

Lauren Stapleton



Some facts at first...

- When and where were you born?

27.05.1981, South London

- Your height?

5" 3'

- What is your favourite food?

Indian food

- Your favourite music?

all kinds – do love a bit of irish and also hiphop and rock and - everything

- Your favourite movie?

"Sound of Music", "Wizard of Oz" or "Bugsy Malone".

- Your favourite City / Place in the world, you have visited so far?

Las Vegas, Baby!

- Do you have any hidden talents, we don't know about?

I am able to do quite a few different accents.

About your family...

- Do you have any brothers or sisters? How old are they? Do they dance, too?

I have two brothers Lee and Ryan. One is 34 one is 31. They 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?

I missed home at the beginning a lot as it was my first time away from home but after living in Vegas and only going home twice a year I adapted quite quickly. It depends on how long the tour is to when we get home.

- 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?

My family think it is great that I am in the Show. They are very proud!

A lot of my family came to Las Vegas to see me and they have also seen me perform in Troupe 1. They will also see me when in Croydon. My 91 year old granny will be coming to see me for the first time, too!

- 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?

I started when I was 4 as there were classes in my local church hall and as soon as I tried it I loved it.

- How old have you been at your first competition?

I think I was about 5 or 6.

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

We always went to competitions all over England, in Ireland and also in America. I won championships when younger - the regional qualies and was highly placed at some major competitions.

- What was it like to do competitions?

It was very exciting although I would get nervous but sometimes that helps. It was a lot of fun as you would get to see all your friends from different places.

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

I get more enjoyment from the show as I enjoy entertaining people.

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

Enjoying the fun side of Irish dancing competition can be very intense. The Show is our own choice.

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

When younger I fractured my knee cap when falling up some stairs. I sprained my ankle and I get bad shin splints - but that's it!

- Did you learn other kinds of dance?

I did ballet for about 2 years and auditioned for the Royal Ballet School but was too young and small at the time.

Becoming a Show Dancer...

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

No - Lord of the Dance was my first show.

- Why did you chance? / Why did you choose LotD?

Lord of the Dance was the best!



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

I watched the Show in Wembley sitting next to Gillian Norris the day before I auditioned.

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

There was a lot of girls auditioning so I was very nervous. I auditioned for the Troupe 2 Spirit about a year before my dancing audition.

I auditioned on the stage where I had watched the Show the night before. So it was cool!

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

It was a long time so I don't really remember.

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

I joined in 1998 and I was 17.



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

I was in the Las Vegas troupe for 5 ½ years prior to Troupe 1.

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

I knew one girl but not that well.

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

When joining Troupe 1 I did not come alone – there was 8 (I think) from Troupe 3 but I was still pretty nervous. Everyone already knew each other. But they were very nice and it wasn't long before I felt at home.



- What was the hardest part to learn?

I found Celtic Dreams hard! It's probably the easiest of all – but nerves got the better of me.

- 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?

We had 6 weeks training in Newcastle; I think I did Siamsa first!

Through the years with LotD / FoF...

- Please describe your course of day while touring!

Get up, put case on bus, sit on bus, take case off, check in to hotel, get ready go to work, line up show, do make up, have dinner and dance!

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

It is quite tiring but it's an amazing experience we are very lucky to be able to do what we do.

- How much do you have to practice while touring?

We practice every day to make the Show in sharp and good!

- What is your memorable moment with LotD / FoF?

Doing Lead for the first time and also performing for Michael Flatley for the first time.

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

We did some Feet of Flames numbers in Vegas so I had a chance to do “Girls Warriors”, which I think is one of the best numbers. But I think Lord of the Dance is the best, always has always will.

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

Lead: “Gypsy” or “Girls Warriors” (Feet of Flames)

Chorus: “Finale” or “Strip Jig”

- How do you prepare for a show?

- make sure I'm warmed up

- hair and make up – nicely done

- think about what I have to do in that Show.

- Are you nervous before going on stage?

Sometimes when doing Lead I get nervous. If someone I know is watching I get very nervous.



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

Started in Troupe 3 then came to Troupe 1.

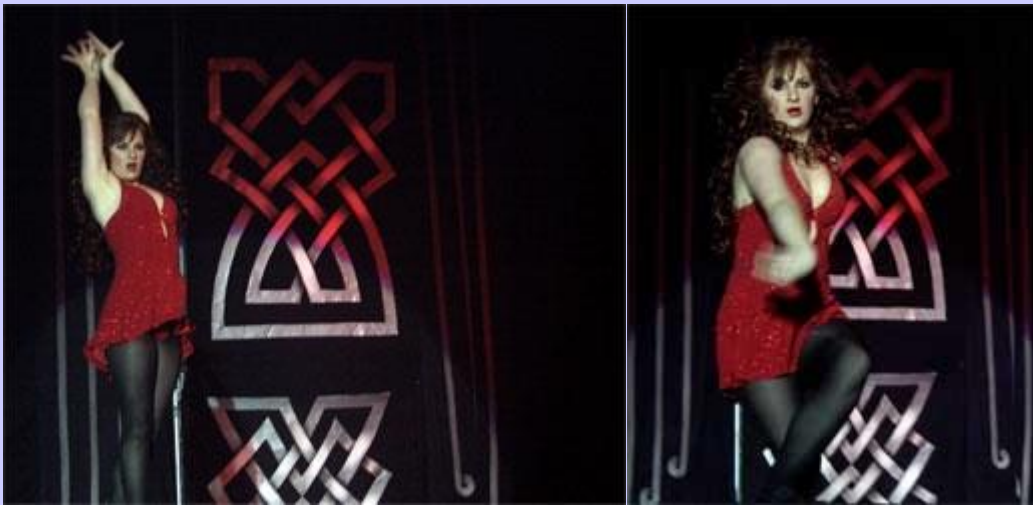
- Is there a special diet, you have to follow?

Not too much Junk Food!

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

You get the energy when you need it.

Getting the Leading Part...



- Did you have to do auditions for your leading part, or did it just happen?

I auditioned for about 2 years. But I looked very young so I had to wait.

- Was it your idea of doing the lead or have you been suggested by somebody?

We were all told to audition and I liked the part of Morrighan the best.



- When did you start practising the leading part and who taught you to dance the bad girl? How long did it take, to learn the leading part?

I started practicing in 1999 and I had a lot of help from the other Leads mainly Catriona Hale and Orlaith Donaghy but everyone helped.

- What was the hardest part to learn as a leading lady?

Making up a Gypsy routine!

- When and where did you first stepped on stage as Morrighan?

Vegas, 2001

- Do you remember your feelings while doing the lead the very first time? Have you been nervous?

I was nervous but I knew the part so well that I wanted to get up and do it.



- Who were your partners for this special show?

Can't really remember

- Have you ever thought of doing the Good Girl in the Show?

I would love to do Good Girl!

- Who are your favourite dance partners when you are doing the lead?

I enjoy dancing with everyone.

Costumes & other equipment...

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

Sometimes, but it changes things so its not the same all the time

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

Currently I have about 3.

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

No.

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

About an hour.

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

I love my two-piece and I liked the Girls Warriors. We had lovely Celtic Dreams costumes in Vegas too.

- What are your favourite shoes to dance with?

No preference.

- Your shoe size?

4 ½ or 5

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

I have had my heavies about 3 years. I don't mind breaking in new heavies.

nowadays & in the future...

- Who do you most admire in the world of Irish Dancing and why?

Catriona Hale - her achievements are amazing and also Sarah Frances Smith – beautiful dancer and very sweet.

- What do the dancers do, when they get a long tour-breaks? Staying at home or doing another job - maybe dancing in one of the other shows or joining another LotD-Troupe in the meanwhile?

Some get Jobs - some rest - some dance - some travel...

Whatever we like!

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

As long as it is going and my legs will carry me I'll carry on.

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

I would like to teach one day.

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

Hope you enjoy what we do.

Thanks for all you do for us!

