



Laura trained at The Irish National College of Dance and joined Dublin City Ballet as a student member at the age of 15. Laura danced corps de ballet and solo roles in ballets such as Coppelia, The Nutcracker, Les Sylphides, Pas de Quatre, and Gisele, also works such as Transfigured Night by Anna Sokolow and works by Arlene Phillips.

Laura has danced with Irish Modern Dance Theatre, Dance Theatre of Ireland, CoisCéim Dance Theatre, Co-Motion Theatre. Theatre credits include The Secret Fall of Constant Wilde, at The Abbey Theatre, The Barbican Centre, Melbourne Theatre Festival, The Dead also at the Abbey Theatre. Film and television credits include Penny Dreadful, Sunday Night at the Olympia, Circle of Friends, Widow's Peak, An Awfully Big Adventure, and The Bernadette Greevy Show.

Laura has also performed on Regency, Celebrity and Radisson cruise lines. Laura settled in America for six years working on many productions as a dancer, and choreographed several large productions, including Cruisin' 57 for Dick Clark Productions. She worked as rehearsal director for John Scott Dance and has assisted him on "Step Up" dance project. Most recently assisted David Bolger with the choreography for RTE's Centenary at the Bord Gais Energy Theatre and to perform in Laochra for the GAA at Croke Park. Laura has choreographed for Pan Pan Theatre's production of The Seagull and Other Birds, and A Mid-Summer Night's Dream at the Abbey Theatre.

Laura is also a qualified yoga teacher, In January 2017 Laura graduated from the University of Limerick, completing her MA in Dance, receiving first class honours.