



# Lauren Carroll

Dance Artist & Choreographer

Contact info:

Email: [LaurenCarroll.Actor@Gmail.com](mailto:LaurenCarroll.Actor@Gmail.com)

Phone: (405) 921-5543

Website: [www.LaurenCarroll.com](http://www.LaurenCarroll.com)

## Dance Styles

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

## Dance Companies & Teams

Ballet Midwest	Soloist	2024-2026
Dover Dancer	Collage Dance Team	University of Science and Arts of Oklahoma

## Dance Roles

Solider Doll / Flower	Nutcracker	Ballet Midwest 2025
Aristocrat/Corps de ballet	Romeo and Juliet	Ballet Midwest 2025
Senorita/ Party Guest	Nutcracker	Ballet Midwest 2024
Dance captain	Joseph and the Amazing Technicolor Dreamcoat	C.L Hover Opera House
Dance captain	Bare A Pop Opera	Manhattan Arts center

## 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

## Choreography

Experience choreographing for competitive cheer teams, children's theatre productions, liturgical dance ensembles, and outdoor Shakespeare-style theatre festivals.

Matilda	Children's theatre	Manhattan arts
Julius Caesar	Equity Theatre	Oklahoma Shakespeare in the park

## PERSONAL DETAILS

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

## Special skills

*Splits, Cartwheel,  
 Roundoff, Toe Touch,  
 Roller-Skate*