

Liz(zy) Mulkey is a choreographer, improv dancer, teacher, and actress who splits her time between Los Angeles and Maine. Her work as an actress and 15-year rewarding career as a fitness and somatic teacher drew her to artistically investigate how stories are held and echoed through the body, breath, and voice. She presents her original choreography as live performance, film, and photography. Her work has been performed in art galleries, community art-walks, pop-up shows, beaches, parks, shopping centers, studio showings, and more.

In Los Angeles, Liz has presented work at the Strub Theatre Loyola Marymount University, two site-specific pieces at Platform Culver City and The Stockstill Space, multiple times at High Voltage in the Electric Lodge, and Pop-up Show at Muscle Beach Venice. She has danced at Highways Performance Space and Dance Camera West outdoor live performances. Her most recent film, "Yellow," was just shown in Golden College West Gallery.

Nationally, she has presented at the Tank Theater (NYC), Movement Research (NYC), Green Street Studios (Boston, MA), and The Living Room (Portland, ME). Liz has screened a film at opening 92ndY Mobile Film Fest 2019 (NYC), danced at Brooklyn Prospect Park with choreographer Molly Hess and sculptor Fitzhugh Karol and performed with Alexandra Pirici for Highline Arts NYC.

Liz works to enrich her local and national communities with movement as wellness, performance, and art. She teaches Improv, Choreography, Pilates, and Yoga at the Dance Department of Loyola Marymount University, where she received her B.A in Dance. She has taught at Lion's Jaw Performance + Dance Festival, Green Street Studios, Brooklyn Summer Street Fest, and The Moving Joint. This summer she will teach an artist practice and sustainability workshop at The Living Room. She contributes to the online teaching platform with pop-up dance practices and wellness classes.