

# NICOLE FOLKEDAHL

## EXPERIENCE

I've been dancing for 16+ years. I started dancing as a way to lose baby weight after I had my daughter. I enrolled both my daughter and I into a dance studio program where we lived at the time in VA and fell in love with it. Dancing became a mother daughter thing for us and I've been dancing ever since. I've studied ballet for about 10 years and Contemporary for about 6 years. I love Contemporary style the most. I have danced or taken classes in a few other genres. My favorite and most educational experience was dancing in Okinawa Japan. I now help to expand the world of dance to our children here in Black River Falls and surrounding areas.



*My favorite quote:*

“Those who mind don't matter and those who matter don't mind.” ~ Dr. Seuss

## INTERESTS

Dance, Painting/Art, listening to music, Gardening, Reading, and playing with my dog Thor.