



# Shannon Brienne Trybul Mizell

Dancer, Actress, Performer, Movement Choreographer

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Height: 167 cm/ 5ft. 4in.      Hair: Brunette      Eyes: Green/ Blue  
Weight: 49kg/ 110 lbs.      Waist: 66cm/ 26in      Bust: 34B      Hip: 82cm/ 32in

## Film & TV

- 2026 **Milano Cortina Winter Olympics** – Opening & Closing Ceremonies  
Junior Assistant Mass choreographer  
Milano & Verona Italy
- 2025 **Mind of Thoughts**- Short film lead role Elle Davis  
Belgium, Netherlands, France
- Best International Film- **WINNER** by Beyond Hollywood International Film Festival LA
- Best Breakthrough Female Performance**-Nomination by Festival of Cinema NYC
- Best Actress Short Film**- Nomination by Love & Hope International Film Festival Barcelona
- Best European Short Film- Nomination by Love & Hope International Film Festival Barcelona
- \* For list of Festival and Nominations please contact
- 2025 **Tierra Libre**- Movement/ Dance film- directed, danced & self-created  
Gran Canaria, Spain
- 2025 **Head Choreographer**- FIFA Club World Cup Games Ceremonies live & broadcasted  
Los Angeles, USA
- 2024 **Lens Dans** – Video dance Film festival HOST & co-director  
Barcelona, Spain
- 2024 **Belgian National Transport Commercial- STIB/MIVB** Lead Actress & Stunt  
Belgium
- 2023 **Black & Gold Dance Music video**- Freya Pauwels choreographer and director  
Belgium
- 2023 **Made in Heaven on Amazon Prime**- aerialist and actress  
Mumbai, India
- 2023 **Theodosia 2**- Dancer and actress  
Belgium
- 2023 **Shehzada Movie “Munda Sona Hoon Main”**- Dancer & Actress  
Mauritius
- 2022 **Samsonite® European International Commercial**- Actress Yoga Instructor  
Europe
- 2022 **Spellbound TV series**- actress & ballet dancer  
Belgium
- 2022 **THE DANCER- RTBF promo video commercial**  
Belgium
- 2022 **Angèle-Amour, Haine & Danger Music Video**- actor  
Brussels, Belgium
- 2022 **La Graine**- yoga actress  
Brussels, Belgium
- 2022 **Dolce Gabbana**-Music Video Dancer, Sk Music Works  
Mumbai, India
- 2022 **Miranda Boys** directed by Sanjay Gupta- dancer & actress  
Mumbai, India
- 2022 **Rangisari- JugJugg Jeeyo**- Bosco Martis Bollywood Movie Music Video Dancer  
Mumbai, India
- 2022 **Shehzada Movie**- Dancer & Actress  
Mauritius
- 2022 **Bhool Bhulaiyaa 2 Movie- Music Video**- Director & Choreographer Bosco Martis, Dancer  
Mumbai, India
- 2022 **Royal Silver Elaichi Commercial with Ali Fazal**- dancer and actress  
Mumbai, India
- 2022 **Made in Heaven- Amazon Prime Video- TV series**, dancer and actress  
Mumbai, India
- 2022 **India ABG Music Awards Show- Bosco Martis**- Dancer- hip hop, commercial, jazz and lyrical, contemporary, multiple  
Mumbai, India
- dance numbers streamed live worldwide
- 2022 **Phone Bhoot- Movie Music video-Ganesh Hegde** Bollywood commercial dancer \*post-production\*  
Mumbai, India
- 2021 **De Mauvaise Pioche**- French Sitcom Actress Stunt Double \*post-production\*  
Belgium
- 2021 **Walibi International Commercial**- Lead Actress  
Costa Rica & Belgium
- 2021 **Kids With Buns- “Bad Grades” Music Video** Dancer  
Antwerp, Belgium
- 2020 **Colruyt Commercial** Actress  
Brussels, Belgium
- 2020 **National Commercial “Vinçotte”**– Actress & Ballerina  
Brussels, Belgium
- 2009 **“Forever Young” Music Video Dancer**  
Vancouver BC Canada

## Theatre

- 2026 **Carnival de Nice – Theater Tol**- performer, dancer, crew  
Nice, France
- 2025 **Tomorrowland** – Dancer, actress and performer  
Antwerp, Belgium
- 2025 **Theater Tol**- aerialist dancer for canal river boat & aerial show  
Aveiro, Portugal
- 2024 **Dana Winner Show & Concert**- head choreographer & dancer  
Antwerp, Belgium
- 2024 **Theater Tol (BE)**- aerialist dancers in Opera/ theater production in the sky for FIAV  
Bogotá, Columbia
- 2024 **KMSKA Ballet Show**-dancers & actress with SOUL15  
Antwerp, Belgium
- 2024 **Tomorrowland**- Dancer & Actress  
Belgium
- 2024 **Showcase Entertainment**- Ballet Dancer for Event  
Belgium
- 2024 **SCARLETT Entertainment** – Ballet Pointe & Contemporary Dancer show at Théâtre du Vaudeville  
Brussels, Belgium
- 2024 **Tomorrowland Winter** – Dancer & Performer at the festival  
Alpe d’Huez, France
- 2023 **The Wellbeing Summit**- commissioned Choreography & Dance Duet for the Opening  
Brussels, Belgium

<b>2023 Road to Glory Boxing Championship-</b> Ballet pointe dance solo in a boxing ring	Brussels, Belgium
<b>2023 Nutcracker Ballet Performance-</b> 5 professional ballet shows for Strange People Event	Gent, Belgium
<b>2023 Ballet Show for Tripel Karmeliet New Beer-</b> dancer	Belgium
<b>2023 Cirque du Soleil-</b> Opening act with Strange People Brand for KURIOS	Paris France & Brussels, Belgium
<b>2023 KMSKA 1 Year Anniversary Ballet Show-</b> dancers & actress with SOUL15	Antwerp, Belgium
<b>2023 Tomorrowland- Love Tomorrow Show-</b> Pointe Classical/ modern Dancer for the conference to techno	Belgium
<b>2023 Disneyland Paris-</b> Dancer for parades and shows-	Disneyland Paris, France
<b>2023 Criaturas Events &amp; Entertainment Company-</b> Dancer & Performer	Belgium
<b>2023 Strange People Entertainment Company-</b> Dancer & Performer	Belgium & Netherlands
<b>2022 India ABG Music Awards Show- Bosco Martis-</b> Dancer- hip hop, commercial, jazz and lyrical, contemporary, multiple dance numbers streamed live worldwide	Mumbai, India
<b>2020 Circus of Horrors Rock Show-</b> Dancer on Tour across UK	United Kingdom
<b>2019 Elevate Entertainment and Performances</b> Live shows through East Coast	USA
<b>2019 TUI Dancer &amp; Fitness Instructor-</b> Resort shows 75 diverse dance numbers	Turkey & Egypt
<b>2018 USC Dance Company Contemporary-under the direction of Thaddeus Davis &amp; Tanya Wideman-Davis</b> in Stephine Wilkins <i>Unbound</i> lead dancer	Columbia, South Carolina
<b>2018 USC Dance Company</b> Direction of Susan Anderson Columbia Museum of Art- Dance exhibit	Columbia, South Carolina
<b>2017 Institute of the Arts Barcelona Show Case Dancer</b>	Sitges, Barcelona Spain
<b>2016 Rio Olympic Games 2016 Opening &amp; Closing Ceremonies Dancer</b>	Rio De Janeiro, Brazil
<b>2016 Weird Al Yankovic backup dancer</b>	Columbia, SC USA
<b>2016 USC Dance Company Fall Concert</b> Arabian ballet dancer in Firebird	Columbia, SC USA
<b>2015 USC Contemporary Show Dancer</b> Multiple shows and performances	Columbia, SC USA
<b>2013 “Cinderella” dance remake, role HSSOD as Cinderella</b>	Raleigh, NC USA
<b>2012 Macy’s Thanksgiving Day Parade</b> Live Performance Dancer	New York, NY USA
<b>2012 “Wizard of Oz,”</b> Middle Creek HS Musical Production; Girls’ Choir, Ensemble	Raleigh, NC USA
<b>2011 “Oklahoma!”</b> Middle Creek HS Musical Production, Dancer and Ensemble Cast	Raleigh, NC USA
<b>2011 “Ring ‘Round the Moon,”</b> Middle Creek HS Drama, Dancer Actor	Raleigh, NC USA
<b>2010 Winter Olympics Closing Ceremonies Dancer</b> Live & TV Broadcast	Vancouver, BC Canada
<b>2010 Tour of Perform Arts Studio Musical Theater and Sr. Dance Company</b>	London & BC Canada
<b>2008 Moscow Ballet’s “Sleeping Beauty”</b> ballet dancer	New Westminster, Canada

## Choreography & Teaching

<b>2025 Head Choreographer-</b> FIFA Club World Cup Games Ceremonies live & broadcasted	Los Angeles, USA
<b>Ashgabat 2017 Asian Games,</b> Assistant choreographer for Mass Choreography team	Ashgabat, Turkmenistan
<b>Rio Olympic Games 2016 Opening &amp; Closing Ceremonies</b> Assistant Mass Choreographer	Rio De Janeiro, Brazil
<b>Copa America Centenario Opening Ceremonies</b> Assistant Mass Choreographer	San Francisco, California
<b>Baku 1st European Games Opening &amp; Closing Ceremonies 2015</b> Intern Assistant Mass Choreography	Baku, Azerbaijan
<b>2023 The Wellbeing Summit-</b> commissioned Choreography & Dance Duet for the Opening	Brussels, Belgium
<b>Institute of the Arts Choreography Showcase</b>	Sitges, Barcelona Spain
<b>ANIMO- Boutique Fitness Studio- “RISE”</b> new concept & other group fitness classes	Brussels, Belgium
<b>Élan Danse-</b> dance & yoga instructor	Leuven, Belgium
<b>The Lab</b> Ballet, Yoga, Group Fitness, Zumba, Pilates	Brussels, Belgium
<b>STU Arts</b> Contemporary & Ballet Instructor and Choreographer	Belgium

## Training (ballet, contemporary, modern, lyrical, jazz, commercial and more)

<b>University of South Carolina</b> Columbia, South Carolina USA	2014- 2018 <b>Graduated</b>
Bachelor of the Arts and Sciences in Dance Performance Major Contemporary with a Business minor	
<b>Institute of the Arts Barcelona</b> Sitges, Barcelona Spain	2017- 2018
<b>Group Fitness Instructor</b> <i>Certified</i> (Pilates, power aerobic, HITT, yoga & more)	2019- <b>Current</b>
<b>Zumba &amp; Strong by Zumba</b> <i>Certified</i>	2019- <b>Current</b>
<b>Vail Dance Festival</b> Vail, Colorado USA	Summer 2017-2018
<b>Holly Springs School of Dance</b> Holly Springs, North Carolina USA	2012- 2014
<b>Raleigh School of Ballet</b> Raleigh, NC	2010-2011
<b>Perform Art Studios</b> Vancouver, Canada	2007-2010
<b>Loudoun Ballet School</b> Leesburg, Virginia USA	2001-2007

## Special Talents

Pointe Work, Improv, Singing, Acting, Stunt Work, Stage Combat, Driver's License & Moped driving, Yoga, Basic Acrobatics, Aerial certified in Zumba, Strong by Zumba, Group Fitness classes (aerobic workouts, HIT, Step, etc.) Basic Samba, Basic Salsa, Basic Flamenco, Belly Dancing, Greek/Turkish traditional Dance, Skiing, Skating, Volleyball, Football, Rollerblading, Horseback Riding, Hiking, Rock Climbing, Business Management, Waitressing

Introduction video: <https://youtu.be/BbJhB5oELpw>

Mixed dance style showreel: <https://youtu.be/KrLRPxbxb2s>

Acting reel: <https://youtu.be/pKNiMez2OBg>



**BALICH**  
WORLDWIDE  
SHOWS

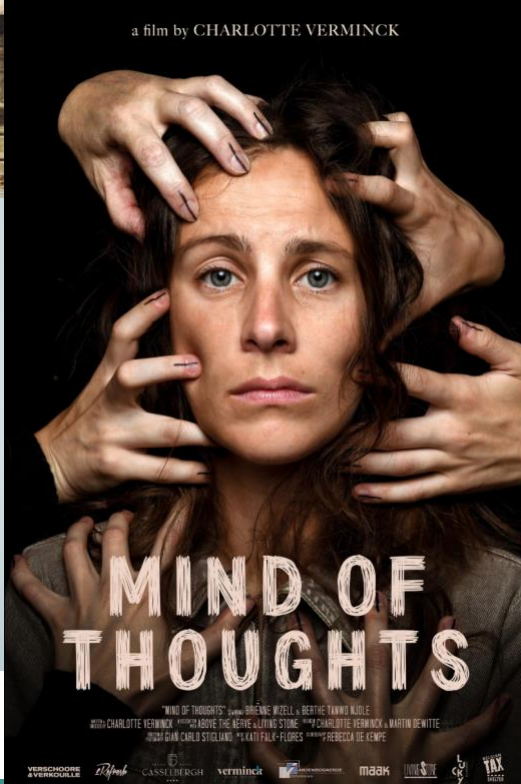
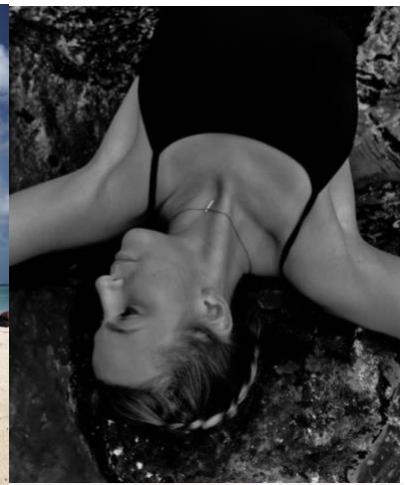


TOMORROWLAND  
LIVE TODAY LOVE TOMORROW UNITE FOREVER



Mumbai, India





For more photos & videos, please contact Instagram: [@brienne\\_mizell](https://www.instagram.com/brienne_mizell)

Sams<sup>o</sup>nite

My journey.  
My Samsonite.

