

Liz Nguyen is loved by students and parents alike for her lovable, bubbly personality and her ability to individualize her lessons to each dancer's body type. Injury prevention is of the utmost importance to Liz. She has a B.S. in Kinesiology from the University of Texas at Arlington; she has a passion for the biomechanics of the human body and that knowledge gives her a unique perspective on teaching dance and Acro. Liz is certified by the Acrobatic Arts to instruct the technique of Acrodance. She anticipates certification through Alixa Flexibility and Progressive Ballet Technique in July 2018 and continues learning and growing as a teacher and performer.

She has studied various dance techniques for over 21 years and she danced competitively for 10 years. She was on her highschool, John Paul II High School's Drill Team, as an officer and choreographed for the team. Liz has studied with local artists and companies such as: Jamie Thompson, Darrell Cleveland, Katelyn Harris, Joshua Peugh, Dark Circles Contemporary Dance, Giovanni Allen, Lonnie Hightower, Jill Rucci, and Alex Nowlin. Liz's performance highlights include: 8&I Dance Company, Texas Legends Dancers, and Richland College performance company. She currently dances with and choreographs for Dichotomy Dance Company, created by Alex Nowlin, who will make their debut in the Fall of 2018.

Liz looks forward to inspiring the kids to reach their full potential and is thrilled to be a new staff member at XD2.