

LINDSEY LAFOUNTAIN



Lindsey LaFountain Nimey is a dancer, choreographer, and educator based in Utica, NY. She began her formal training in 1990 at the Munson-Williams-Proctor Arts Institute School of Dance, now Utica Dance Inc., establishing the foundation for her lifelong commitment to the performing arts. Lindsey earned her BFA in Dance from The University of the Arts in Philadelphia in 2007, where she received both the Elizabeth Pulaski Memorial Scholarship and the Outstanding Performance in Modern Dance Award.

As a performer, Lindsey danced with The Smoke, Lilies & Jade Arts Initiative (SLJ) from 2006–2009 under the mentorship of Zane Booker, touring nationally and performing in Trois-Rivières, Canada. In 2009, she joined Giordano Dance Chicago's main company, touring throughout the United States, Europe, and Guatemala. Her additional performance credits include guest work with the aerial dance company C5 in Chicago's Dance For Life (2013), Christina D'Amico's Bound in the Visions of Sound New Music and Dance Festival (2018), and Barn Dance Project's An Evening of Dance at Woodshill (2019). She later performed in choreographer Catherine Wright's NYSCI project Land-Body Translation (2022) and the 2024 project Same Storm, Different Ship, Same Seat, Different Trip.

As a teacher and choreographer, Lindsey has held faculty positions at Gus Giordano Dance School, Foster Dance Studio, and the Chicago National Association of Dance Masters (CNADM), and was commissioned to teach and choreograph for Arte Proyecto in Guatemala City for three years. After returning to Utica in 2014, she continued teaching at Utica Dance and Valley Gymnastics while pursuing nursing school. In 2015, she served as guest choreographer at Hamilton College, premiering One, a duet for senior dance majors, while also substitute teaching within the dance program. Her choreography has been recognized with awards at multiple dance competitions, earning honors in both 2024 and 2025.

Lindsey currently teaches at Ballet Arts of CNY and RISE Performing Arts, where she is dedicated to nurturing young dancers and supporting the cultural life of her community. She is presently on maternity leave following the birth of her daughter and looks forward to returning to the studio with renewed purpose and joy.