

NASIA ADAM

CONTACT INFORMATION

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📷 [Instagram : nasia_ad](https://www.instagram.com/nasia_ad)

SKILLS

- Highly Skilled : High Heels , Commercial, Ballet , Contemporary
- Skilled : Hip Hop , Acrobatics , Latin , Jazz dancing , Flamenco , Contact improvisation , Waacking
- Technique/Versatility

LANGUAGES

- Greek/English

TEACHING EXPERIENCE

Founder of **DOTHEWORK Heels Training** : A High Heels training system focused in Heels Technique & Performance .

Founder of **DOTHEWORK Heels Intensive** : An annual 5-day intensive program focused in Heels Technique & Performance .

Teaching age : 2018 up till now

High Heels , Commercial , Contemporary , Ballet

Specialized in High Heels dance

PROFESSIONAL CREDITS

WOMEN EMPOWERMENT VIDEO PROJECT

Dancer. Rome, Italy | Feb 2025 - Feb 2025

Choreographers : Maria Grazia Tallei & Livia Gianiorio

Type of dance : High Heels

HELENA PAPARIZOU LIVES

Dancer/Dance captain. Notes Live , Cyprus | Dec 2024 - Feb 2025

Choreographers : Chali Jennings & Zafeiria Saapoglou

Type of dance : High Heels/Commercial

MAD WALK THE FASHION MUSIC PROJECT 2024

Assistant Choreographer/Dancer. Greece | Dec 2024 - Dec 2024

Choreographer : Nefeli Theodotou

In addition I choreographed the act for Juicy Couture

and danced at the opening act "Our Groove" of Eleni Foureira.

Type of dance : Commercial

HELENA PAPARIZOU VIDEO CLIP

Dancer. Greece | Nov 2024 - Nov 2024

Song : "UPDATE"

Choreographer : Zafeiria Saapoglou

Type of dance : High Heels

ANNA VISSI VIDEO CLIP

Dancer/Assistant Choreographer. Greece | Nov 2024 - Nov 2024

"SE PERIPTOSI POU"

Choreographer : Nefeli Theodotou

Type of Dance : Commercial

GIORGOS SABANIS LIVES

Assistant Choreographer. Votanikos live | Sep 2024 - Sep 2024

Choreographer : Zafeiria Saapoglou

In addition I choreographed "SouKou" for Kings

Type of dance : Heels/Commercial/Contemporary

ANNA VISI LIVE CONCERT

Dancer. Kallimarmaro | Sep 2024 - Sep 2024

Choreographer : Nefeli Theodotou

Type of dance : Commercial

HELENA PAPARIZOU SUMMER TOUR

Dancer. Greece | Jun 2024 - Sep 2024

Choreographers : Chali Jennings & Zafeiria Saapoglou

Type of dance : High Heels/Commercial

MAD VIDEO MUSIC AWARDS 2024

Dancer. | Jun 2024 - Jun 2024

Choreographer : Nefeli Theodotou

Type of dance : Commercial/High heels

NIKOS OIKONOMOPOULOS LIVES

Dancer. Fantasia Live | Nov 2023 - Apr 2024

Choreographer : Nefeli Theodotou

Type of dance : Commercial/High Heels

NIKOS OIKONOMOPOULOS SUMMER TOUR

Dancer. Greece | Jun 2023 - Sep 2023

Choreographer : George Tsafkopoulos

Type of dance : Commercial

PANOS KIAMOS LIVES

Dancer. Club 22 Live | Apr 2023 - Jun 2023

Choreographer : Marios Hadjantoni

Assistant choreographer : Eirini Damianidou

Type of dance : Commercial/High Heels

NIKOS OIKONOMOPOULOS LIVES

Dancer. Fantasia Live | Dec 2022 - Mar 2023

Choreographer : Giorgos Tsafkopoulos

Type of dance : Commercial/High Heels

NIKOS OIKONOMOPOULOS SUMMER TOUR

Dancer/Choreographer. Greece | Jun 2022 - Sep 2022

Choreographers : Me/Velmaandr/George Tsafkopoulos

I choreographed "Valto Terma"

Type of dance : Commercial

NIKOS OIKONOMOPOULOS LIVES

Dancer/Choreographer. Fantasia Live | Mar 2022 - Jun 2022

Choreographers : Exon Archos /Me/Velma Andrianaki

Type of dance : Commercial/High heels

NIKOS OIKONOMOPOULOS LIVES

Dancer. Fantasia Live | Oct 2021 - Feb 2022

Choreographer : Exon Archos

Type of dance : Commercial/High Heels/Contemporary

VASSIA KOSTARA COLLETION

Choreographer. | Apr 2022 - Apr 2022

Type of dance : High Heels

EDUCATION

DIPLOMA IN BALLET & CONTEMPORARY DANCE

Higher Professional Dance School Alexandros Chatziaras. Greece | Sep 2015 - Jun 2018

YANIS MARSHALL INTENSIVE

High Heels. Brussels, Belgium | Sep 2023 - Sep 2023

NMDF CONVENTION

Commercial , High Heels , Hip Hop. Athens , Greece

INT10NSIVE MASTER CAMP

Commercial , High Heels , Hip Hop. Thessaloniki , Greece

CHARACTER TRAITS

Professionalism/Hard Worker/Easy going/Positive/Team worker/
Organiser/Persistent/Respectful/Creative/Humble/Leader