



dance | choreography

**bloc, inc.**

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## "Lil BIGZ" Sarah Ysabelle Capitulo

**Height: 5'1**  
**Weight: 100lbs**  
**Eyes: Brown**  
**Hair Color: Black**

### TV

2012 XFactor, Diamond White, Lyric 145, Carly  
2012 Nickelodeon Kids Choice Awards, Will Smith  
2011 BET Awards, Kevin Hart  
The Ellen Degeneres Show, Featured Dancer  
PBS Kids – Music Time with Steve Songs

Dancer  
Dancer  
Dancer  
Dancer  
Dancer

Chor: Brian Friedman, Tucker Barkley  
Chor: Aakomon Jones  
Chor: HiHat  
Chor: Tony Czar  
Chor: Lysander Abadia

### Industrial

Skechers Fashion Show 2012  
Source Dance Hip Hop Instructional DVD  
Nintendo Wii Just Dance Kids Video Game  
Macy's Passport

Dancer  
Dancer  
Dancer  
Dancer

Chor: JaQuel Knight  
Chor: Tony Czar  
Chor: Andre Fuentes, Tony Czar  
Chor: Brian Friedman, Kevin Maher

### Music Video

Shwayze and Cisco Adler "Island in the Sun"  
Willow Smith "Whip My Hair"  
Bob Sinclair ft. Sugar Hill Gang

Feature dancer  
Background dancer  
Pom Pom Girl

Chor: Tucker Barkley  
Dir: Ray Kay, Chor: HiHat  
Chor: Shotyme

### Live/Stage Performances

Choreographers Carnival, Los Angeles, 6/12  
Choreographers Carnival, Sydney Australia, 3/11  
Kids Choreographers Carnival, Sydney Australia, 3/11  
2011 Australian Dance Festival, 9/11  
Golden State Warriors Jr. Jam Squad 2006 - 2011  
Encontro Celebration, Macau China, 11/10  
MTV's ABDC "We Are Heroes, Club Nokia Show" 12/09  
Capezio Fashion Show – The Pulse Tour, SF 2009  
Debbie Reynolds Dance Studio Showcase 2009

Dancer  
Dancer  
Dancer  
Dancer  
Dancer  
Dancer  
Dancer  
Dancer  
Dancer

Chor: Tony Czar  
Chor: Tony Czar  
Chor: Tony Czar  
Chor: Tony Czar  
Chor: Kim Sims-Battiste  
Chor: Tony Czar  
Chor: Quon Keys  
Chor: Brian Friedman  
Chor: Tony Czar

### Print

Kono Magazine October 2007

Model

### Internet

Gendance.com

Article feature

### Teaching

Boogiezone Utopia, Los Angeles, CA  
Chapkis Dance Studio, Suisun, CA  
In The Groove Studios, Oakland, CA  
House of Mayhem, Redwood City, CA  
NorCal Dance Arts, San Jose, CA  
Urban Empire Workshop, UDC, Sydney, AUS

Teacher/Choreographer  
Teacher/Choreographer  
Teacher/Choreographer  
Teacher/Choreographer  
Teacher/Choreographer  
Teacher/Choreographer

### Training

Dance: Monsters of Hip Hop Scholarship Winner 07/08/10 – NappyTabs, Lisette and Chonique, Dave Scott, Chuck Maldonado, Kevin Maher, Rhapsody, Marty Kudelka, Luther Brown  
The Pulse Tour Protégé – Wade Robson, Laurieann Gibson, Tyce Diorio, Brian Friedman, Dave Scott

### Other Skills

**General Sports:** AEROBICS, BASEBALL, BASKETBALL, BOWLING, GYMNASTICS, JUMP ROPE, RAZOR SCOOTER, RUNNING, TRAMPOLINE, VOLLEYBALL, SWIMMING, GENERAL,

**Dance:** BALLET, BREAK, HULA, JAZZ, MODERN, POP LOCKING, TAP, HIP HOP, TUTTING, JAZZ FUNK

**Websites:** <http://www.lilbigz.com>; <http://www.youtube.com/tcapitulo>; [http://www.myspace.com/lil\\_bigzhasarrived](http://www.myspace.com/lil_bigzhasarrived)