Nicole Lamb

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TEACHING EXPERIENCE

**Dance at Your Doorstep (January 2020 – present) - Reviews - https://g.co/kgs/t1durei**

* Beginner Salsa on 1 and Batchata Lessons (Private lessons, 1 hour per week, per person)
* June 2023 – Present - Step and Stretch (Drop In Salsa Aerobics and Stretching Class)

**United Salseros (November 2024 – present)**

* Salsa Move ‘nPick on2 – Sunday Drop In Group Classes at Dovercourt House, Toronto, ON

**Alegria Dance Company (November 2019 – March 2020, July – December 2022, Nov 2023-Feb 2025)**

* Beginner Salsa on 2 Group Lessons
* Pre-Intermediate classes, Salsa on 2 Group Lessons
* Beginner Salsa on 1 Group Lessons
* Intermediate classes, Salsa on 1 Group Lessons

**Salsa Soul Productions, Salsa by The Bayfront, August 2022, June 2023, June 2024**

* Beginner Salsa on 2 Group Lesson
* Beginner Bachata warm up and Salsa Shine
* Beginner Salsa Parnerwork Lesson

**Salsa Soul Productions, Various locations at private events, 2023**

* Beginner Bachata and Salsa Lesson
* Casino Rueda

**Salsa Soul Productions, Mid-Week Mambo, September – December 2022**

* Beginner Salsa on 1 Group Lessons
* Intermediate Salsa, on 1 Group Lesson (Nov 5, 2022)

**Salsa Soul @ The Bloom Program, September – December 2022**

* Beginner Salsa Group Lesson for Neurodivergent Adults

**Elite Latin Dance, Halloween Party, October 29, 2022**

* Beginner Salsa on 1 Group Lessons

**Alegria Dance Company@Supercrawl, Sept 11, 2022**

* Beginner Bachata Lesson and Salsa demo

**Francofest, Hamilton, ON, June 18 2022**

* Beginner Salsa Shines

**Hamilton Latino Festival, Hamilton, ON Aug 13-14 2022**

* Beginner Salsa Shines

**City of Hamilton, Winterfest (online, January 2021)**

* Choreography to Tito Puente’s Vibe Mambo

**Salsa Soul Productions@Spice Factory, January 2020**

* Son square step
* How to be a good partner
* How to do a body roll

TEACHING ASSISTANT EXPERIENCE

**Alegria Dance Company (July 2018 – March 2020, August 2021, April 2023-present)**

* Beginner to Intermediate Salsa on 2 Group Lessons
* Beginner Salsa on 1 Group lesson - Pop Ups at Pier 8 for Senior Saturday

DANCE TRAINING

**United Salseros (October – December 2017, March – November 2024)**

* Module 101/Salsa Technique
* Module 102/The 10 Key Salsa Steps & Their Variations
* Directed Practice
* Foundations and Choreo
* Level C: Advanced Beginner

**Gabriela Equiz, Salsa Bachata Barré (Flexibility & Technique Program for Salsa & Bachata Performers and Competitors), May – October 2023**

* Body Movement
* Styling and Posture
* All over Flexibility
* Feet Technique
* Leg Technique
* Salsa and Bachata Technique
* Accountability group and 30 day challenges (splits/fan kicks/turns)

**Anya Katsevman, Global Bachata Performance Team (March – June 2023)**

* Coordination of movement in the body
* Range of motion and flexibility
* Mobility
* Power
* Using different energies of movement (and how to use each one to personality into the movement)
* Using the floor and feet
* Figure 8 movement

**Anya Katsevman, Champions Club (July 2022 – July 2023)**

* Dance Technique
* Body Mechanics
* Body Awareness
* Artist Development
* Warm Up Drills & Techniques
* Partnering & Connection
* Turns
* Stage Presence
* Performance Skills
* Personal Feedback on Personal Projects
* Musicality
* How To Teach
* How to Choreograph
* Performance Evaluation Techniques
* Performance and Competition Coaching
* Break-Down & Discussion of Industry Trends and Success Stories to Empower Individual Students
* Fitness & Wellness
* Energy Work
* Healing
* Dance Meditation
* Exploration of Self
* Expression
* Personal Style
* Self-Development

**Vladimir Aranda, May 2023, January & March 2024**

* Beginner casino rueda patterns
* Intermediate casino rueda patterns
* Advanced casino rueda patterns

**Sofia Skvirksy, Strength & Flexibility Training (June – July 2020)**

* Ballet conditioning
* Full Body Sculpting
* Strengthing and flexibility exercises

**Nuvitzo Dance (September 2015 – October 2016, January – June 2017)**

* Pro-Am Salsa Dance Team
* VIA Salsa Dance Team
* ALMA Hamilton Bachata performance group
* Beginner Salsa on 1 (lead)

**Alegria Dance Company (September 2015 – June 2016, January – April 2017)**

* Intermediate Salsa on 2 (follow)
* Ladies Salsa Styling – Bachata and Salsa
* Beginner Salsa on 2 (follow and lead)

**BASo Canada (March – June 2016, September – November 2016)**

* BASo NY SALSA Partnerwork, Level 2 Intermediate Beginners
* BASo NY SALSA Body Movement and Footwork
* BASo NY SALSA Partnerwork, Level 1 Beginners
* BASo Ladies Styling Fundamentals

**Essam Seddik –** West Village Suites, Hamilton, ON **(July – August 2016)**

* Beginner Bachata Dance Lessons

**Shadi Damaj,** student of **Araguacu Latin Dance Company (January – March 2016)**

* Cuban Dancing – Team January 2016

**Josh Taylor, Defining Movement Dance (October – December 2015, May-June 2016)**

* Club Cha Cha Class – 8 weeks
* Salsa Shines and Partnerwork – 6 weeks

**Dorothy Scuton London Academy of Dance, Waterloo Street, London, ON (1995-1996)**

* Ballet Beginner (RAD)

COMPETITION EXPERIENCE

\*Professional partner was Cornell Mannings

* Studio G@ Pro-Am Heats – Ladies Latin Hustle Newcomer, Oct 2022 **PLACED 1st**
* Studio G@ Pro-Am Heats – Ladies over 40 Salsa on1, CSBC, Oct 2022 **PLACED 2nd**
* Studio G@ Pro-Am Heats – Ladies over 40 Salsa on2, CSBC, Oct 2022 **PLACED 3rd**
* Studio G@ Pro-Am Heats – Ladies Intermediate Salsa on1, CSBC, Oct 2022 **PLACED 3rd**
* Studio G@ Pro-Am Heats – Ladies Intermediate Salsa on 2, CSBC, October 22
* Studio G@ Pro-AM Showcase Ladies Salsa over 40, CSBC Oct 2022

CONGRESS/FESTIVALS ATTENDED (VARIOUS LATIN WORKSHOPS)

* Canadian Salsa and Bachata Congress, Oct 10 – 14, 2024
* Canadian Salsa and Bachata Congress, Oct 5 – 9 2022
* 20th Anniversary of the New York International Salsa Congress, Sept 3-5, 2022
* Montreal Salsa Convention, May 20 – 23, 2022
* Canadian Salsa and Bachata Congress, October 12-14,2019
* Canadian Salsa and Bachata Congress, October 6-7,2018
* Canadian Salsa and Bachata Congress, October 10-14,2017
* Canadian Salsa and Bachata Congress, October 8-9,2016
* Festival Muevetres, July 29-31,2016
* Toronto Salsa Festival, March 25-27, 2016

TEACHER TRAINING

**United Salsersos, Professional Training Advancement, Oct 18, 2023 – March 2024**

**Anya Katsevman, Latin Teacher Training Program, May – July 2022**

**Joel Dominguez, Dance Instructor Training, 2021**

CHOREOGRAPHY TRAINING

**Anya Katsevman, The Art of Being a Great Choreographer, September – December 2022**

PERFORMANCE TRAINING

|  |  |  |
| --- | --- | --- |
| **Show/Group** | **Role** | **Location** |
| *Walter Rivera Choreo, Mambo Mosaic* | Salsa Dancer | Steps Snowball, Prosserman JCC, Toronto, Feb 2025 |
|  |  | Dovercourt, Dec 2024 |
|  |  | Sunday@CSBC Oct 2024, Toronto, ON |
| *Studio G – Steeltown Sparks* | Salsa Dancer | Sunday@CSBC Oct 2022, Toronto, ON |
| *Studio G – Hamilton Habaneros* | Salsa Dancer | Montreal Salsa Convention, May 2022, Montreal QC |
| *Alegria Partnerwork* | Bachata Dancer | Narulas Banquet Hall, Hamilton, Sept 2018 |
| *Alegria Ladies Styling/Shines* | Salsa Dancer | Spice Factory, Hamilton, July 2018 |
|  | Salsa Dancer | Dance Cruise, Hamilton, July 2017 |
|  | Salsa Dancer | Get Together, Hamilton, March 2016 |
|  | Bachata Dancer | Spice Factory, Hamilton, Feb, 2016 |
| *ALMA Hamilton Bachata Team* | Bachata Dancer | Alleycatz, Salsa Festival, Muevetres, Niagara Falls, July 2016 |
|  |  | Dovercourt, Toronto, April 2016 |

PRIVATE Lessons

* Salsa, Bachata, Choreography, Cornell Mannings, January & July 2024
* Self development and Spiritual Coaching for the Dancer/Teacher, Anya Katsevman, Ottawa Nov 2022
* Dance Business & Teaching advice, Sofia Skvirsky May 15/24/31 2020
* Choreo advice, Competition Salsa, Ahtoy, October 2019
* Salsa Leading, Beginner Salsa, Leah Fuller, Alegria Dance Company, 1hr (2017)

CHOREOGRAPHY CREATION

**CSBC Amateur Solo Salsa Showcase– Tito Puente– Guajeo en Dominante–October 2019**

INDEPENDENT WORKSHOPS

* Jerome Villa, Salsa Funk and afrocuban review, January 25, 2025
* Melissa Noventes, Afro-Cuban Intensives, December 2024
* Paulina Posadas Styling – March 11, 2018
* Beyondance, Columbian Salsa, [T.O Invades London Dance Series, Feb 17 2018](https://www.facebook.com/events/150395655591065/?acontext=%7B%22event_action_history%22%3A%5b%7B%22mechanism%22%3A%22search_results%22%2C%22surface%22%3A%22search%22%7D%5d%7D)
* Araguacu, Salsa and Bachata Workshop, London, ON August 19 2017
* Frances Berle, Ladies Styling, Drills & Tips, London, ON May 27 2017
* Hustle in the Hammer, Josh Taylor, DMD, Hamilton, June 2016
* Cha Cha Workshop, Josh Taylor, DMD, Hamilton, August 2015
* Sensual Domenican Bachata with Pepe Escobar, Hamilton, October 2015
* How to look good dancing with Trevor Copp, Hamilton, November 2015