

# Jessica Larsh

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**Website:** [www.jessicalarsh.com](http://www.jessicalarsh.com)

**Height:** 5ft5

**DOB:** 14/12/88

**Hair:** short, black

**Eyes:** dark brown

**Chest:** 36 B

**Hips:** 40

**Waist:** 35

**Shoe Size:** UK 6

**Hat Size:** 25cm

**Vocal Range:** Alto

**Playing age:** 25-35



## PROFILE

Jessica Larsh is an actress and dancer based in London. Jessica's commercial credits include Sky, Nike and Strongbow, and television performances including Emily Attack Show, Ted Lasso and The Kitchen. Jessica has worked with artists including Years and Years, WizKid, Rita Ora, being a finalist on BBC's The Greatest Dancer, Sky 1 Got To Dance and The Mobo Awards. Biggest highlight in 2023 is when Jessica performed with zonation at Wembley OVO Arena for The National Lottery NYE Big Bash.

DATE	PRODUCTION	ROLE	DIRECTOR/ CHOREOGRAPHER	COMPANY
2024	Hairspray The Musical	Gilbert from Seaweeds Gang	Sarah Morrison & Tash Rose	Epsom Players
2023	National Lottery NYE Big Bash	Dancer Windrush Tribute	Dannielle Lecointe	Zonation & ITVX
2023	SKY Glass	Fitness Model	Michael Gracey	SKY Creative
2022	FIFA Commercial	Chelsea Fan	Nike	Nike
2022	The Kitchen	Dancer	Daniel Kaluuya and Kibwe Tavares	Netflix
2021	Ted Lasso	Football Goer	Declan Lowney	Netflix
2021	Emily Attack Show	Boxer- Gertie	Tommy Forbes	ITV

2020	The Greatest Dancer	Semi Finalist	Jessica Larsh	BBC1
2019	Saucy Music Video	Lead Dancer	Jessica Larsh	Artist Deewain
2017	90s RnB Music Video	Lead Dance, Model, Love Interest	Jessica Larsh	Artist Deewain
2016	World Of Dance UK	Dancer	Olu Alatise	Project G
2016	Our Mighty Groove Tour	Dancer/ Character Gemini	Vicki Igbokwe & Jessica Larsh	Uchenna Dance Company

2016	Years & Years Meteorite	Main Dancer	Olly Wolf & Supple Nam	Caviar Production
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2014	Hello Beautiful Project	Dancer	Jessica Larsh, Nqobile, Ezinne Asinugo, Soliat	Selfridges & Co
2014	Major Lazer Red Bull Festival Rita Ora & Sean Paul	Backing Dancer	Jessica Larsh	Notting Hill Carnival
2014	Hip Hop International Vegas	Dancer, Adult Category	Olu Alatise	Project G
2014	Righteous P ft Skob I go give am SiSi Music Video	Dancer	Jessica Larsh, Olu Alatise, Helen Suzanne	Project G
2013	WizKid Azonto Music Video	Dancer	Olu Alatise	Star Boy
2012	MOBOS 2012 Opening Act	Dancer	Olu Alatise	Project G
2012	London Olympics	Dancer	Boxing and Volleyball Event/ Project G	The Excel Arena

2011	T4 Commercial	Dancer	Freestyle	E4, T4, Channel 4
2010	Got To Dance	Dancer	Olu Alatise	SKY 1 Slough
2010	R.D(Ruff Diamond) 'Do it like me' music video	Dancer	Rudy	Polydor Records
2009	Britney Spears Tribute	Dancer	BBC1	BBC STUDIOS
2009	Abuse Production	Choreographer and performer	Olu Alatise and Kenrick Sandy	Project G

## TRAINING

City of Islington College 2005 - 2007 BTEC National Diploma dance

**Kingston University 2007 – 2010**

BA Hons degree in Arts and Social Sciences (Dance and Drama)

Runway House

2014 - Present

Programme 1 (Contemporary, Jazz Funk, Commercial, Hip Hop)

Programme 2 (Contemporary, Ballet, and Jazz)

Programme 3 (House, Popping, Locking, Vogue, Waacking, Breaking)

Programme 4 (Acting, Acting through song, Singing and Jazz) - Until March 2016

**SKILLS** Vogue, Freestyle, Jazz Funk, Contemporary, Hip Hop, Commercial,

African Styles, House, Popping, Locking, Waacking, Choreography, Singing

(Alto), Acting