



# Shannon Brienne Trybul Mizell

Dancer, Actress, Performer, Movement Choreographer

Phone & WhatsApp: +32.456.227.898

[sb.mizell@gmail.com](mailto:sb.mizell@gmail.com)

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

## Film & TV

- 2025 Mind of Thoughts-** Short film lead role Elle Davis Belgium, Netherlands, France  
 -Best International Film- **WINNER** by Beyond Hollywood International Film Festival LA  
 -Best Breakthrough Female Performance-Nomination by Festival of Cinema NYC  
 -Best Actress Short Film- Nomination by Love & Hope International Film Festival Barcelona  
 -Best European Short Film- **WINNER** Love & Hope International Film Festival Barcelona  
 \* For list of Festival and Nominations please contact
- 2025 Tierra Libre-** Movement/ Dance film- directed, danced & self-created Gran Canaria, Spain  
**2025 Head Choreographer-** FIFA Club World Cup Games Ceremonies live & broadcasted Los Angeles, USA  
**2024 Lens Dans –** Video dance Film festival HOST & co-director Barcelona, Spain  
**2024 Belgian National Transport Commercial- STIB/MIVB** Lead Actress & Stunt Belgium  
**2023 Black & Gold Dance Music video-** Freya Pauwels choreographer and director 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 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 Mumbai, India  
 dance numbers streamed live worldwide  
**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

- 2025 Tomorrowland –** Dancer, actress and performer Antwerp, Belgium  
**2025 Theater Tol-** aerialist dancer for canal river boat & aerial show Aveiro, Portugal  
**2024 Dana Winner Show & Concert-** head choreographer & dancer Antwerp, Belgium  
**2024 Theater Tol (BE)-** aerialist dancers in Opera/ theater production in the sky for FIAV Bogotá, Columbia  
**2024 KMSKA Ballet Show-**dancers & actress with SOUL15 Antwerp, Belgium  
**2024 Tomorrowland-** Dancer & Actress Belgium  
**2024 Showcase Entertainment-** Ballet Dancer for Event Belgium  
**2024 SCARLETT Entertainment –** Ballet Pointe & Contemporary Dancer show at Théâtre du Vaudeville Brussels, Belgium  
**2024 Tomorrowland Winter –** Dancer & Performer at the festival Alpe d’Huez, France  
**2023 The Wellbeing Summit-** commissioned Choreography & Dance Duet for the Opening Brussels, Belgium  
**2023 Road to Glory Boxing Championship-** Ballet pointe dance solo in a boxing ring 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-	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 <i>Unbound</i> 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 Rio Olympic Games 2016 Opening & Closing Ceremonies Dancer	Rio De Janeiro, Brazil
2016 Weird Al Yankovic backup dancer	Columbia, SC USA
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 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

2025 Head Choreographer- FIFA Club World Cup Games Ceremonies live & broadcasted	Los Angeles, USA
Ashgabat 2017 Asian Games, Assistant choreographer for Mass Choreography team	Ashgabat, Turkmenistan
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
2023 The Wellbeing Summit- commissioned Choreography & Dance Duet for the Opening	Brussels, Belgium
Institute of the Arts Choreography Showcase	Sitges, Barcelona Spain
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

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

University of South Carolina Columbia, South Carolina USA	2014- 2018 <b>Graduated</b>
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 <i>Certified</i> (Pilates, power aerobic, HITT, yoga & more)	2019- <b>Current</b>
Zumba & Strong by Zumba <i>Certified</i>	2019- <b>Current</b>
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, Aerial 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

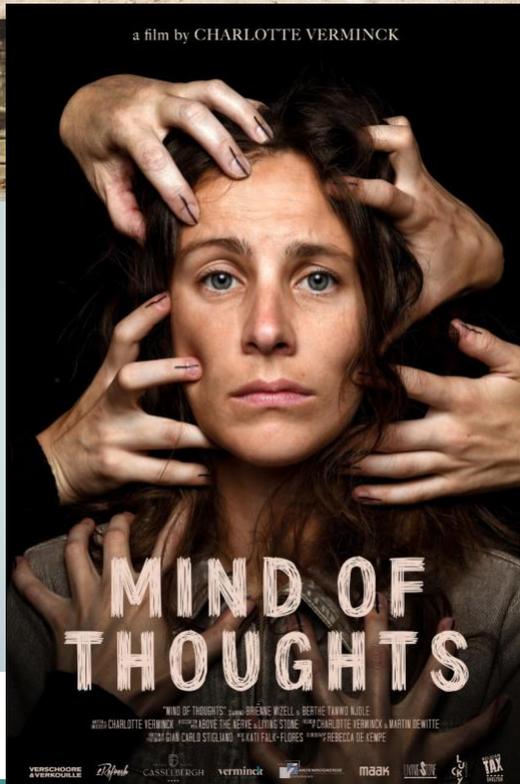
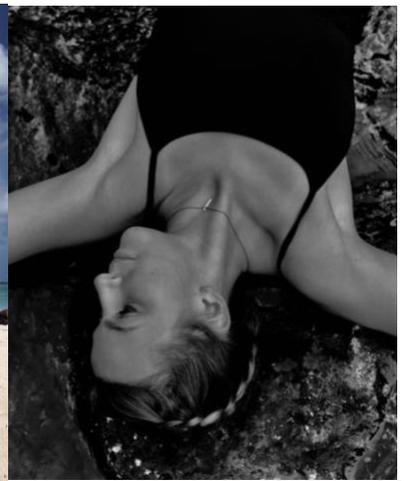
Introduction video: <https://youtu.be/BbJhB5oELpw>

Mixed dance style showreel: <https://youtu.be/KrLRPXbxb2s>

Acting reel: <https://youtu.be/CyuOs-ppbzw>

Monologue: [https://youtu.be/gDz9q\\_bGv18](https://youtu.be/gDz9q_bGv18)





For more photos & videos, please contact Instagram: [@brienne\\_mizell](https://www.instagram.com/brienne_mizell)

Sams<sup>o</sup>nite

My journey.  
My Samsonite.

