

Emily White-Hitchcock

Lead Instructor/ Choreographer



Hello and Welcome

to a fun and exciting dance season! My name is Emily and I have been teaching dance in northern, central and eastern Kentucky for over 20 years. I specialize in ballet, lyrical, modern, contemporary, and jazz styles and I have been recognized at national competitions for my original choreography.

Since joining the Manyet Dance staff in 2013, I have had the privilege of working with so many remarkable and entertaining dancers. I am grateful for the chance to choreograph for the dance troupes as well as troupe members who compete as small groups, duets, and soloists. I enjoy challenging dancers with my unique teaching style and choreography, and I appreciate all of my dancers who embrace the opportunity to broaden their dance vocabulary by experiencing a variety of performance techniques and teaching. I am very enthusiastic about sharing my passion for dance and movement and I am happy to start a new year with Manyet Dance!

About me:

I live in Alexandria with my husband, Kevin, and our two boys, Joey, JJ and our puppy Chase (like Ja'marr). I have been dancing for over 30 years.



Facts & Favorites

Sport: Football

Movie: Wizard of Oz

Holiday: Halloween

Concert: Jay Z+Beyoncé: On The Run & On The Run II

Scent: Laundry

Biggest Fear: Birds

Sun Sign: Aquarius

(Pisces Moon, Taurus Rising)

Color: Green

Food: Fruit

Team: Bengals (Who-Dey!)

Choreographer: Alvin Ailey

Candy: Juicy Pear Jelly Beans

Dog's Name: Chase

Dance Education and Background

I grew up in Bellevue, KY and at age 3 began studying with distinguished studios and companies in the Northern Kentucky and Cincinnati area, including several years of training at Cincinnati Ballet.

I attended Notre Dame Academy and was a dance team officer and member while training at local studios and competing nationally.

I received a dance scholarship to be a competing member of the Eastern Kentucky University dance team. While at ECU, I studied Health Science focusing on kinesiology and biomechanics with a special emphasis in dance anatomy.

I continued my dance training as an elected officer, choreographer, and cast member of ECU Dance Theatre, a traveling modern dance company under the direction of Dr. Marianne McAdam. In 2010, I was awarded the highest honor in the ECU Dance Theatre program when I was voted by my peers as the recipient of the "Outstanding Choreographer Award."

I have recently completed my certification in Progressing Ballet Technique, a body conditioning program focusing on core strength, weight-placement and alignment. Using ballet-technique specific training exercises, PBT is designed to enhance students' technique, providing a safe dance methodology that prepares dancers to discover muscle group activation allowing dancers to perform at their best!

I welcome all questions, comments and additional communication via email!

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