

Lauren Poulton

Choreographer



Lauren studied at the Central School of Ballet. Her most recent and current productions as Movement Director include *La Boheme* (Opera North), *The Cunning Little Vixen* (Longborough Festival), *Die Entführung* and *Die Fledermaus* (Diva Opera), *A Quiet Place* (Opera Zuid) and *Wuthering Heights* (Opéra National de Lorraine); Assistant Director and Revival Movement Director on *A Midsummer Night's Dream* (Malmo) and as AD (Opéra National de Lorraine) and Restaging Choreographer for *Fiddler on the Roof* (Royal Albert Hall BBC Proms performance).

Lauren has a close connection with Ballet Cymru, having previously performed in numerous productions, and has choreographed several works, creating *Carnival of the Animals* in collaboration with Symphonia Cymru, *Kneading You*, *Spanish Suite* and a site specific piece *Urban Sprawl*, in collaboration with URRL artists. Recently, Lauren was commissioned to choreograph for the Monmouthshire Youth Dance Company as part of their IGNITE performances.

As an Assistant Movement Director, she worked with choreographers including Patricia Vallis (Sublix, Welsh Dance Platform for NDCW), Cathy Marston (Ballet Central), Marc Brew (Ballet Cymru), Jamie Thomson (Ampersandance), Will Tuckett (Covent Garden Dance Company), Lucy Burge (*Fiddler on the Roof*; Grange Park Opera), Lynne Hockney (*Eugene Onegin*; Grange Park Opera and *Fiddler on the Roof*; Malmo Opera), Christopher Hampson and Alexandra Worrall (*Johann Strauss Gala*).

Other performing credits include *Swan Lake* (English National Ballet, Royal Albert Hall), *Les Vêpres Siciliennes* (Royal Opera House), *Demise* (a short film for Inspired Pictures), *Firebird* (Dance Theatre of Harlem), *Giselle* (National Ballet of Cuba), and as a choreographer and performer in the *Gravity Project*, an art installation which involved dancing on a stage frosted with salt.