# Shannon Brienne Trybul Mizell

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Dancer, Actress, Performer, Choreographer, and Fitness

Age: 28 Height: 165 cm/ 5ft. 4in. Hair: Brunette Eyes: Green/ Blue
Weight: 49kg/ 110 lbs. Waist: 66cm/ 26in Bust: 34B Hip: 82cm/ 32in

## Film & TV

**2023 Mind of Thoughts-** Short film lead role Elle Davis **pre-production** — Belgium
**2023 Made in Heaven on Amazon Prime**- aerialist and actress — Mumbai, India
**2023 Theodosia 2-** Dancer and actress — Belgium
**2023 Shehzada Movie "Munda Sona Hoon Main"-** Dancer & Actress — Mauritius
**2022 Samsonite® European International Commercial-** Actress Yoga Instructor — Europe
**2022 Spellbound TV series-** actress & ballet dancer — Belgium
**2022 THE DANCER- RTBF promo video commercial** — Belgium
**2022 Angèle-Amour, Haine & Danger Music Video**- actor — Brussels, Belgium
**2022 La Graine-** yoga actress — Brussels, Belgium
**2022 Dolce Gabbana-**Music Video Dancer, Sk Music Works — Mumbai, India
**2022 *Miranda Boys* directed by Sanjay Gupta-** dancer & actress — Mumbai, India
**2022 *Rangisari*- JugJugg Jeeyo-** Bosco Martis Bollywood Movie Music Video Dancer — Mumbai, India
**2022 Shehzada Movie-** Dancer & Actress — Mauritius
**2022 *Bhool Bhulaiyaa 2* Movie- Music Video-** Director & Choreographer Bosco Martis**,** Dancer — Mumbai, India
**2022 Royal Silver Elaichi Commercial with Ali Fazal-** dancer and actress **post production** — Mumbai, India
**2022 *Made in Heaven*- Amazon Prime Video- TV series,** dancer and actress — Mumbai, India
**2022 India ABG Music Awards Show- Bosco Martis**- Dancer- hip hop, commercial, jazz and lyrical, contemporary, multiple dance numbers streamed live worldwide — Mumbai, India
**2022 *Phone Bhoot*- Movie Music video-Ganesh Hegde** Bollywood commercial dancer **post-production** — Mumbai, India
**2021 *De Mauvaise Pioche*-** French Sitcom Actress Stunt Double **post-production** — Belgium
**2021 Walibi International Commercial-** Lead Actress — Costa Rica & Belgium
**2021 Kids With Buns- *"Bad Grades"* Music Video** Dancer — Antwerp, Belgium
**2020 Colruyt Commercial** Actress — Brussels, Belgium
**2020 National Commercial** "Vinçotte"– Actress & Ballerina — Brussels, Belgium
**2009 "Forever Young" Music Video Dancer** — Vancouver BC Canada

## Theatre

**2023 The Wellbeing Summit-** commissioned Choreography & Dance Duet for the Opening — Brussels, Belgium
**2023 Nutcracker Ballet Performance-** 5 professional ballet shows for Strange People Event — Gent, Belgium
**2023 Ballet Show for Tripel Karmeliet New Beer–** dancer — Belgium
**2023 Cirque du Soleil-** Opening act with Strange People Brand for KURIOS — Paris France & Brussels, Belgium
**2023 KMSKA 1 Year Anniversary Ballet Show-**dancers & actress with SOUL15 — Antwerp, Belgium
**2023 Tomorrowland- Love Tomorrow Show-** Pointe Classical/ modern Dancer for the conference to techno — Belgium
**2023 Disneyland Paris-** Dancer for parades and shows- portrays Belle & Aurora — Disneyland Paris, France
**2023 Criaturas Events & Entertainment Company-** Dancer & Performer — Belgium
**2023 Strange People Entertainment Company-** Dancer & Performer — Belgium & Netherlands
**2022 India ABG Music Awards Show- Bosco Martis**- Dancer- hip hop, commercial, jazz and lyrical, contemporary, multiple dance numbers streamed live worldwide — Mumbai, India
**2020 Circus of Horrors Rock Show**- Dancer on Tour across UK — United Kingdom
**2019 Elevate Entertainment and Performances** Live shows through East Coast — USA
**2019 TUI Dancer & Fitness Instructor-** Resort shows 75 diverse dance numbers — Turkey & Egypt
**2018 USC Dance Company Contemporary-under the direction of Thaddeus Davis & Tanya Wideman-Davis in Stephine Wilkins** *Unbound* lead dancer — Columbia, South Carolina
**2018 USC Dance Company** Direction of Susan Anderson
Columbia Museum of Art- Dance exhibit — Columbia, South Carolina
**2017 Institute of the Arts Barcelona Show Case Dancer** — Sitges, Barcelona Spain
**2016 Weird Al Yankovic backup dancer** — Columbia, SC USA
**2016 Rio Olympic Games 2016 Opening & Closing Ceremonies Dancer** — Rio De Janeiro, Brazil
**2016 USC Dance Company Fall Concert** Arabian ballet dancer in Firebird — Columbia, SC USA
**2015 USC Contemporary Show Dancer** Multiple shows and performances — Columbia, SC USA

**2013 "Cinderella" dance remake**, role HSSOD as Cinderella — Raleigh, NC USA
**2012 Macy's Thanksgiving Day Parade** Live Performance Dancer — New York, NY USA
**2012** "**Wizard of Oz**," Middle Creek HS Musical Production; Girls' Choir, Ensemble — Raleigh, NC USA
**2011** "**Oklahoma!"** Middle Creek HS Musical Production, Dancer and Ensemble Cast — Raleigh, NC USA
**2011** "**Ring 'Round the Moon**," Middle Creek HS Drama, Dancer Actor — Raleigh, NC USA
**2010 2010 Winter Olympics Closing Ceremonies Dancer** Live & TV Broadcast — Vancouver, BC Canada
**2010 Tour of Perform Arts Studio Musical Theater and Sr. Dance Company** — London & BC Canada
**2008 Moscow Ballet's "Sleeping Beauty"** ballet dancer — New Westminster, Canada

## Choreography & Teaching

**2023 The Wellbeing Summit-** commissioned Choreography & Dance Duet for the Opening — Brussels, Belgium
**ANIMO- Boutique Fitness Studio- "RISE"** new concept & other group fitness classes — Brussels, Belgium
**Élan Danse-** dance & yoga instructor — Leuven, Belgium
**The Lab** Ballet, Yoga, Group Fitness, Zumba, Pilates — Brussels, Belgium
**STU Arts** Contemporary & Ballet Instructor and Choreographer — Belgium
**Ashgabat 2017 Asian Games**, Assistant choreographer for Mass Choreography team — Ashgabat, Turkmenistan
**Institute of the Arts Choreography Showcase** — Sites, Barcelona Spain
**Rio Olympic Games 2016 Opening & Closing Ceremonies** Assistant Mass Choreographer — Rio de Janeiro, Brazil
**Copa America Centenario Opening Ceremonies** Assistant Mass Choreographer — San Francisco, California
**Baku 1st European Games Opening & Closing Ceremonies 2015** Intern Assistant Mass Choreography — Baku, Azerbaijan

## Training (ballet, contemporary, modern, lyrical, jazz, commercial and more)

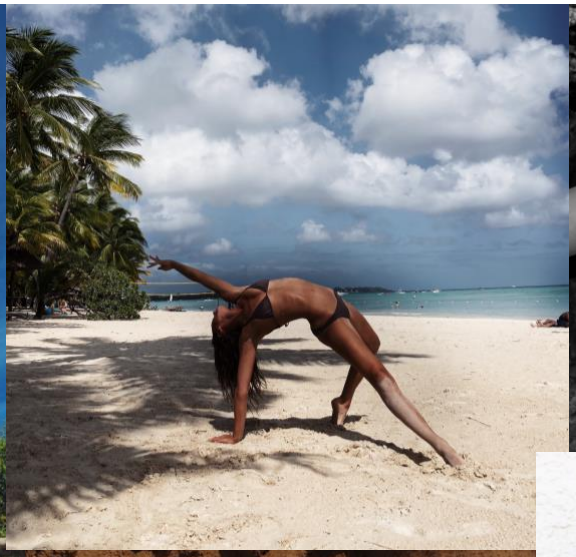
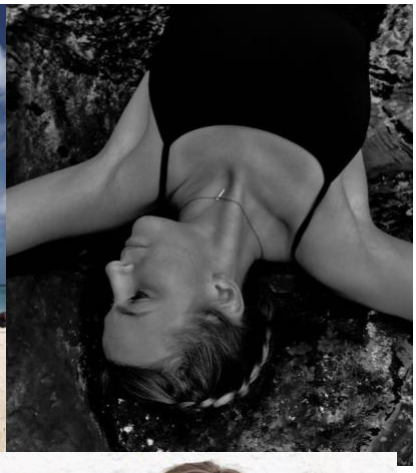
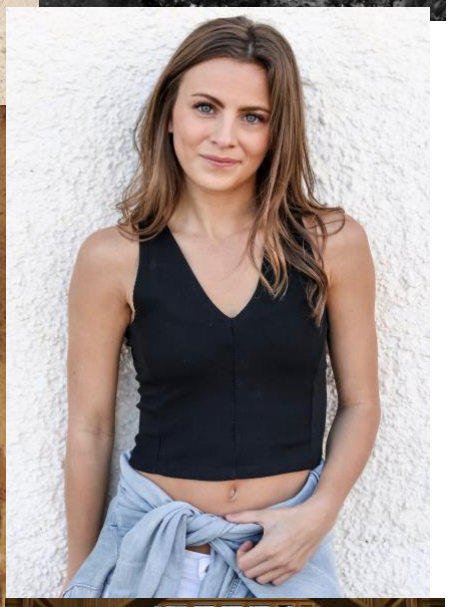
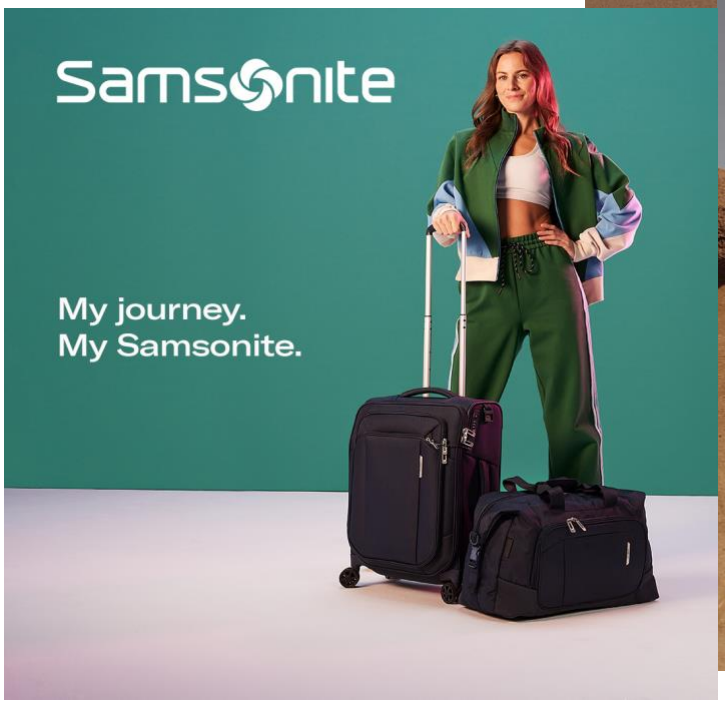
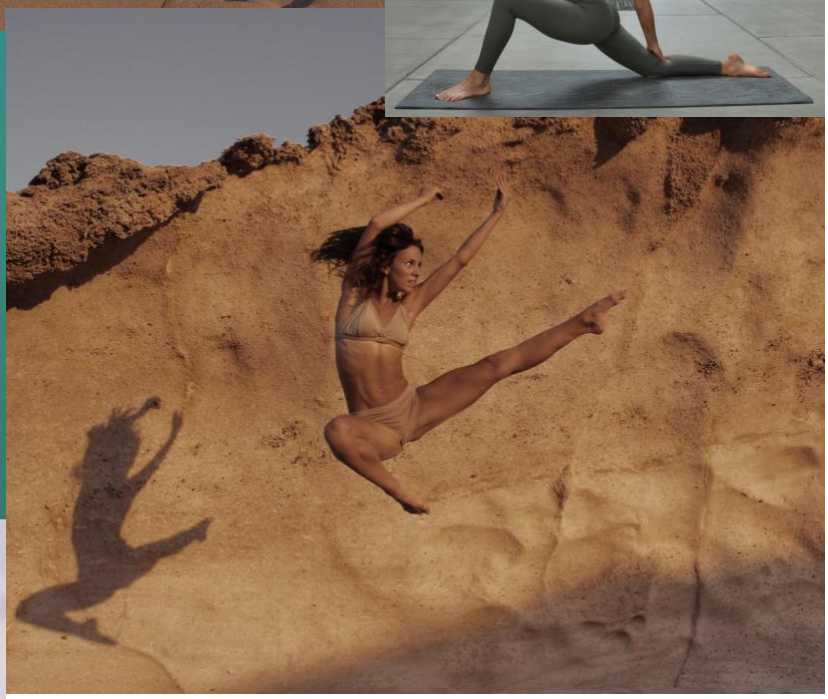
**University of South Carolina** Columbia, South Carolina USA — 2014- 2018 **Graduated**
Bachelor of the Arts and Sciences in Dance Performance Major Contemporary with a Business minor
**Institute of the Arts Barcelona** Sitges, Barcelona Spain — 2017- 2018
**Group Fitness Instructor** *Certified* (Pilates, power aerobic, HITT, yoga & more) — 2019-**Current**
**Zumba & Strong by Zumba** *Certified* — 2019- **Current**
**Vail Dance Festival** Vail, Colorado USA — Summer 2017-2018
**Holly Springs School of Dance** Holly Springs, North Carolina USA — *2012- 2014*
**Raleigh School of Ballet** Raleigh, NC — *2010-2011*
**Perform Art Studios** Vancouver, Canada — *2007-2010*
**Loudoun Ballet School** Leesburg, Virginia USA — 2001-2007

## Special Talents

Pointe Work, Improv, Singing, Acting, Stunt Work, Stage Combat, Driver's License & Moped driving, Yoga, Basic Acrobatics, Arial certified in Zumba, Strong by Zumba, Group Fitness classes (aerobic workouts, HIT, Step, etc.) Basic Samba, Basic Salsa, Basic Flamenco, Belly Dancing, Greek/Turkish traditional Dance, Skiing, Skating, Volleyball, Football, Rollerblading, Horseback Riding, Hiking, Rock Climbing, Business Management, Waitressing

**Introduction video:** https://youtu.be/w27oOPMIook
**Mixed dance style showreel:** https://youtu.be/9sBkQ6Bro5I
**Acting reel:** https://youtu.be/CyuOs-ppbzw
**Monologue:** https://youtu.be/gDz9q_bGvl8

Mumbai, India





For more photos & videos
Instagram: [@brienne_mizell](@brienne_mizell)