



**Joseph Powell-Main**

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**Height:** 5' 10" **Build:** Slim **Hair:** Dark Brown **Eyes:** Brown

**Dancing styles:** Advanced ballet, Advanced Lyrical, Advanced Contemporary, Intermediate Tap, Commercial, Urban, Acro, Advanced Jazz, Street, Contact improvisation, Ballroom, Latin, basic knowledge of aerial dance skills on hoop, rope, silks, and straps.

### Training

- Ballet Cymru Apprentice 2019 - 2020
- 2017-2020, Arden School of Theatre, BA (Hons) Dance and Performance, First Class Honours.
- 2017-2018, Company Chameleon Youth
- 2016-2017, Manchester School of Acting
- 2015-2017, Tameside Centre for the Performing Arts, Level 3 BTEC Diploma in Performing Arts, Distinction Star (x3)
- The Royal Ballet School, 2009-2013
- Carmichael School of Dance, 2006-2008
- Jane Jones School of Dance, 2003-2009

### Professional Experience

- Company Dancer with *Ballet Cymru* 2020 – 2021.
- Performed with *The Royal Ballet* in Collaboration with Birdy as part of the Paralympic GB Homecoming concert, first dancer using a chair and crutches to ever perform with *The Royal Ballet*. Concert screened on Channel 4.
- Worked as Guest Artist with *The Royal Ballet* in collaboration with Principal Dancer Alexander Campbell, Principal Character Artist Kristen McNally, and First Artist Isabel Lubach on *Sleepwalker*.
- Performer and Choreographer for *One Young World Summit 2022 Opening Ceremony* at the Bridgewater Hall in Manchester.
- Performer for Northern Tour of Rugby League World Cup Cultural Festival, *The Power of Performance: This is Us*. Produced by *Southpaw Dance Company* and *Pinwheel LTD*.
- Patron of BBO Dance from February 2023. Will be working with the organisation to develop inclusivity within their exam syllabus and their events.
- Inaugural company member for first ever production produced by *Propel Dance*, *The Snow Queen*.
- Performed as a dance artist in the Pilot tour of *I am 8* with *Sweetshop Revolution*.
- Guest Practitioner for inclusive ballet workshop for dance teachers as part of *Expressions 2023*, a festival celebrating inclusive dance curated by *Northern Ballet*.

- Inaugural ambassador for National Youth Ballet. Will be working with the organisation on their inclusive programme, Applied Ballet All In! This programme will focus on developing NYB's opportunities for dancers with different accessible needs. As part of this role, I will also be working with NYB's Young choreographers to mentor them for approaching and translating choreography in an accessible and inclusive way.
- Dancer, Choreographer and Event Ambassador for Empower in Motion a Charity Gala for Children Today at Sadlers Wells.
- Guest choreographer and performer for The Royal Ballet Festival of New Choreography: Live at Lunch.

**Video Links:**

<https://www.youtube.com/watch?v=elEFzqJRI>

<https://www.youtube.com/watch?v=Bi86smJuN2g>

<https://youtu.be/j9GI6-ArYAO>

<https://www.youtube.com/watch?v=xtypLZx3Ot4>

**TV appearances include** ITV Cymru Wales, BBC Wales Tonight, The Greatest Dancer 2018 (BBC and Syco), ITV main Early Evening News, Channel 5 Early Evening News, Channel 4 Steph's Packed Lunch and Channel 4 Paralympic GB Homecoming Ceremony with the Royal Ballet and Birdy (Channel 4).

**Theatre Credits (Dancer)**

<b>Year</b>	<b>Production</b>	<b>Role</b>	<b>Company</b>	<b>Director</b>
2024	The Royal Ballet Festival of New Choreography: Live at Lunch.	Dancer and Choreographer of <i>Lady of Llyn Y Fan Fach</i> a work in progress.	The Royal Ballet Learning and Participation Team.	Project managed by Ruby Wolk and Ava Merrell, with the kind support of Kevin O'Hare and Emma Southworth.
2024	Empower in Motion Children Today Charity Gala.	Dancer in <b>The Sleepwalker</b> with kind permission by <b>The Royal Opera House</b> and <b>Alexander Campbell Productions</b> .  Dancer and Choreographer of <b>Passionately Defiant</b> .	Children Today Charitable Trust  Sadlers Wells.	Henry Dowden and Ross Freddie Ray.
2023	Humans Move and Research Development Sharing.	Dancer and Collaborator.	Humans Move	Jessie Brett
2023	Sleepwalker	Dancer (Guest Artist)	The Royal Ballet in Association with Alexander Campbell Productions and Greenwich and Docklands International Festival.	Alexander Campbell and Kristen McNally.  With thanks to Kevin O'Hare, Emma Southworth and Hannah Mayhew.
2023	Recital 2023 ~ <i>Aladdin and the Lamp</i> .	Guest Principal Dancer and Rehearsal/Choreographic assistant.	The Birmingham Ballet Company.	Penelope and Kate Frost.

		Performed the role of <i>The Sultan</i> (Princess Jasmine's Father).		
2023	I am 8. Tour	Dancer/Performer and choreographer of Tango solo.	Sweetshop Revolution	Sally Marie.
2023	The Snow Queen. Tour	Kai and a Goblin.	Propel Dance Company.	Helen Mason.
2022	Power of Performance: This Is Us. Tour to Newcastle, Hull, and Leeds.	Jack the Wheelchair Rugby Player.	Pinwheel in collaboration with Southpaw Dance.	Robby Graham and Katy Fuller.
2022	Sleepwalker – The Royal Ballet. In House Sharing in The Clore Studio.	Dancer (Guest Artist)	The Royal Ballet in collaboration with Alexander Campbell Productions.	Alexander Campbell and Kristen McNally.  Kevin O'Hare and Emma Southworth/Hannah Mayhew.
2022	One Young World Manchester Summit. Opening Ceremony.	Undone – Performer and Choreographer.	Produced by Private Drama Events.	Joe Powell-Main
2022	I am 8 (Research and Development Sharing)	Dancer	Sweetshop Revolution	Sally Marie
2022	The Royal Ballet Spring Draft Works	Dancer (Guest Artist) in new creation. Directed by Alexander Campbell and Choreographed by Kristen McNally.	The Royal Ballet	Kevin O'Hare Emma Southworth Hannah Mayhew.
2021	Made in Wales Triple Bill	Dancer – Poems and Tiger Eggs Choreographed by Darius James and Amy Doughty  Dancer, Soloist – Murmurations Choreographed by Liam Riddick	Ballet Cymru	Darius James and Amy Doughty
2021	Paralympics Homecoming	Featured Dancer with the Royal Ballet performing in collaboration with Birdy. Channel 4 Production. Co-creation of the piece alongside Kristen McNally.	The Royal Ballet/TBI Media	Kevin O'Hare and David Bray
2021	Giselle Ballet Cymru UK Tour	Villager (Act 1) Ghost (Act 2) Hilarion (Cover)	Ballet Cymru	Darius James and Amy Doughty
2019	Ballet Cymru Fundraising Event Access to Ballet	Dancer	Ballet Cymru	Darius James and Amy Doughty
2019	Romeo and Juliet	Capulet and Monk	Ballet Cymru	Darius James and Amy Doughty
2019	Wales International Ballet Summer School	Dancer	Ballet Cymru	Darius James and Amy Doughty
2019	Timestep Studio. Dance Through the Decades	Guest Dancer	Timestep Studio	Rachel Walmsley
2019	Ardance Festival	Dancer	Arden School of Theatre	Belinda Grantham and 3 <sup>rd</sup> Year Dance Students
2019	Romeo and Juliet, Adaptations 2019 (dance production)	Romeo	Arden School of Theatre	Belinda Grantham
2019	Move It Dance and Performing Arts Show	Dancer	Arden School of Theatre	Belinda Grantham

2019	Stuck/Unstuck	Dancer	Arden School of Theatre/Hawk Dance Theatre	Josh Hawkins
2018	Believe and Achieve Trust Carol Service	Guest Solo Dancer	Believe and Achieve Trust	N/A
2018	Timestep Studios Annual Show. Love Hearts and Stars	Guest Solo Dancer	Timestep Studio	Rachel Walmsley
2018	Wales International Ballet Summer School	Dancer	Ballet Cymru	Darius James, Amy Doughty and Charlotte Edmonds
2018	Fusion	Solo dancer	Step Change Studios	Rashmi Becker
2018	A-DAP-Tations	Dancer	Arden School of Theatre	Belinda Grantham
2018	U-Dance Festival	Quest	Company Chameleon Youth	Anthony Massen
2018	10	Quest	Company Chameleon	Anthony Massen
2017	DAP-Arted	Dancer	Arden School of Theatre	Belinda Grantham
2017	Illuminate	Quest	Company Chameleon	Anthony Massen
2017	Catapult	Ensemble Dancer	Arden School of Theatre	Belinda Grantham,
2017	Lion King Showcase	Dancer/Animal	Tameside Centre for Performing Arts	Richard Goodwin
2017	Stride	Featured Dancer	Company Chameleon	Kevin Turner
2016	Winter Wonderland	Ensemble Dancer	Tameside Centre for Performing Arts	Danny Price
2012	End of Year Annual Matinee	Jubilation/Défilé	The Royal Ballet School	Gailene Stock
2012	Linbury End of Year Shows	Jubilation/Scottish/Irish	The Royal Ballet School	Gailene Stock
2012	Performance showcase to honour HRH Princess Alexandra	Leo	The Royal Ballet School	Sally Phoenix
2012	Ninette De Valois Choreographic Competition	Ensemble Dancer	The Royal Ballet School	Gailene Stock and Diane Van Schoor
2011	The Nutcracker	Party Child/Tall Soldier	The Royal Ballet	Monica Mason

2011	End of Year Annual Matinee	Danse Bohemiene/Défilé	The Royal Ballet School	Gailene Stock
2011	Linbury End of year shows	Danse Bohemiene/Character Dance/Irish	The Royal Ballet School	Gailene Stock
2011	The Royal Ballet School Gala	Danse Bohemiene/Legado/Two Sides	The Royal Ballet School	Gailene Stock
2011	Ninette De Valois Choreographic Competition	The Winds	The Royal Ballet School	Gailene Stock and Diane Van Schoor
2010	Peter and The Wolf	Huntsman/Wall	The Royal Ballet	Matthew Hart
2010	End of Year Annual Matinee	L'école/Défilé	The Royal Ballet School	Diane Van Schoor/Gailene Stock
2010	Linbury End of Year performances	L'école/Character Dances	The Royal Ballet School	Diane Van Schoor/Gailene Stock
2010	Ninette De Valois Choreographic Competition	Ensemble Dancer	The Royal Ballet School	Diane Van Schoor
2009	The Nutcracker	Small Soldier/Page Boy	The Royal Ballet	Monica Mason
2009	Sylvia (UK Tour)	Count and Countessa's Son	Birmingham Royal Ballet	David Bintley
2008	The Nutcracker	Fritz/The Nutcracker/Jig	English Youth Ballet	Janet Lewis
2007	The Nutcracker	Party Child	Birmingham Royal Ballet	David Bintley

#### **Film Credits (Dancer)**

<b>Year</b>	<b>Film</b>	<b>Role</b>	<b>Company</b>	<b>Director</b>	<b>Notes</b>
2022	The Sleepwalker	Dancer/Self	The Royal Ballet in collaboration with The Royal Ballet.	Alexander Campbell.	Short promotional film about the project.
2022	BBC Newsbeat	Dancer	BBC Newsbeat	Ellie Cleverly. BBC	Newsbeat piece on involvement in Sleepwalker with the Royal Ballet.
2022	Murmurations	Dancer (soloist)	Ballet Cymru	Liam Riddick	Filmed in 2021. Released as part of the Ballet Cymru Digital Stage in 2022.

2022	Cadence	Dancer	Ballet Cymru	Marcus Willis	Filmed in 2021. Released as part of the Ballet Cymru Digital Stage in 2022.
2022	Fortitude	Dancer	Ballet Cymru	Krystal Lowe	Filmed in 2021. Released as part of the Ballet Cymru Digital Stage in 2022.
2022	Isolated Pulses	Dancer	Ballet Cymru	Marcus Willis	Filmed in 2020. Released as part of the Ballet Cymru Digital Stage in 2022.
2022	Flame Lily.	Dancer	Ballet Cymru	Darius James and Amy Doughty	Filmed in 2020. Released as part of the Ballet Cymru Digital Stage in 2022.
2021	Light	Dan (Dancer)	Suzie Curran	Suzie Curran	
2020	Ddraig	Dancer	Conversations for Future Selves	Joseph Powell-Main	Film commissioned as part of the Arts Council of Wales HARP programme celebrating disabled artists in Wales.
2020	Tomorrow	Dancer	Ballet Cymru	Joseph Powell-Main	Created as part of the Ballet Cymru Digital programme in 2020 to supplement postponed performances due to Covid-19.
2019	Trapped	Dancer	Arden School of Theatre	Tomas Simon	Developed as part of degree with fellow class members. Choreographed by me.
2018	Pas de deux (Short)	Dancer	Resource Productions	Emilie Cheung	Produced for Ignition Random Acts
2015	Heels and Wheels	Self	Flying Monk Community Films	N/A	Documentary Short Film
2010	Peter and The Wolf	Huntsman	The Royal Ballet	Monica Mason	Direct to DVD (filmed performance.) Credited as Wall
2009	The Nutcracker	Small Soldier/Page Boy	The Royal Ballet	Monica Mason	Direct to DVD (filmed performance)

### **Theatre Credits (Acting).**

Year	Production	Role	Company	Director
2017	MSA Gala	School Kid	Manchester School of Acting	Mark Hudson and Kelly Condron
2016	Campus Christmas	The Colonel/Ensemble singer	Tameside Centre for Performing Arts	Richard Goodwin
2016	An Evening of Song and Performance	Enjorlas/Jets/Ensemble	Tameside Centre for Performing Arts	Dave Bintley

2007	Disco Inferno	Vicar/Ensemble	Oakengates Youth	Aaron Prier
2006	Peter Pan Pantomine	Michael	Paul Holman Associates	Paul Holman

### **Credits as a Choreographer**

<b>Year</b>	<b>Production</b>	<b>Piece</b>	<b>Note</b>
<u>2010</u>	Ninette De Valois Junior Choreographic Competition	The Celebration	Choreographer and competition finalist
<u>2017</u>	UK National Para Dance Championship (2017).	Focus (combi freestyle)	Co-choreographed and performed with Holly Powell-Main.  Winning entry in 2017
<u>2017</u>	UK National Para Dance Championship (2017)	Do you love me (Solo Freestyle).	Choreographer and performer.  Winning entry in category 2017.
<u>2018</u>	A-DAP-Tations	State of Panic	Choreographer
<u>2018</u>	Fusion	La La Land	Choreographer and performer
<u>2018</u>	Fusion	Les Secrétaire	Co-Choreographer and performer
<u>2018</u>	UK National Para Dance Championship (2018).	RuPaul Medley (combi freestyle).	Co-choreographed and performed with Holly Powell-Main.  Winning entry in category 2018.
<u>2018</u>	Timestep Studios. Love Hearts and Stars	Michael Jackson Medley and The Nutcracker Suite	Choreographer and Performer
<u>2018</u>	Believe and Achieve Carol Service	Black and Gold and The Nutcracker Suite	Choreographer and Performer
<u>2019</u>	Timestep Studios. Dance Through the Decades	Don Quixote Spanish Medley and Jive Boogie	Choreographer and Performer
<u>2019</u>	UK National Para Dance Championship. (2019).	Insomnia (combi freestyle).	Co-choreographed and performed with Holly Powell-Main.  Winning entry in category 2019.
<u>2019</u>	UK National Para Dance Championship (2019).	Swan Lake Waltz (Solo Freestyle).	Choreographer and performer.  Winning entry in category 2019.
<u>2021</u>	Wales Ballet Summer Course 3	La Samba	
<u>2021</u>	Paralympic GB Homecoming Ceremony performance with the Royal Ballet in collaboration with Birdy.	Nobody Knows Me Like You Do.	Co – creation of piece alongside Kristen McNally, Principal Character Artist of the Royal Ballet.

<u>2022</u>	One Young World Summit 2022. Opening Ceremony.	Undone	Choreographer, Director, and Performer.
<u>2023</u>	Snow Queen with Propel Dance.	Kai's Ice Solo.	Choreographer and performer of this section of the piece which forms part of the finale of the show.
<u>2023</u>	I am 8	Tango solo	Choreographer and performer for this section of the show with Sweetshop Revolution.
<u>2024</u>	Empower in Motion a Charity Gala.	Passionately Defiant.	Choreographer and performer of this especially created for Empower in Motion.
<u>2024</u>	The Royal Ballet Festival of New Choreography: Live at Lunch.	Lady of Llyn y Fan Fach, a work in progress.	Choreographer and performer.