



Lauren Carroll

Non-Union

Website: www.LaurenCarroll.com

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PERSONAL DETAILS

Height; 5'4"
Weight; 120 lbs
Build; Athletic
Eyes; Brown
Hair; Blonde

AREAS OF EXPERTISE

Vocal

Coloratura Soprano
Range (F3–F6)
Musical Theatre,
Classical, pop/rock
Belting, High mix,

Dance

Ballet, Pointe, Musical
Theatre, Jazz, Lyrical,
Cheer, Pom, Ballroom, Tap,
Fosse, Partnering

Regional Accents

New Yorker, British,
Russian, Hungarian,
French, Irish, Scottish

Special skills

Character Voices
Comedic Timing,
Splits, Cartwheel,
Roundoff, Toe Touch,
Roller-Skate,

Technical Theatre Skills

Set / landscape painting
Basic lighting hang/focus
Costume repair,
Theatrical makeup,
wig/hair styling
Children's Education

Professional & Regional Theatre

Janet	Rocky Horror (in Rehearsals)	Circa 21
Signe Engleson	Church Basement Ladies	Great Plains Theatre
Calpurnia's Priestess	Julius Caesar	*Oklahoma Shakespeare in the Park
Ensemble/Stepmother U/S * Equity Theatre	Cinderella	Great Plains Theatre

Television

Singer / Actor	Oklahoma City Zoo Commercial
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Theatre /Academic Theatre

Sherrie	Rock of ages	C.L. Hoover Opera House
Little Red	Into The Woods	The Columbian Theatre
Brooke Ashton	Noises off	C.L. Hoover Opera House
Mollie	Agatha Christie's The Mousetrap	The Columbian Theatre
Ivy	Bare: A Pop Opera	Manhattan Arts Center
Mrs. Wormwood	Matilda	The Columbian Theatre
Ariel	Footloose	C.L. Hoover Opera House
Beth	Little Women (play)	The Columbian Theatre
Countess Andrenyi	Murder on the Orient Express	C.L. Hoover Opera House

Dance Roles & Companies

Company Dancer for Topeka Kansas's Ballet Midwest – Soloist

Solider Doll / Flower	Nutcracker	Ballet Midwest 2025
Aristocrat/Corps de ballet	Romeo and Juliet	Ballet Midwest 2025
Senorita/ Party Guest	Nutcracker	Ballet Midwest 2024

Drover Dancer for the University of Science and Arts of Oklahoma

Education

Advanced studies with a focus on analytical thinking, structured reasoning, and collaborative problem-solving

Master's Degree | Kansas State University

Bachelor's Degree | University of Science and Arts of Oklahoma

Dance Education

Trained in Balanchine Ballet under Kay Sandel Professor of Dance at OCU (15years)

Trained under Jacob Sparso Ballet Master for the Oklahoma City Ballet for 1year

Studied Dance at the University of Science and Arts of Oklahoma

Currently Training at Barbara's Conservatory of Dance

Vocal Education

Studied under Dr. Amy Rosine at Kansas State University

Studied Musical Theater, soprano Mix, belt Jazz, Pop, under Narlene Allen