dance Company in Berlin in 2012 and his pieces have been performed in Europe and Asia.

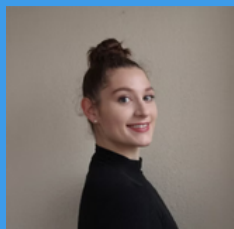
He loves to challenge his staff and students and enjoys sharing his experience with inspiration, determination and professionalism.

Sarah Sterling, Director North Shore Dance Company

is a dancer, teacher, and choreographer from the Boston area. She graduated with honors from Washington University in St. Louis with a double major in Dance and Philosophy-Neuroscience-Psychology and a minor in Spanish. During her time in college, she supplemented her training by attending the Bodytraffic Summer Program, the Alvin Ailey Summer Intensive, the Bates Dance Festival, and the David Dorfman Dance Intensive. Upon graduation, she was accepted into the Visceral Dance Chicago trainee program where she trained and performed under the direction of Nick Pupillo and Cait Cucchiara. During this program, she performed works by Nick Pupillo, Braeden Barnes, Mónica Cervantes, and Mike Tyus. She has danced professionally with Niko8 under the direction of Sean Roschman, 773 Dance Project under the direction of Tyler Thompsen and Pauline Mosley, and Alluvion Dance Chicago under the direction of Johnny Huntoon. She has performed in several music videos under the direction of Isaiah Silvia-Chandley. She has also performed in several festivals around the city, including Simantikos's "Choreo Kick Off," and Alluvion's "Emergence," which she has also choreographed for twice. She has recently begun judging dance competitions and teaching convention master classes for Elite Performance Challenge. She is currently in her second year with North Shore School of Dance and has loved taking over the role of North Shore Dance Company Director this year!



Soren Niewelt



Sarah Sterling



Caroline Kuhl.



Wes Owens.



Jessica Deesens

Choreographers



Caroline Kuhl

Since graduating with Honors from I.S.U., Caroline has been having a lot of fun teaching, choreographing, and performing. Some experiences include Zebra Crossing Theater Company, Temporary Theater Company, Pheasant Run Dinner Theater, The Funny Firm, Light Opera Works, Zephyr Dance, Ameba Dance, Motivitiy Dance, Chi-Town Jazz Dance scholarship program, several Las Vegas shows and a Tour of Japan. A long-time Teacher in the North Shore, Caroline keeps busy with taking Tap and Jazz with Julie Cartier, along with spending time with her family.

Wes Owens

Wesley “Wesside” Owens is a dancer, choreographer, and MC. He began his dance career at an early age, and continued it throughout college and beyond. Wes graduated from Indiana University in Bloomington with a Bachelor’s of Science degree in Informatics, a cognate in Telecommunications Management, and a minor in Spanish. During his college years, he was the lead choreographer and artistic director of Hip Hop Connexion (Indiana Branch). Wes has performed and taught across America. He has performed with Big Boi of Outkast, Mike Posner, Jason Derulo, the Cataracts, LMFAO, and Ludacris. He is known for a variety of hip hop styles, such as: Gliding, waving, bugaloo, krumping, footwork, locking, bucking, and popping. Currently he is a featured dancer, choreographer and MC for Monster Entertainment.

Jessica Desens

Jessica Desens is excited to join the staff at the North Shore School of Dance. She brings 25 years of teaching experience and studio administration to our organization. Jessica holds a Bachelor of Fine Arts in Dance from Barat College, where she performed as both a soloist and ensemble member with the Barat Repertory Dance Company. Dedicated to fostering continuous professional development in the field of dance, she actively participates in conferences and workshops organized by the Chicago National Association of Dance Masters (CNADM). Jessica has been a member of CNADM since July 2004 and has served on its board of directors since 2010. Recently, she completed her Master Dance Educator Certification (MDE) in 2023.

Special Thanks

To The Lake Forest Academy
&
The Entire Staff & Crew

For our Adult Division

New Year Resolutions!

Adult Classes

ADULT BALLET

ON-GOING CLASSES-JOIN ANYTIME!

MONDAY (WITH GREG) , WEDNESDAY & FRIDAYS (WITH VICTORIA)	10:00-11:30AM
TUESDAYS, THURSDAYS (WITH SOREN) & SATURDAY (WITH GREG)	9:00-10:30AM
TUESDAYS (WITH GREG)	7:00-8:30PM

FROM JANUARY 26TH ALSO ON SUNDAYS
SUNDAYS (WITH SOREN)

12:00-1:30PM

NEW CLASSES: JANUARY 12 - FEBRUARY 15

ABSOLUTE BEGINNER BALLET	TUESDAYS (WITH SOREN)	10:30-11:45AM
BEGINNER BALLET.	THURSDAYS	7:00-8:15PM
MODERN	WEDNESDAYS (WITH LISA).	1:30-2:30PM*
TAP.	TUESDAYS (WITH CAROLINE).	6:45-7:30PM

FOR MORE INFO. VISIT: WWW.NORTHSHOREDANCE.COM/ADULT-CLASSES

NO NEED TO REGISTER. WE HAVE PUNCH CARDS!
*CLASS WITH TIME TO DANCE

Time to Dance :

Classes for ages 50 + Classes run by CBG Institute for Dance and Health

Time to Dance is not part of NSSD

Visit time-to-dance.org for registration and information.

[More info at northshoredance.com](http://northshoredance.com)