



This powerhouse and born entertainer is using dance to increase movement nation-wide

Jess Innes is the founder and creative director of 100% DANCE, a Sydney based studio which teaches commercial dance to over 300 students weekly in the styles of Hip hop, Jazz, Contemporary and more. Jess is also an instructor at the esteemed Sydney Dance Company and frequently teaches workshops around Australia.

Her expansive list of choreography and live performance achievements include opening for Iggy Azalea, TV work for NETFLIX "Motown Magic" produced by Smokey Robinson, "The Morning Show", "Hardball" and NRL Australia. She has also created commercial content for "Love Island", The Kyle and Jacqui O show, KFC, Startrack Express and a multitude of other Australian brands.

Jess is on a mission to ensure as a nation we not only move but we enjoy it.

"Dance isn't just about movement, it is about self-expression, fitness, creativity and fun. I want to impart my knowledge on the nation and create world class performances where both the performers and audience are completely captivated by the magic of dance."

Jess holds a Bachelor of Arts Degree from UNSW majoring in Theatre and Performance and completed a Certificate IV in Dance at ED5 International. She has also trained Internationally in LA, New York, Japan and Canada.

Jess is a choreographer, dancer and instructor with a passion for sharing her knowledge, creativity and years of experience with the Australian dance community.

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