

MOVEMENT WEEK

BIO

Toni Palmisano is a dedicated dancer with a strong foundation in choreography, performance, and leadership. She was a dancer, choreographer, and captain for the Utica University Dance Team from 2021 to 2025 and was also a member of both the Utica Comettes Dance Team for the American Hockey League and the Utica City Dance Crew for the Major Arena Soccer League for three years. Toni currently serves as the coach for both the Comettes and the Utica City Dance Crew for the 2025–2026 season, completing her first season as head coach and starting her second. Her performance background also includes being a dancer on the Magic Rocks Show Tour beginning in 2024. Toni teaches members of the competition team at Bella Danza Performing Arts and trained and competed for ten years at Mary Lourdes Academy of Dance. Since 2018, Toni has choreographed and directed numerous musical productions with the Frankfort Schuyler High School Theatre Program. Toni earned a Bachelor's Degree in Accounting in 2024 and a Master of Business Administration in Accounting from Utica University. In addition to her work in dance, she is a staff accountant at Mohawk Valley Garden Corporation.



TONI PALMISANO

MONDAY JUNE 22

HIP HOP - 6-11 & 12+

TONI IS EXCITED TO WORK WITH THE DANCERS AT YOUR STUDIO AND SHARE HER PASSION, ENERGY, AND LOVE FOR DANCE THIS SEASON. DANCERS CAN EXPECT A POSITIVE AND ENCOURAGING WORKSHOP ENVIRONMENT THAT FOCUSES ON STRENGTHENING FOUNDATIONAL TECHNIQUE WHILE ALSO PUSHING THEM TO GROW OUTSIDE OF THEIR COMFORT ZONES. TONI EMPHASIZES STRONG PERFORMANCE QUALITY, CONFIDENCE, MUSICALITY, AND ATTENTION TO DETAIL, WHILE CHALLENGING DANCERS TO BECOME MORE VERSATILE, DISCIPLINED, AND EXPRESSIVE PERFORMERS.