



Dancer

Sofia Delgado

Professional summary

Emotionally expressive and technically disciplined dancer with experience performing in professional ballet and contemporary productions. Trained at Juilliard with a strong foundation in classical techniques and modern improvisational forms. Known for fluid movement, storytelling ability, and on-stage adaptability. Actively seeks collaborative, innovative projects in live theater, touring shows, and filmed dance media.

Experience

Corps de Ballet Dancer

2020 - 2025

Miami City Ballet / Miami, FL

- Participated in 50+ annual performances, including seasonal classics and modern commissions, while maintaining elite physical readiness through rigorous daily training.
- Traveled internationally with the company for cultural exchange performances in Spain and Germany, representing American dance on global stages.
- Performed demanding solo and ensemble parts in “Swan Lake” and “The Nutcracker,” adjusting to last-minute casting changes and live orchestra cues.
- Provided peer mentorship to junior company members and contributed feedback during choreographic workshops.

Dancer, “Volta” Tour

2018 - 2019

Cirque du Soleil / Las Vegas, NV & touring

- Selected through international auditions to join the ensemble for “Volta,” a physically demanding show combining modern dance, acrobatics, and narrative performance.
- Mastered aerial silks, trampoline choreography, and harness-based movement within a compressed training schedule before joining the tour.
- Maintained health and endurance during extended global tour legs, executing complex routines in varying climates and venue conditions.
- Collaborated with creative directors, costume designers, and lighting technicians to deliver immersive visual experiences to thousands of audience members.

Additional Information

- Hosts annual summer dance intensive for teens in Miami
- Appeared in music video for Bad Bunny (2024)

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Education

Diploma in Dance Performance

The Juilliard School | New York, NY | 2017

Certifications

- Pilates Instructor Certification (2023)
- Yoga Alliance RYT-200 (2022)

Skills

| | |
|-----------------------------|-------|
| Contemporary dance | ◆◆◆◆◆ |
| Ballet (Vaganova & RAD) | ◆◆◆◆◆ |
| Choreography | ◆◆◆◆◆ |
| Pointe work | ◆◆◆◆◆ |
| Flexibility training | ◆◆◆◆◆ |
| Floor work | ◆◆◆◆◆ |
| Partnering | ◆◆◆◆◆ |
| Expression through movement | ◆◆◆◆◆ |
| Teaching technique | ◆◆◆◆◆ |
| Discipline | ◆◆◆◆◆ |

Languages

- ◆ Speaks fluent English and Portuguese