

Sarah Frances Smith



Some fact's at first...

- When and where were you born?

20/01/80 Irvine, Ayrshire, Scotland.

- Your height?

5'1"

- What is your favourite food?

Sushi

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

I loved Australia and also Cape Town in South Africa.

About your family...

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

My mother is a principle teacher in a primary school.

My father is an accountant and a managing director of a large food chain.

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

I have one brother who is 23 years old. He does not dance but is an actor. He manages a very busy bar, when between acting jobs.

- 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?

It is hard and I can get homesick, however, my family often come out to visit.



- 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 are very proud and come to watch the show wherever work allows.

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

My fiancé used to dance with Troupe 1 and Feet of Flames, he is currently studying at university.

About your beginnings...

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

I began at age 3 as my grandmother loves Irish dancing. I was taught by James and Noreen McCutcheon and Owen McAuley who together ran the Setanta School of Dance.

- How old have you been at your first competition?

3 years old.

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

My parents and teachers took me to competitions almost every weekend, even some as far away as Australia and America. Thanks to them I won quite a few championships.



- What was it like to do competitions?

I enjoyed competition, there is a great atmosphere and you get to meet lots of people.

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

No.

- Did you learn other kinds of dance?

I was also a ballerina and can do some basic traditional Scottish Dancing.

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.

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

It was very nervous as it was a bit different to competition and there were hundreds of people trying out.



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

No. I just had to complete school and then I went into rehearsals.

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

I joined in 1997 when I was 17.

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

I trained in London at the rehearsals when Troupe 2 were occurring however I then went to Troupe 1.

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

I knew most people from competition.



- 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 rehearsed for 6 weeks.

Through the years with LotD / FoF...

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

I love travelling.

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

I was sent to Orlando in 1999, when a new troupe was started for Disney, as I did lead there.

- Have you ever thought of doing one of the leading parts?

I preformed all 3 female lead roles while in Orlando.



Costumes & other equipment...

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

Yes.

- What are your favourite shoes to dance with?

Antonio Pacelli pomps.

- Your shoe size?

1 ½

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

I get new light shoes about every month. Heavies last longer.

I put my shoes on and put them in warm water, and then when they're dry put vaseline on them.

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

Lauren Stapelton - Catriona Hale.

