



Sara Knight is a graduate of England's Royal Ballet School, an Associate of the Royal Academy of Dance (A.R.A.D.), graduate of the Royal Ballet School Teacher's Training Course (R.B.S. Dip. TTC.) and was the first British dancer to graduate from Russia's Vaganova (Kirov) Ballet Academy. Sara is a recipient of the Royal Ballet School Award for Excellence, personally awarded by Dame Ninette de Valois (founder of the Royal Ballet). Whilst at the Royal Ballet School she was one of four dancers selected by John Field and Anne Heaton to work on the new syllabus for the British Ballet Organization (BBO) and demonstrated the new work.

Upon graduation from the Vaganova Academy Sara remained in Russia, becoming a soloist with the Leningrad State Ballet Theatre and the Russian Ballet of St. Petersburg. In Western Europe she appeared with Northern Ballet Theatre (UK), Ballet Russe (UK) and was principal dancer with European Ballet. In the USA, Sara guested with Boston Ballet and was a principal dancer with both Configuration Dance and Rebecca Rice Dance Company.

Sara was Ballet Mistress for London's Central School of Ballet and Ellison Ballet of NYC. She was Artistic Director for the Ballet School of Stamford as well as Co-Founder and Artistic Director of the Greenwich Ballet Academy (USA).

In September 2010, Sara founded SLK Ballet School in New York City.

Guest teaching positions include: Boston Ballet Company, Boston Ballet School, Tulsa Ballet Center for Dance Education, Cincinnati Ballet School, Laban Centre London, Northern Ballet Theatre (UK), Arts Educational School (UK), Boston Conservatory, The International Festival of France and most recently Masters of Ballet at Sadler's Wells Theatre (London UK) and the English National Ballet School.

In 2017 she founded Chevalier Ballet Company, New York City, touring the East Coast of America and Europe to bring dance to communities with limited access to dance. Sara is committed to outreach and conducts workshops in schools and hospitals both in the USA and Europe on a regular basis. She also continues to teach and choreograph worldwide.

In 2022 Sara was invited by the newly formed United Ukrainian Ballet to stage their international touring production of Swan Lake..

In 2023 she introduced Chevalier Ballet's Professional Training program (CBPTP), a three year program for dancers to experience life as company members whilst continuing their technical development.