

# Isabella Efstathiou

Performer / Teacher / Choreographer

[www.isabellaefstathiou.com](http://www.isabellaefstathiou.com)

[isabellaef@hotmail.com](mailto:isabellaef@hotmail.com)  
[scarlett.ohora@gmail.com](mailto:scarlett.ohora@gmail.com)

Telephone (GR): 6983058603  
Telephone (UK): 07946524783



Isabella Efstathiou is a multidisciplinary performance artist working across dance, theatre, cabaret and events. She is also a teacher and choreographer as well as a yoga instructor.

She trained in contemporary dance at Middlesex University in London and studied extensively in Improvisation, Release, Cunningham, Humphrey and Cohan/Graham techniques. She had the privilege of working closely under the direction of the legendary Robert Cohan for her final performance project 'Stabat Mater'; she also features in '[body of knowledge](#)', a record of the content of his teaching.

Over the last ten years of Isabella's professional performance career she has worked many large scale events and festivals, countless performances as her alter ego 'Scarlett O'Hora' on the cabaret circuit and performed with dance companies and immersive theatre collectives.

Highlights include performing with Dame Emma Kirby and the Baroque Orchestra, The Legitimate Peaky Blinders Festival, featuring in 'Absolutely Fabulous The Movie', Glastonbury, Latitude, Boomtown and Mighty Hoopla festivals, performing at iconic London cabaret venues Madam Jojos, Café De Paris and The Black Cap and working at National Trust sites, The V&A Museum and Royal Museums Greenwich.



Isabella has also performed at Dragworld UK with her performance collective [LADS](#), who were the first female drag queens ever to be asked to attend and perform. She also was part of a panel discussing mental health in the performance world.

Isabella has also worked for 'The National Youth Dance Company' hosted by Sadlers Wells as both pastoral care for the company members and as creative support artist for those with extra support needs in the studio. During her time with NYDC the company worked with Damien Jalet, Sharon Eyal, Botis Seva, Russell Maliphant, Alesandra Seutin and Wayne McGregor.

Isabella has also performed and choreographed performances at some of London's top member clubs and venues including Maison Estelle, The Arts Club, Shoreditch House, Century Club, Maddox and Goodwood House.

Commissions and performances also include clients such as Google, Amazon, Time Out, The Crystal Maze Experience, Stratford Circus, The Bush Theatre, The Yard Theatre, Central School of Speech and Drama, Vault Festival, Brighton Spiegel Tent, Underbelly, Yo! Sissy, WOW Festival - The Barbican and Brighton and London Prides.

## Dance Education:

Middlesex University: BA (Hons) in Dance Performance - October 2010 until June 2013

Barking College of Performing Arts: HNC (Distinction) in Dance - September 2009 until June 2010

Barking College of Performing Arts: BTEC (Distinction) in Performing Arts - September 2007 until June 2009

## Film & Production Work:



- **'Absolutely Fabulous The Movie'** BBC Films, TSG Entertainment  
<https://www.youtube.com/watch?v=m4NOHToAnMY>
- **Robert Cohan** 'body of knowledge'  
[https://rescen.net/rwht/rctp/class\\_01.html](https://rescen.net/rwht/rctp/class_01.html)
- **'Scent'** Music video for James Wheale  
<https://www.youtube.com/watch?v=kMFz8yg9TGI>
- **Shaded Voice Dance Company** Trailer Video  
<https://www.youtube.com/watch?v=XoE8572SdY8>



## Choreographic Work:

- **'Chapter 2'** Goodwood House, LoveBullets Productions  
<https://www.instagram.com/p/BuKIEfn0oO/?hl=en>
- **'Chapter 1'** The Dog House, Goodwood Estate, LoveBullets Productions  
<https://vimeo.com/286860035?login=true>
- **'Weight'** with **Latrice Royale** The Coronet, Queerest of The Queer Festival  
<https://www.youtube.com/watch?v=0ynbqpCVsS8&list=RD0ynbqpCVsS8&index=2>
- **'Beauty & The Beast – The Family Fierce Panto'** Chicken & Hen Theatre, London
- **'Sleeping Beauty - The Family Fierce Panto'** The Black Cap, London



## Teaching Work:

- **Company Support Artist** for National Youth Dance Company  
[The National Youth Dance Company](https://www.nydance.com/) January 2018- September 2022
- **Burlesque Masterclass** for The Check Of It Burlesque School  
<https://www.cheekofit.co.uk/> January 2020
- **Immersive Theatre Teacher & Facilitator** for 'Performing Places Bexley'  
<https://rb.gy/f3nf7r> June 2019
- **Dance Teacher (ages 3-13)** for Ballet, Contemporary, Street Dance Classes  
[Freshly Squeezed](https://www.freshlysqueezed.co.uk/) January 2017- August 2018
- **Dance Teacher/ Assistant** for C-12 Dance Company 'Ballet for Kids'  
[C-12 Dance Company](https://www.c12dance.com/) September - December 2016
- **All Twerk No Play** Dance Teacher for Twerk Classes at The Book Club  
[The Book Club, London](https://www.thebookclub.com/) August 2014 - August 2015
- **Contemporary Dance Teacher** for Dark Island Dance  
[Dark Island Dance](https://www.darkislanddance.com/) September 2013–August 2014

