



Sheri Praska

Sheri Praska grew up in Fargo North Dakota and began dancing before elementary school. By the age of 12 she had already begun teaching. After performing on her high school dance line Sheri went on to coach it for several years, before opening her own dance studio Halftime by Sheri Dance Studio. Sheri competed and performed as a dancer choreographer for the International Football League. For 22 years, her studio provided both Sheri and her dancers opportunities to compete and train across the United States, including five summers in New York City studying with the Rockettes, Broadway performers, and taking classes at the renowned Broadway Dance Center.

After relocating to Cheyenne, Sheri has continued to share her passion through choreography for Central High School Theatre, Cheyenne Little Theatre, private dance instruction and now teaching at En Avant Dance. While she enjoys many styles, lyrical holds a special place in her heart—but at heart she's a hip-hop dancer.