



# Shannon Brienne Trybul Mizell

Dancer, Actress, Performer, Movement Choreographer

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

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## Film & TV

<b>2025 Mind of Thoughts-</b> Short film lead role Elle Davis	Belgium, Netherlands, France
-Best International Film- <b>WINNER</b> by Beyond Hollywood International Film Festival LA	
- <b>Best Breakthrough Female Performance</b> -Nomination by Festival of Cinema NYC	
- <b>Best Actress Short Film</b> - Nomination by Love & Hope International Film Festival Barcelona	
-Best European Short Film- Nomination by Love & Hope International Film Festival Barcelona	
* For list of Festival and Nominations please contact	
<b>2025 Tierra Libre-</b> Movement/ Dance film- directed, danced & self-created	Gran Canaria, Spain
<b>2025 Head Choreographer-</b> FIFA Club World Cup Games Ceremonies live & broadcasted	Los Angeles, USA
<b>2024 Lens Dans –</b> Video dance Film festival HOST & co-director	Barcelona, Spain
<b>2024 Belgian National Transport Commercial- STIB/MIVB</b> Lead Actress & Stunt	Belgium
<b>2023 Black &amp; Gold Dance Music video-</b> Freya Pauwels choreographer and director	Belgium
<b>2023 Made in Heaven on Amazon Prime-</b> aerialist and actress	Mumbai, India
<b>2023 Theodosia 2-</b> Dancer and actress	Belgium
<b>2023 Shehzada Movie “Munda Sona Hoon Main”-</b> Dancer & Actress	Mauritius
<b>2022 Samsonite® European International Commercial-</b> Actress Yoga Instructor	Europe
<b>2022 Spellbound TV series-</b> actress & ballet dancer	Belgium
<b>2022 THE DANCER- RTBF promo video commercial</b>	Belgium
<b>2022 Angèle-Amour, Haine &amp; Danger Music Video-</b> actor	Brussels, Belgium
<b>2022 La Graine-</b> yoga actress	Brussels, Belgium
<b>2022 Dolce Gabbana-</b> Music Video Dancer, Sk Music Works	Mumbai, India
<b>2022 Miranda Boys directed by Sanjay Gupta-</b> dancer & actress	Mumbai, India
<b>2022 Rangisari- JugJugg Jeeyo-</b> Bosco Martis Bollywood Movie Music Video Dancer	Mumbai, India
<b>2022 Shehzada Movie-</b> Dancer & Actress	Mauritius
<b>2022 Bhool Bhulaiyaa 2 Movie- Music Video-</b> Director & Choreographer Bosco Martis, Dancer	Mumbai, India
<b>2022 Royal Silver Elaichi Commercial with Ali Fazal-</b> dancer and actress	Mumbai, India
<b>2022 Made in Heaven- Amazon Prime Video- TV series,</b> dancer and actress	Mumbai, India
<b>2022 India ABG Music Awards Show- Bosco Martis-</b> Dancer- hip hop, commercial, jazz and lyrical, contemporary, multiple	Mumbai, India
dance numbers streamed live worldwide	Mumbai, India
<b>2022 Phone Bhoot- Movie Music video-Ganesh Hegde</b> Bollywood commercial dancer <i>*post-production*</i>	Mumbai, India
<b>2021 De Mauvaise Pioche-</b> French Sitcom Actress Stunt Double <i>*post-production*</i>	Belgium
<b>2021 Walibi International Commercial-</b> Lead Actress	Costa Rica & Belgium
<b>2021 Kids With Buns- “Bad Grades” Music Video</b> Dancer	Antwerp, Belgium
<b>2020 Colruyt Commercial</b> Actress	Brussels, Belgium
<b>2020 National Commercial “Vinçotte”–</b> Actress & Ballerina	Brussels, Belgium
<b>2009 “Forever Young” Music Video</b> Dancer	Vancouver BC Canada

## Theatre

<b>2025 Tomorrowland –</b> Dancer, actress and performer	Antwerp, Belgium
<b>2025 Theater Tol-</b> aerialist dancer for canal river boat & aerial show	Aveiro, Portugal
<b>2024 Dana Winner Show &amp; Concert-</b> head choreographer & dancer	Antwerp, Belgium
<b>2024 Theater Tol (BE)-</b> aerialist dancers in Opera/ theater production in the sky for FIAV	Bogotá, Columbia
<b>2024 KMSKA Ballet Show-</b> dancers & actress with SOUL15	Antwerp, Belgium
<b>2024 Tomorrowland-</b> Dancer & Actress	Belgium
<b>2024 Showcase Entertainment-</b> Ballet Dancer for Event	Belgium
<b>2024 SCARLETT Entertainment –</b> Ballet Pointe & Contemporary Dancer show at Théâtre du Vaudeville	Brussels, Belgium
<b>2024 Tomorrowland Winter –</b> Dancer & Performer at the festival	Alpe d'Huez, France
<b>2023 The Wellbeing Summit-</b> commissioned Choreography & Dance Duet for the Opening	Brussels, Belgium
<b>2023 Road to Glory Boxing Championship-</b> Ballet pointe dance solo in a boxing ring	Brussels, Belgium
<b>2023 Nutcracker Ballet Performance-</b> 5 professional ballet shows for Strange People Event	Gent, Belgium
<b>2023 Ballet Show for Tripel Karmeliet New Beer–</b> dancer	Belgium

<b>2023 Cirque du Soleil-</b> Opening act with Strange People Brand for KURIOS	Paris France & Brussels, Belgium
<b>2023 KMSKA 1 Year Anniversary Ballet Show-</b> dancers & actress with SOUL15	Antwerp, Belgium
<b>2023 Tomorrowland- Love Tomorrow Show-</b> Pointe Classical/ modern Dancer for the conference to techno	Belgium
<b>2023 Disneyland Paris-</b> Dancer for parades and shows-	Disneyland Paris, France
<b>2023 Criaturas Events &amp; Entertainment Company-</b> Dancer & Performer	Belgium
<b>2023 Strange People Entertainment Company-</b> Dancer & Performer	Belgium & Netherlands
<b>2022 India ABG Music Awards Show- Bosco Martis-</b> Dancer- hip hop, commercial, jazz and lyrical, contemporary, multiple dance numbers streamed live worldwide	Mumbai, India
<b>2020 Circus of Horrors Rock Show-</b> Dancer on Tour across UK	United Kingdom
<b>2019 Elevate Entertainment and Performances</b> Live shows through East Coast	USA
<b>2019 TUI Dancer &amp; Fitness Instructor-</b> Resort shows 75 diverse dance numbers	Turkey & Egypt
<b>2018 USC Dance Company Contemporary-under the direction of Thaddeus Davis &amp; Tanya Wideman-Davis</b> in Stephine Wilkins <i>Unbound</i> lead dancer	Columbia, South Carolina
<b>2018 USC Dance Company</b> Direction of Susan Anderson Columbia Museum of Art- Dance exhibit	Columbia, South Carolina
<b>2017 Institute of the Arts Barcelona Show Case Dancer</b>	Sitges, Barcelona Spain
<b>2016 Rio Olympic Games 2016 Opening &amp; Closing Ceremonies Dancer</b>	Rio De Janeiro, Brazil
<b>2016 Weird Al Yankovic backup dancer</b>	Columbia, SC USA
<b>2016 USC Dance Company Fall Concert</b> Arabian ballet dancer in Firebird	Columbia, SC USA
<b>2015 USC Contemporary Show Dancer</b> Multiple shows and performances	Columbia, SC USA
<b>2013 “Cinderella” dance remake, role HSSOD as Cinderella</b>	Raleigh, NC USA
<b>2012 Macy’s Thanksgiving Day Parade</b> Live Performance Dancer	New York, NY USA
<b>2012 “Wizard of Oz,”</b> Middle Creek HS Musical Production; Girls’ Choir, Ensemble	Raleigh, NC USA
<b>2011 “Oklahoma!”</b> Middle Creek HS Musical Production, Dancer and Ensemble Cast	Raleigh, NC USA
<b>2011 “Ring ‘Round the Moon,”</b> Middle Creek HS Drama, Dancer Actor	Raleigh, NC USA
<b>2010 Winter Olympics Closing Ceremonies Dancer</b> Live & TV Broadcast	Vancouver, BC Canada
<b>2010 Tour of Perform Arts Studio Musical Theater and Sr. Dance Company</b>	London & BC Canada
<b>2008 Moscow Ballet’s “Sleeping Beauty”</b> ballet dancer	New Westminster, Canada

## **Choreography & Teaching**

<b>2025 Head Choreographer-</b> FIFA Club World Cup Games Ceremonies live & broadcasted	Los Angeles, USA
<b>Ashgabat 2017 Asian Games,</b> Assistant choreographer for Mass Choreography team	Ashgabat, Turkmenistan
<b>Rio Olympic Games 2016 Opening &amp; Closing Ceremonies</b> Assistant Mass Choreographer	Rio de Janeiro, Brazil
<b>Copa America Centenario Opening Ceremonies</b> Assistant Mass Choreographer	San Francisco, California
<b>Baku 1st European Games Opening &amp; Closing Ceremonies 2015</b> Intern Assistant Mass Choreography	Baku, Azerbaijan
<b>2023 The Wellbeing Summit-</b> commissioned Choreography & Dance Duet for the Opening	Brussels, Belgium
<b>Institute of the Arts Choreography Showcase</b>	Sitges, Barcelona Spain
<b>ANIMO- Boutique Fitness Studio- “RISE”</b> new concept & other group fitness classes	Brussels, Belgium
<b>Élan Danse-</b> dance & yoga instructor	Leuven, Belgium
<b>The Lab Ballet, Yoga, Group Fitness, Zumba, Pilates</b>	Brussels, Belgium
<b>STU Arts Contemporary &amp; Ballet Instructor and Choreographer</b>	Belgium

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

<b>University of South Carolina</b> Columbia, South Carolina USA	2014- 2018 <b>Graduated</b>
Bachelor of the Arts and Sciences in Dance Performance Major Contemporary with a Business minor	
<b>Institute of the Arts Barcelona</b> Sitges, Barcelona Spain	2017- 2018
<b>Group Fitness Instructor</b> <i>Certified</i> (Pilates, power aerobic, HITT, yoga & more)	2019- <b>Current</b>
<b>Zumba &amp; Strong by Zumba</b> <i>Certified</i>	2019- <b>Current</b>
<b>Vail Dance Festival</b> Vail, Colorado USA	Summer 2017-2018
<b>Holly Springs School of Dance</b> Holly Springs, North Carolina USA	2012- 2014
<b>Raleigh School of Ballet</b> Raleigh, NC	2010-2011
<b>Perform Art Studios</b> Vancouver, Canada	2007-2010
<b>Loudoun Ballet School</b> 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\\_bGvI8](https://youtu.be/gDz9q_bGvI8)



**BALICH  
WORLDWIDE  
SHOWS**



**Samsonite**

**FIFA**



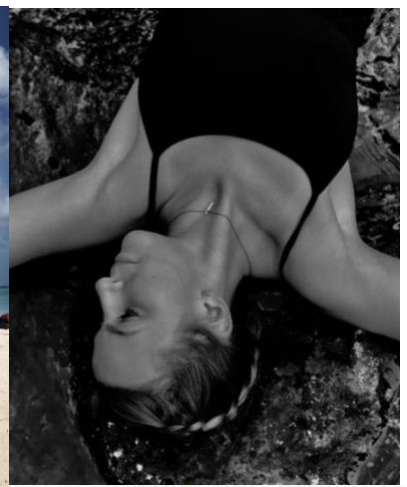
**WALiBi  
BELGIUM**



Mumbai, India







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

**Samsonite**

My journey.  
My Samsonite.

