

# Suzannah McCreight

from Northern Ireland

## Green Light Dance Company



Suzannah is a Belfast-based dancer, choreographer and dance tutor.

She discovered contemporary dance through the Cornwall Youth and National Youth Dance Companies in England before training at Trinity Laban in London on the BA and MA programmes. She danced for Transitions, Scottish Dance Theatre, Cathy Seago, Springs Dance Company, Attik and Maiden Voyage Dance. She taught in further and higher education at Trinity Laban, University of Ulster and Belfast Metropolitan College and also worked as rehearsal director for BareBones in Birmingham.

Choreographic commissions have included Echo Echo Festival (Derry/Londonderry), Maiden Voyage (Belfast), De Stille (Holland) and a TV dance series in Irish for BBC. For Springs Dance Company, Suzannah created 'Bread of Life' which toured churches in the UK for over ten years. Suzannah has recently moved into coaching for professional development, working through experiential anatomy and improvisation; connecting somatic approaches to Laban movement studies.

Last year she set up Green Light Dance Company hoping to continue creating dance whilst offering support to independent dance artists and helping the wider community to access contemporary dance.

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For the conference, Suzannah is keen to develop some of the somatic work / meditative movement she's been doing and taking it into the context of encountering the Bible and receiving the beauty of God's words, accepting them physically in the body and then dancing with them – taking time to first release / yield, then listen and move – treasuring God's words and perfect promises in our hearts, as we take with us on the journey His Spirit and the comfort of his word.

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contact:

<https://www.greenlightdancecompany.org>

<https://www.youtube.com/suzannahmcCreight>

