

# LAURA MENDES

UNION: AGMA Member

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## Professional Work

### *Visceral Dance Chicago* (2023-Present)

Director: Nick Pupillo

Performed works by Micaela G. Taylor, Marco Palomino, Shannon Alvis, Roderick George, Rena Butler, and Gustavo Ramirez Sansano in the principal role of "Carmen", Top 10 Performances in 2024 by the Chicago Tribune.

### *Lyric Opera of Chicago* (2024-Present)

Invited by Noella Kayser

Lyric Opening Gala 2024, featuring Patti LuPone

### *Laguna Dance* (2026)

Direction and choreography by Jodie Gates

### *Joffrey Ballet Concert Group* (2019-2023)

Director: Bradley Shelver

Company Member and Rehearsal Director. Assisted Mr. Shelver in his new creation for Graham II. Performed works by Omar Roman de Jesus and Eric Trope

## Commercial, Film, and Television

### *"Nostalgia" Pt 2 | Past, Present, Future festival by All Arts TV - PBS* (2025)

Choreography and Direction by Micaela Taylor  
Filmed by Josh S. Rose

### *"Resilience Film"* (2026)

Movement Study by Ilya Vidrin  
Directed and Choreographed by Jessi Stegall  
Production: PinkRoom Studios

### *Freckled Sky* (2025)

One Flight International | Gala 2025  
Choreography: Four Seasons

### *Pantene Commercial* (2018)

Directed by Nicole Heiniger  
Casting by SD-MGMT

## Dance Education

### *Joffrey Ballet School* (2019-2023)

#### *Merit Scholarship*

Director: Angelica Stiskin and Michael Waldrop  
Performed pieces by: Greg Lau, Yin Yue, Antonia Franceschi, and Yoshito Sakuraba

### *Nederlands Dans Theater | NDT Summer Intensive Full Scholarship Award & Promo Video* (2022)

Direction by Prince Credell / Emily Molnar  
Performed world premiere by Paxton Ricketts; works by Jiri Kylian, Crystal Pite, and Hofesh Shechter

### *Forsythe Technique | Staatsballet Berlin* (2019)

Led by Ayman Harper

### *Orsolina28 | Scholarship Award* (2022)

Performed works by Crystal Pite and Ohad Naharin (GAGALab)

### *GALLIM | Summer Intensive* (2023)

Performed an excerpt of *Sama* by Andrea Miller

## Commission and Choreography

### *The Nest* (2025)

Choreographed on Visceral Dance Chicago | WITHIN  
Selected by Steps Beyond Foundation Choreographic Lab Spring 26`

### *Sound Gallery* (2025)

Commissioned by Tiffany Leard and Joe DeAngelo at Fulton Street Collective. Evening length duet choreographed and performed by Laura Mendes and partner Justin Bisnauthsing

## Awards

### *Joinville Dance Festival | Second Place Overall Trophy* (2017)

Largest Dance Festival in the World in the Guinness Book since 2005

Solo Performance

Choreography by Daphne Chequer