

Claire Regan



Some fact's at first...

- When and where were you born?

January 2nd 1987 – in Nottingham, England.

- Your height?

5.8

- What is your favourite food?

Spaghetti.

- Your favourite music?

Pop, R'n'B

- Your favourite movie?

„Honey“

„Save the last Dance“

- Your favourite city / place in the world, you have visited so far?

Australia

About your family...

- Please tell us something about your parents - what do they do for their living? Do they dance as well?

Mum – Nurse, she danced when she was younger and now teaches dancing.

Dad – plumber – never danced.

- Do you have any brothers or sisters? How old are they? Do they dance, too? What do they do for their living?

One brother, who is 20 – he is in the army and never danced.

- Is it hard for you, to be apart from your family for such a long time while touring? How often are you able to travel back home again?

Sometimes it's hard, but you have your friends here with you and sometimes family will come out to watch the Show.



- What do your family think of your job as a Show Dancer? Are they proud of you? How often do they visit you on tour and watch you dancing the Show?

They have only seen me in the Show once in my second tour but are very proud.

- There are a few relationships within the troupe – do you have a boyfriend?

No.

About your beginnings...

- Why did you start Irish Dancing and when? Who taught you during all the time?

Started when I was four - my mum, aunt and uncle taught me all through my dancing career.

- How old have you been at your first competition?

About 6 years old.

- Did you attend many championships as a competition dancer? Have you won?

I competed at a lot of competitions. I was great Britain Champion twice and was 4th in the world.

- What was it like to do competitions?

I enjoyed competitions, because I got to travel around the world and meet new friends, but before I danced at a competition I use to get really nervous.

- What do you like more – Show Dancing or doing competitions? Why?

Show dancing, because of the people you dance with, the friends you make and the crowds we dance in front of.



- Did you have any major injuries because of Irish Dancing?

The only injury I have from dancing in a sprained ankle.

- Did you learn other kinds of dance?

No.

Becoming a Show Dancer...

- Have you been with another Irish Dance Show, before you joined LotD?

No.

- Why did you choose LotD?

I really enjoyed watching it wanted to be a part of it.

- Have you seen the Show before you applied for auditions for LotD?

Yes.

- When did you join LotD? How old have you been?

I joined in April 2005. I was 18.



- Have you been called directly to T1 or did you have some training before?

Called directly here.

- Did you know some of the other troupe members before you joined?

No.

- Please describe the feeling, to join an already existing troupe. Were you nervous or afraid not to meet the requirements?

I was very nervous as I didn't know anybody in the troupe, but everyone was so welcoming and I love it.



- Please describe the first day with your new troupe?

My first day... I met the whole troupe at the airport. It was scary but they were all so nice.

- What was the hardest part to learn?

Encore.



- How much time did you get to learn your routines, until you first danced on stage with LotD? What was the first part you were allowed to dance? When was it?

My 1st dance was the pick up in Lord of the Dance, it took me about 3 days until was in it.

Through the years with LotD / FoF...

- Please describe your course of day while touring!

Getting up for breakfast, travelling on the bus, go to the hotel, go to do the Show.

- Do you like travelling to all those places around the world or is it hard work?

Yes, its tiring but worth it.

- How much do you have to practice while touring?

We practice when we line up the Show, normally a couple of hours before the Show.

- What is your memorable moment with LotD / FoF?

When my mum and dad surprised me by coming out to Munich to watch the Show and everyone knew, except to me.

- Which Show do you personally like more – LotD or FoF? Why?

I have never seen Feet of Flames.

- What is your favourite dance in LotD and in FoF (in Hard-/Softshoes) as a Lead Dancer and as a chorus dancer?

My favourite dance would be Siamsa, as it is really lively.



- How do you prepare for a show?

Put on our hair and make up and do a warm-up before the Show.

- Are you nervous before going on stage?

I'm only nervous when I'm new into numbers.

- Have you ever been with another Troupe? If so – when was it?

Moved to Celtic Tiger briefly for the Birmingham performance, then came back to troupe one.

- Is there a special diet, you have to follow?

No.

- How do you get so much energy for a show?

Just having a good meal during the day.

Costumes & other equipment...

- Is it hard to handle the different sizes of stage in different cities?

No, if the stage is too small, we cut people out of numbers to fit the size of the stage.

- How many different wigs / hair pieces do you have?

I have a curly wig and a straight wig.

- Have you ever danced a show without a wig / hair piece?

No.

- How long does it take to get ready before the show?

Normally under an hour.



- What is your favourite costume (in LotD / FoF - past and present)?

Opening dresses.

- What are your favourite shoes to dance with?

Soft shoes.

- Your shoe size?

5 - 6

- How often do you need new shoes (heavies and lights)? Do you have a special trick to break in new Heavies?

No, just have to walk around in them for a few days to get use to them.

nowadays & in the future...

- What do you do, when they get a long tour-break?

Get a job at home.

- How long do you plan to stay with LotD? Hopefully a long time!

Hopefully!!!

