

LILY KRAUS

Dancer · Choreographer · Creative Director

Height **5'5"** · Weight **118 lbs** · Hair **Blonde** · Eyes **Green** · **Non-Union**
Instagram **@_lilykraus** · Based in **New York City** · Website: **www.lilykraus.com**

PERFORMANCE

FILM & VISUAL ARTS

"Latch" · Dancer & Choreographer *Chor: Lily Kraus*
"Juggernaut" · Dancer · *Chor: Madz Alexander*
Sarah McLachlan Anniversary Tour · Dancer · *Olivia Sebesky Design*
"Touch" · Dancer & Choreographer
"Ku So La" · Dancer · *Chor: Miranda Stuck*
"TNT" · Dancer · *Chor: Janelle Murphy*
"Santo" · Dancer · *Chor: Janelle Murphy*

LIVE PERFORMANCE

"DISCOTEQ" · Dancer · Syabrite Aug 2026 · *Chor: Dana Liguori*
"Papa Was a Rollin' Stone" · Dancer · PMT Spring Dance Series · *Chor: Dana Liguori*
"Papa Was a Rollin' Stone" · Dancer · Syabrite May 2026 · *Chor: Dana Liguori*
"Juggernaut" · Dancer · Club NYC · *Chor: Madz Alexander*
"Rebirth" · Dancer · Company Show · *Chor: Madz Alexander*
"Hallucinations" · Dancer & Co-Choreographer · QIAA Choreographic Showcase · *Chor: Lily Kraus, Mari Kojima*
"Mad Gaal" · Dancer · Syabrite June 2024 · *Chor: Maria Edmond*
"Mad Gaal" · Dancer · Folly Haven · *Chor: Maria Edmond*
Play Hard Heels · Dancer · Company Showcase · *Chor: Janelle Murphy*

CHOREOGRAPHY & CREATIVE DIRECTION

FILM

"Latch" · Choreographer & Creative Director · Short Film
"Integral" · Choreographer & Creative Director · Short Film · YouTube
"Touch" · Choreographer & Creative Director · Short Film · YouTube

LIVE PERFORMANCE

"And Now, We're Here" · Choreographer · Keepsakes Vol. 3, prod. KCCD
"Integral" · Choreographer · S.H.I.F.T. by One Day Dance
"Integral" · Choreographer · Unshaken by Chutzpah Dance
"Hallucinations" · Co-Choreographer · QIAA Choreographic Showcase

TRAINING

San Diego State University · Bachelor of Fine Arts in Dance
University Dance Company — Company Member
The Galen Hooks Method · Classic Intensive · New York City

2021

SPECIAL SKILLS

Acting · Writing · Graphic Design
Web Design (Squarespace)
Studio Software Management (Mindbody, Arketa)