

SHELMITH ØSETH

Freelance Dancer & Choreographer

Based in Bergen, Norway

www.shelmith.com

SHORT BIO

Shelmith Øseth is a dancer and movement artist based in Bergen and Oslo. Her work operates at the intersection of contemporary dance and African dance forms such as indlamu, pantsula, and isukuti from the Luhya community in Kenya. She is educated at Langhaugen Upper Secondary School in Bergen and New Education for Contemporary Dance in Härnösand, Sweden. In her artistic practice, Shelmith uses dance as a tool to explore social and political themes, and she has collaborated with institutions including The Norwegian Theatre, Den Nationale Scene, Nordic Black Theatre, Bergen Kunsthall, and The Nordic Beasts. Recent works include *Wakati*, presented in Oslo, Bergen, and Edinburgh.

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BASIC INFORMATION

Born: 03.12.2000

Phone: +47 970 07 537

Email: shilekk18@gmail.com

Languages: Norwegian, English, Swahili

MOST RECENT & CURRENT WORK EXPERIENCE

Dancer & Choreographer – *WAKATI* | Nordic Black Theatre

Premiere: March 2025

Touring: BIT Teatergarasjen (March 2025), Edinburgh Fringe Festival (August 2025)

Upcoming tours 2026: DKS Bergen, Kuyum Festival (Berlin), IN2IT Festival (Kristiansund)

Dancer & Co-creator – *HER VOICE* by Daniel Proietto

Premiere: Kungsbacka Teater, January 2026

Touring: Paris, February 2026

Dancer – DanseFOT 2025

Production: *And Yet We Wake* by Daniel Proietto

Dancer – *My Body My Home* by 71BODIES

Premiere: Festspillene i Bergen, June 2025

Ongoing work

Dancer – *Four Non Blondes* by Christopher Winkler Company

Premiere: Sophiensaele, Berlin, May 2024

Touring: Berlin (May 2025)

Upcoming tour: Berlin (April 2026)

Dancer – *LUPINER* by Hediye Azma Dance Company

Site-specific performance

Premiere: Operastranda, 2022

Touring: 2025

Dancer – *Waiting for the Bad Thing to Happen* by Noora Hannula

Company: The Nordic Beasts

Premiere: Bornholms School, 2023

Performances: Dansekappellet, 2024

Dancer – *Panta Rei* Danseteater

Premiere: Færderbiennalen, August 2024

Dancer – *BASICALLY* by Nikima Jagudajev

Years: 2020–2024

Premiere: Bergen Kunsthall, 2021

Touring & workspaces: WIELS (Brussels), Beyond the Black Box (Amsterdam), Accelerator (Stockholm)

Dancer – *Semper Eadem* by Mimmi Tamba & Belinda Braza

Company: Det Norske Teatret

Years: 2022–2023

Actress & Dancer – *Familie Norden* by ZEBU Teater & Bergen Borgerscene

Premiere: ZEBU Teater, 2021

Touring: Den Nationale Scene (Bergen), Nuuk (Greenland)

Directors: Vibeke Flesland Havre & Nanna Bøndergaard Butters

Musical Performer – *After the Dream*

Company: Nordic Black Theatre, Oslo

Premiere: 2021

PREVIOUS WORK

Choreographer & Dancer – *DELEUZE KREUZ*

Premiere: Bergen Electronic Arts, 2020

Concept & Costume: Myclef Laun

Sound Composition: Vonrik Haug

Apprentice Dancer – *Figuring New Voices*

Company: Vestland Dansekompani

Premiere: Fana Kulturhus, 2020

Dancer – *Dream on Baby* by Escape Youth Company & Winter Guests

Choreography: Alan Øyen, Lucien & Daniel Proietto

Premiere: Festspillene i Bergen, 2018
Tour: The Norwegian Opera & Ballet, 2019

Dancer – Nobel Peace Prize Ceremony
Production: Oslo City Hall
Under Fargespill, 2019

EDUCATION

2020–2022 – New Education for Contemporary Dance, Sweden
Contemporary dance training with focus on technique, anatomy, and artistic practice