

L. FROST

Dancer & Choreographer

Before being discovered at a Pattonville High School talent show, L. Frost was a self-described “wall-flower”. Growing up in a military family all over the U.S. and Japan didn’t leave a lot of time for dancing – but one day this shy kid saw a Ginuwine video and was immediately struck by the multi-platinum, national recording artist’s freestyle, hip-hop dancing. Taking his inspiration from Ginuwine’s moves, L.’s big break came in a twist of fate that’s straight from Hollywood. He was discovered by Mack Daddy, a St. Louisan and a back-up dancer for L.’s hero Ginuwine, as he danced in his North St. Louis County high school talent show.

Just a few years later L. has perfected his moves, dancing and touring with the biggest names in hip-hop today, from Ginuwine and Darrin Henson (*Soul Food*) to Usher and St. Louis natives Nelly and Nikko Smith. In addition, L. counts as one of the highlights of his young career performing *God Bless America* with his R&B group Varcity (Grind Up Records) at Game 5 of the 2006 World Series at St. Louis’ Busch Stadium.

Fresh from dancing with Bow Wow on The Price of Fame tour, L. is currently appearing with the iCandy Dancers at Harrah’s iBar in St. Louis for a limited engagement, and in Phoenix at Harrah’s Ak-Chin Hotel & Casino. Shows are at 7, 7:30, 8, 8:30, 9, 9:30, 10, 11, midnight and 1 am at the Oasis Lounge every Friday and Saturday night. L. is finishing his first Varcity album and preparing for a movie role with Darrin Henson. The iCandy show is produced and choreographed by Nannette Barbera.

