

Overcoming Hurdles

Alyssa Casey: Dancer, Choreographer, and Costume Designer

Through my work, I venture to find trust in myself to take risks. I work in the form of hurdles; I must take a terrifying leap into the unknown in order to discover the true essence of my work. These leaps allow me to find honesty, even when a heightened reality is being explored. I continue to take the terrifying bounds into the unfamiliar in hopes that dance will lead me to discovering something new about myself, but also to encourage the same effect on the viewer.

As an art form, dance has the capability to influence change and cause realizations for both the dancer and audience. I believe that the performer and viewer can develop a new understanding of themselves by engaging in artistic endeavors. I want to connect with people and expand the reach of dance. Through creating accessible work, I hope to encourage the viewer to understand the world in a new way, and to begin to understand dance as an art form.

To me, honesty and experiencing in the moment define where I hope to go with my choreography and performance. Trust allows me to present a part of myself on stage that other humans are able to relate to and understand. This understanding encourages personal growth and reflection. Through opening up myself to others, I invite them to reflect on themselves, and encourage them to discover a deeper level of who they hope to be within the world.

I believe that only I can set boundaries for myself. I place the hurdles that I must later overcome. I strive to break through these restrictions to allow myself to explore my full potential. Through hard work, resilience, humor, and trust, I plan to create work undefined by rules and boundaries, inspiring my audience to view life, and the endless amount of possibilities it presents, in the same way I strive to.