

Ingeborg Kolstad

NON-UNION | INSTAGRAM: @ingeborgkolstad | ingeborgkolstad1@gmail.com | She/her | NYC

CHOREOGRAPHY

EKKO	Choreo.	Scenehuset, Oslo Jazzdance Festival June 2025
EKKO Excerpt	Choreo.	The Tank Theater: 'New Year, New Art'
May 17th Celebration	Choreo.	54Below/Prod. Vibecke Dahle Dellapolla, 2025
Unleashed	Co Choreo.	3 Dollar Bill: 'Love Moves 2025'
BERGATT (Spellbound)	Choreo.	The Emelin Theater: 'Steffi Nossen Choreo Showcase'
Styggen på ryggen	Choreo.	Alvin Ailey Citigroup Theater: 'KoDaFe' 2024
Styggen på ryggen	Choreo.	The Jack Crystal Theater/Prod. Sean Curran

LIVE PERFORMANCE – NEW YORK CITY

Threads of Truth Inc.	Co. Member	Artistic Dir. Fatima Logan-Alston
Glittering Down	Dancer	Choreo. Angie Pittman
In Her Image	Dancer	Choreo. Thryn Saxon
Dance Energies Excerpts	Dancer	Choreo. May O'Donnell/Nancy Lushington
Processing...	Dancer	Choreo. Monique Smith
VULTUS	Dancer	Choreo. Alberto Del Saz

LIVE PERFORMANCE – INTERNATIONAL

Vi Ensamma 'På Tå Hev'	Dancer	Norwegian National Opera & Ballet/Choreo. Klara Mårtensson
TILT	Dancer	Panta Rei Dance Theater/Choreo. Mana Rambod
Annie	Lucy	Fagertun Theater/Dir. Hanne Brincker
Alice in Wonderland	Dancer	Krona Theater/Dir. Mana Rambod
Robin Hood	Dancer	Fagertun Theater/Dir. Hanne Brincker

TELEVISION & SCREEN

Allerud VGS	Dancer	Norwegian National Broadcaster/Dir. Frans Guttormsen
Cassandra 'Music Video'	Dancer	Artist: Nell Bryden/Choreo. Caroline Alter
StepMojo Promofilm	Actor	Siena Eileen LLC
Hedenhøsbarna finner opp	Principal	Norwegian National Broadcaster/Norwegian Sound/Dir. Rune Elli
Julen	voice	
Rubens Øy	Jade/Voice	Norwegian National Broadcaster/Norwegian Sound/Dir. Rune Elli
Friends & Hereos	Voice	VisionNorway/Dir. Christopher Rygh
KIWI Promofilm	Actor	Norwegian National Broadcaster/Dir. Roar Uthaug

EDUCATION

BA Dance (Teaching Dance Arts) Marymount Manhattan College: Chris Houston, Lloyd Culbreath, Sheila Barker, Janis Brenner, Geoffrey Doig-Marx, Nancy Lushington, Suzanne Goldman, Jazelynn Goudy

OTHER SKILLS

Languages: English, Norwegian (Native), Danish, Swedish, Scandinavian Accent. Certified Flexologist at StretchLab, Teaching Assistant (Steps on Broadway, Youth Program), Heels, Strong Improvisation, Acting, Singing, Passport, Social Media Manager (ANSA)

AWARDS

The Engebrét Artist Stipend 2024. Tom Wilhelmsen Foundation Stipend 2021, 2022 & 2023. Sparebank1 Ø, SMN, RH, & BK Talent Stipend. Marymount Manhattan College Dance Award.