

Sarah Ingel is a Charlotte based dance artist and performance maker. She graduated high school from the North Carolina School of Arts with a concentration in Contemporary Dance and Composition, then received her B.F.A. in Dance (with minors in Film and Theatre) from Hollins University in partnership with the American Dance Festival. She is currently pursuing an M.F.A. in Dance through the University of the Arts in Philadelphia.

Sarah has had the privilege of working with artists including Sidra Bell, Ivy Baldwin, Douglas Becker, Leah Cox, Ishmael Houston-Jones, John Jasperse, Helen Simoneau, Vanessa Voskuill, and Jesse Zaritt. Sarah's choreographic work has been showcased as a part of Charlotte Ballet's Innovative Works and Choreographic Lab, Helen Simoneau Danse's OnSite/InSight Festival, and the Charlotte BOOM Festival.

Sarah works behind the scenes for Charlotte Ballet and has been a member of the Goodyear Arts Collective since 2015. She is a recipient of the Regional Artist Project Grant from the Charlotte Arts and Science Council and is a 2021/2022 ASC Emerging Creators Fellow. In 2019, she received a Knight Foundation/National Choreography Center of Akron Scholarship to attend the Dance/ USA Conference.

Sarah is co-director of ladyfestCLT, promoting femme performance makers in the Southeast. Now in its 7th year, ladyfestCLT won Charlotte Magazine's Award for Best Dance Event of 2019 and QC Nerve People's Choice Award for Best Local Show of 2020.

For more information visit sarahingel.com // @singelarity