

## Mickela Mallozzi

### Exploring Italian Heritage Through Traditions and Dance



Mickela, dressed in traditional folk attire of the area, performs at La Sagra Delle Regne in Bare Feet's debut episode.

Mickela Mallozzi, a classically trained dancer inspired by folk dances, launched Bare Feet, an online travel show that follows Mickela as she globe-treks, exploring dance and musical culture. In the series premiere, Bare Feet in Italy, Mallozzi brings viewers on a personal journey back to her family's hometown of Minturno, to discover her roots through the local dance and music during the town's annual wheat harvest festival, La Sagra Delle Regne.

Mickela was born in Stamford, Connecticut to Italian immigrant parents from Minturno, in the Lazio region of Italy. Growing up with well-preserved traditions of the southern Italian culture, her appreciation for folk tradition

started at a very young age. She began dancing when she was three years old and soon started playing the piano at age five. Her love for the arts flourished; she was trained in classical and jazz piano, played violin and flute, and was choreographing and performing with prestigious companies in the tri-state area by the time she reached high school. In college, Mickela attended New York University for Music Composition, studying abroad for two summer semesters through the NYU Florence Program and as an AIAE Programma Ponte scholarship recipient in Rome. Studying abroad sparked a love for travel in Mickela that has since then influenced her career.

Following college, Mickela dabbled in the music industry,

but soon realized that dance was her true passion. She became a dance instructor, teaching at the Locust Performing Arts Center in Stamford as well as The Ailey Extension in New York City.

With the constant love for travel always calling to her, Mickela created the Bare Feet project. Her fascination for folk dance and music inspired her to seek out local performances and celebrations, and immerse herself in the dance culture. Inspiration from her own experiences led her to create the Bare Feet blog which documented her dance adventures. This eventually evolved into the Bare Feet Web Series, an online show that combines her two passions in life: travel and dance.

The premier episode of Bare Feet takes viewers to the Italian city of Minturno. Highlights include a look inside the world of southern Italian living as Mallozzi meets with Giuseppe, organizer of the town's annual feast. Giuseppe guides her through the preparations of the festivities associated with the Minturno's largest celebration, La Sagra Delle Regne. Mallozzi then rehearses with the town's oldest dance group, I Giullari, hoping to grasp their dance style. The episode ends with Mallozzi performing with I Giullari in the piazza in front



Pictured in her family's hometown of Minturno, Italy, Mickela finds the winding cobblestone streets fascinating.

of thousands of people at the feast's finale.

In addition to her web series, Mickela has also created Bare Feet Tours to offer itineraries based on the Bare Feet Web Series. She hopes the series will

inspire audiences to experience for themselves the wonderful journey of exploring Italian culture. Visit her website to watch episodes of Bare Feet at [www.travelbarefeet.com](http://www.travelbarefeet.com)

Classically trained dancer Mickela Mallozzi launched her new web series Bare Feet, which explores culture through music and dance.