

Michelle Fox

Michelle Fox holds a BA in Psychology and a BS in Human Development, with a Minor in Dance, from UC Davis. She grew up in Grass Valley, CA, training first as a competitive gymnast and then as dancer, studying ballet, jazz, tap, and musical theatre. She received her early dance training with George and Beth Jayne, Yelena Holt, and Myrne Galle. A former *Miss San Francisco*, Michelle went on to study with and perform choreography by Randy Pauvre of Pauvre Dance, Arturo Fernandez of LINES Ballet, Wendy Diamond from Shawl-Anderson Dance Center, as well as Ron Cunningham of Sacramento Ballet, and Stuart Carrol of Capitol Ballet Center. She was a scholarship student at Dancer's Synectics Group in San Francisco, where she studied jazz and tap with Ann Marie Garvin and Ann Barrett, was an apprentice with Ross Dance Company in Berkeley, and a member of Embaje Dance Company in San Francisco. She was a cheerleader in the movie *Flubber*, with Robbin Williams, and a dancer on the TV show *Nash Bridges*. She has performed in many local and regional productions including *West Side Story*, *A Chorus Line*, and Pepper Von's *The All Night Strut* at Garbeau's Dinner Theatre.

Michelle has taught dance and acrobatics at Step One Dance and Fitness in Sacramento, Technique Gymnastics in Rancho Cordova, Fiesta Dance and Fitness in Davis, Rollingwood Athletic Club in Fair Oaks, Sierra Dance Institute in Grass Valley, and Dancer's Synectics Group in San Francisco. She is also a Guest Teacher for San Juan Unified School District and a proud mother of three, including her son, who is currently a member of Tap Troupe for Hawkins School of Performing Arts.