

Betty Rox

Dance Instructor * Group Fitness Instructor

Contact: bettyrox.dance@gmail.com



EXPERIENCE

Soca Meest Dancehall

Dance Instructor

2018 - Present

Los Angeles, CA

- Monthly pop- up dance classes curated by Betty Rox.
- Effectively create Caribbean and Afro choreographed movements for all levels.
- Arrive to classes in advance to prepare music and class routine.
- Demonstrate movements to educate members and enhance dance technique.

Movement Lifestyle Dance Studio

Dance Instructor (Sub List)

2018-2019

North Hollywood, CA

- Effectively create choreographed movements for all levels.
- Arrive to classes in advance to prepare music and class routine.
- Demonstrate movements to educate members and enhance dance technique.
- Monthly pop- up dance instructor and substitute for absent instructors.

Millennium Dance Complex

Dance Instructor (Sub List)

2016-2019

Culver City, CA

- Instruct scheduled weekly dance classes.
- Prepare equipment music and dance routines for each class.
- Design classes to match the skill and learning level of all participants.
- Assist w/ subbing classes for unavailable instructors.

Danceline LA

Dance Fitness Instructor

2016- 2018

Los Angeles, CA

- Instruct scheduled weekly dance classes.
- Arrived to scheduled weekly classes in advance to greet members and answer questions.
- Provided adequate warm up exercises and cool down stretches.
- Instructed a high impact cardio dance & aerobics class, using multiple dance and fitness techniques.

INSTRUCTOR HIGHLIGHTS

Ford Theatre Jam Sessions

Featured Instructor

2016-2019 LA, CA

USC -Royal Caribbean Cruise

Featured Instructor

2018 Miami, FL

IABD Dance Conference

Featured Instructor

2018 LA, CA

WCOPA

Featured Dance Judge

2017 LA, CA

SCOPA

Featured Dance Judge

2016 & 2017 South Africa

Experience NoHo

Featured Instructor

2017 LA, CA

DANCE WORKSHOPS

SMD Dance Workshop 2019

Los Angeles, CA

SMD Dance Workshop 2109

Belize City, BZ

SMD Dance Workshop 2019

Eugene, OR

SMD Dance Workshop 2019

Portland, OR

Fiyah Fit Bash Workshop 2019

Chicago, IL

SMD Dance Workshop 2019

Denver, Colorado

SMD Dance Workshop 2018

Washington, DC

SMD Dance Workshop 2018

Miami, FL

SMD Dance Workshop 2018

Dallas, TX

SMD Dance Workshop 2018

San Francisco, CA

Celerity Educational Group
Dance Instructor. 2013- 2014 Los Angeles, CA

- Instructed daily dance classes for LAUSD elementary students.
- Created weekly lesson plans and customized dance technique for all students and levels.
- Assisted with creating choreography for annual dance recitals.
- Worked with team and faculty to execute annual recitals and events.

The Sports Club
Group Fitness Instructor. 2011-2012 Los Angeles, CA

- Anticipated the exercise and aerobics needs of members by creating an appropriate weekly fitness program.
- Instructed members on effective workout methods through group exercises and physical demonstrations.
- Ensured that members needs were met through personal recognition and by providing fitness advice.

SMD Dance Workshop 2018 Santa Cruz, CA

87 Fest 2018 Los Angeles, CA

Power in Dance Workshop 2018 Joberg, South Africa

Afro-Dancehall Workshop 2017 London, United Kingdom

Dancehall Xplosion Workshop 2107 Bologna, Italy

SCOPA Dance Workshop 2017 Joberg, South Africa

SMD Dance Workshop 2016 Manhattan, NY

DANCE TRAINING

Contemporary, Jazz, Hip-Hop, African, Dancehall, Soca,

EDUCATION

University of California Los Angeles
2019-Present
Currently enrolled