



Lauren Carroll



Equity Membership Candidate

Website: www.LaurenCarroll.com

Phone: 405-921-5543

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AREAS OF EXPERTISE

Vocal

*Coloratura Soprano
Range (F3–F#6),
Belting, High mix,
Classical and pop/rock
Musical Theatre*

Regional Accents

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

Dance

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

Special skills

*Splits, Cartwheel,
Roundoff, Toe Touch,
Roller-Skate, Crotchet,
Horseback Riding,
really good at math
i.e. calculus, Differential
Equations,*

Art

Set / landscape painting

PROFESSIONAL

*Equity Membership
Candidate*

PERSONAL DETAILS

Height; 5'4"

Weight; 120 lbs

Build; Athletic

Eyes; Brown

Hair; Brown

Role ages; 16 – 30

PERSONAL SUMMARY

Lauren has been performing since the age of three, inspired by her mother, a theatrical seamstress. With over 20 years of musical theater experience, she is a classically trained soprano (F3–F#6), known for her vocal agility, sharp comedic timing, and onstage versatility. Skilled in character voices and dialects, Lauren trained as a classical ballerina for over a decade and later studied a range of dance styles. She uses movement to create physically grounded, fully embodied characters.

Reginal Theatre

Calpurnia's Priestess	"Julius Caesar"	Oklahoma Shakespeare in the Park
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Television

Singer / Actor	Oklahoma City Zoo Commercial
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Theatre /Academic Theatre

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" by Kate Hamill	The Columbian Theatre
Countess Andrenyi	"Murder on the Orient Express"	C.L. Hoover Opera House
Miss Scarlet & Juliet	75 th Anniversary Revue	C.L. Hoover Opera House
Caliban	"The Tempest"	Readers Theater Manhattan
Mrs. Sowerberry	"Oliver"	Manhattan Arts center
Audrey	"Little Shop of Horrors"	Putnam City North
Rita	"White Christmas"	Putnam City North

Dance

Company Dancer for Topeka Kansas's Ballet Midwest – Soloist

Solider Doll / Flower	"Nutcracker"	Ballet Midwest 2025
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Aristocrat/Corps de ballet	"Romeo and Juliet"	Ballet Midwest 2025
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Senorita/ Party Guest	"Nutcracker"	Ballet Midwest 2024
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Burlesque Dancer (Soloist)	"Freak in the Sheets"	Little Apple Burlesque
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Drover Dancer for the 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