

# Laura Jones



## Some fact's at first...

- When and where were you born?

April 15<sup>th</sup> 1984, Southhampton, England

- Your height?

5 ft, 7 inches

- What is your favourite food?

Sushi and seafood

- Your favourite music?

None in particular, I enjoy listening to a bit of everything

- Your favourite movie?

„Dirty Dancing“



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

I really loved Prague! Dubai was amazing as well. Cape Town would have to be one of my favourites as well.

### About your family...

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

Two brothers, Nick, who's 23, he's just finished travelling and has a business degree, so is looking for a job at the moment. He's a good rugby player.

James, who's 16, has just finished school, he loves motorbikes and is really into music and stuff.

- 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?

Yeah, I do really miss them, as we are really close, but I try and talk to them and my friends as often as possible.

- 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?

Yeah, they love me being in the show. Most of my family come to see me when we do UK tours, as it's easier. Dad and Mum came to see me in France and Switzerland a few times.

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

Yes, Paul O'Brien



### About your beginnings...

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

I started dancing when I was 4 years old. My older cousin used to do it and my mum etc, so I just fell into it that way. I started at the Boyle O'Dowda School, then moved to the Wallder Buckley Academy, when I was about 10 years old, then went to Sean Eireann McMahon School, when I was about 13 years old where I remained.

- How old have you been at your first competition?

I think, I was about 5 years old.

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

Yeah, qualifyings, Great Britains, British Nationals, All Irelands, World Championships, etc. I won medals at all of these Championships.

- What was it like to do competitions?

It was fun as you make loads of friends, so it becomes a good social life as well. The build up was exciting as well the nerves etc. It's also a great feeling if you do well, because you feel a good sense of achievement, all the hard works paid off.

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

Show dancing, I find it more enjoyable and fun, as you have to do a bit of acting as well. There is less pressure and I just love performing, especially if there's a good audience. You get such a buzz.



- What is – in your opinion – the most important difference between Show dancing and competitions?

In show dancing you use your arms a lot more and have to act as well as dance.

- 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.

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

Yes, I saw it when I was about 14 years old.



- Do you remember what you have thought or felt during your auditions?

*I was quite nervous but also enjoyed them.*

- When did you do your auditions and do you have to wait a long time until they called you to join the Show?

*I did them in September and was called up in November.*



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

*I joined in November 2002, I was 18 years old.*

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

*I was called directly to T1.*



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

Yes, a few.



- What was the hardest part to learn?

Probably the 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?

The first dance I was in was Lord of the Dance.

Through the years with LotD / FoF...

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

I love it, it's so interesting. It's nice to experience other cultures and some of the places we go to are beautiful. However, it can be tiring.

- How do you prepare for a show?

We line the Show up on stage, maybe do some rehearsing. Go to dinner for ½ hour. The girls do their hair and make up, then I do a good warm up before the show starts.



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

No.

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

Try and get plenty of rest, keep fit and eat fairly healthly. The enjoyment and excitement also gives you a bit of extra energy.

### Costumes & other equipment...



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

It's not too bad. We line up and rehearse on every stage before the show, so you know where your going and where your meant to be in each number. You just learn to adapt by using your own inniative.

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

I have about four wigs. One curly and three different kinds of straight wigs.



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

Yes, I have danced a few times with just my own hair.

- How long does it take to get ready before the show (doing the make-up, hair, getting dressed and to warm up)?

About a couple of hours after line up. Hair and make up first then a good warm up before the show.

- What are your favourite shoes to dance with?

I like both, it depends what dance it is really.

- Your shoe size?



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

I get light shoes about twice a year and heavies about once a year. To break them in I just dance loads in them. I bend the tip of my heavy shoes with my hands to help make them flexi.

nowadays & in the future...

- What are your (dancing and non-dancing) plans for your future?

I think maybe eventually I would like to teach.

- Is there something you want to tell your fans, who are visiting [www.lordofthedance.at](http://www.lordofthedance.at) and <http://biography.lordofthedance.at> ?

Thank you so much for your support and continued interest in the Show - it means a lot. I hope you keep enjoying the shows in the future.

