
Vanessa Lauren Freeman

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www.instagram.com/vanessalauren_theartist

Available for work in the US

Features

Height: 5'5"	Hair: Blonde/Light Auburn
Weight: 128 lbs.	Eyes: Blue-Gray
Bust: 35"	Age: 38
Waist: 29"	Shoe size: 7 - 7 1/2
Hips: 38"	Dress size: 4/6
Inseam: 27"	

TV/Film/Series/Music Videos

Xenia (Supporting)	Julia Styles/Tiger Eye Entertainment	Upcoming
Jane (Lead, Ep. 2-5)	Extra-Dimensional/Hulagu	Upcoming
Lacey (Lead)	Lust of the Eyes/Sean Hilton	Apr/May 2021
Daisy Truman (Lead)	Atom/Talking House World Media	Apr 2021
Love Interest (Lead)	Hang Around/Music Video/R54 Photos	Apr 2021
Jessica (Supporting)	NRI Stories/Ashay Javadekar	Jan 2021
The Beast	Untitled Project 3/Desciple	Aug 2020
Jane (Lead, Ep. 1)	Extra-Dimensional/Hulagu	July 2020
Voiceover	Tesla Flame V3 Instr. Video/Ascension	Jan 2020
Dancer/Forest Creature	Tommy Schaffer Music Video/Roze	July 2003

Commercial/Print

Model	Living Clean/Unni Rav Productions	Mar 2021
Model	Unni Rav Productions	Mar 2021
Host	Bond Hair Bar/Ascension Digital	Jan 2021
Dancer: Event Advertisement	Bliss Dance Festival	Aug 2020
Dazzler (Cosplay Artist and Model)	Tribute to Heroes: VMC Foundation	Aug 2020
Dancer and Voiceover	24/7 Workout Live	July 2020
Hair Model	SF Institute of Esthetics and Cosmet.	Mar 2020
Dancer in office	Muzik App/Ashay Javadekar	Feb 2020
Talent	Pandora: Pass the Mic	Feb 2020
Hand Model	Tesla Flame V3/Ascension Digital	Jan 2020
Voiceover	Tesla Flame V3/Ascension Digital	Dec 2019
Dancer: Event Advertisement	Jumpin' at the Sun	Mar 2015
Dance Teacher	SCC Dance Program Advertisement	July 2011
Dancer/Talent	SCC Arts Programs	May 2008
Dancer: Event Advertisement	SCC Dance Performance: Life Quilts	Mar 2007
Dancer: Event Advertisement	Merged: AZ Dance Performance	Mar 2006
Dancer: Event Advertisement	SCC Dance Performance	Mar 2005

Dance Artistry and Design

Wardrobe	The Valley	Feb 2021
Wardrobe	GLVSSLAND	Jan2021
Dance/Choreograph/Design/Video	My Reckless Abandon: Bliss Dance	Aug 2020
Visual Artist Show and Sale	CCA: Handcrafted Holiday Sale	Dec 2019
Dancer/Choreographer/Designer	Imramma: Bliss Dance Festival	Aug 2019
Dancer: Teacher Dance	Motown: Mission Dance Recital	June 2019
Dancer: Teacher Dance	Celebration: Mission Dance Recital	June 2018
Costume Designer	Animi Motus and Human Shakes: Alien	June 2018
Costume Designer	SMC: Puss N' Boots	Jan 2018
Dancer/Choreographer/Designer	Process Dance Festival (SMC MFA)	June 2017
Dancer/Choreographer/Designer	Love Letters	Feb 2017
Dancer	Surabhi Bharadwaj	Oct 2016
Dancer	SMC MFA	June 2016
Choreographer/Designer	Subject.Matter (SMC MFA)	Jan 2016
Choreographer/Designer	Object.Subject (SMC MFA)	June 2015
Dancer: Teacher Dance	Dance Element Annual Recital	May 2014
Dancer	Marvin Parulan: Globetrotters Game	Feb 2014
Dancer: Teacher Dance	Dance Element Annual Recital	May 2013
Dancer	Desert Dance Theater	2012-2014
Dancer	Step's Junk Funk	2012-2014
Dancer	Marvin Parulan: Arizona State Fair	Nov 2012
Dancer	Todd Bailey: Troubadour Café	July 2012
Dancer	Venessa Mendez Concert: The Roxy	May 2012
Dancer: Teacher Dance	Dance Element Annual Recital	May 2012
Dancer	Making Marks on Hearts	Feb 2012
Dancer	Flash Mob: Dias Dance Life	June 2011
Dancer	Dias Dance Life	May 2011
Dancer: Teacher Dance	Dance Element Annual Recital	May 2011
Dancer	Cricket Wireless at Monster Ball	August 2010
Dancer: Teacher Dance	Dance Element Annual Recital	May 2010
Dancer: Teacher Dance	Dance Element Annual Recital	May 2009
Dancer: Teacher Dance	Dance Element Annual Recital	May 2008
Dancer: Teacher Dance	Dance Element Annual Recital	May 2007
Choreographer	SCC Dance Performance: Life Quilts	Mar 2007
Dancer: Teacher Dance	Dance Element Annual Recital	May 2006
Dancer	Instinct Dance Corps: Scottsdale CC	2003-2006
Dancer: Teacher Dance	Dance Element Annual Recital	May 2005
Dancer	Tommy Schaeffer Concert	July 2003
Dancer	SCC Moving Company	2002-2003

Education

Apr 2021

Basic Utility Stunt Training Bay Area Stunts: Tony Vella

Jan 2021-Apr 2021 Accelerated Program Actor's Instinct: George Gallagher
 Sep 2020 Master Class Actors' Instinct: George Gallagher
 Aug 2020-Sep 2020 New York Parks and Rec Acting for the Camera: Peter Iengo
 May 2020 Acting & Voice Studios NY Master Class: Mikey Nagy
 May 2020 Acting & Voice Studios NY Private Coaching: Anthony Aibel
 June 2014 Saint Mary's College of California MFA Dance: Design and Production
 June 2017

Graduation Date: August 2017

- ❖ Graduated with Honors.
- ❖ Completed the Design and Production program, focusing on costume design collaborations and completing a certification in choreography.
- ❖ Presented four pieces of choreographic work at the Saint Mary's College Process Dance Festival, Lincoln Theater, Le Fevre Theater, and Flight Deck consisting of various production and crew assignments.
- ❖ Experienced two fall semester teaching assignments as a Student Lecturer for Jazz/Hip Hop, Intro to Ballet, and Pilates.

October 2009 Ottawa University BA Dance Education
 May 2011

Graduation Date: June 2011

- ❖ Educational track courses taken with an emphasis in secondary dance education.
- ❖ Student Teaching completed under the direction of Kathie Buren-Modder at Chandler High School (CHS).

August 2001 Scottsdale Community AAS Dance Technology
 December 2005

Graduated with Honors: December 2005

- ❖ Performed with Instinct Dance Corps; a semi-professional dance company through Scottsdale Community College. Performed work from various choreographers such as Keith Johnson, Holly Johnston, Carley Conder, Angela Rosenkrans, Nathan Trice, and others at multiple venues.
- ❖ Received award for "Creativity in Dance: Dancer of the Year" 2005-2006
- ❖ Featured dancer to represent dance program for a film program project presentation to the Scottsdale Community College Board of Directors 5/2010.
- ❖ Featured graduate for the SCC Dance Program advertisement 6/2010.

June 2002 Talent Management and Agency Classes

- ❖ Invited in for modeling and received introductory instruction for runway, print, and acting. Received professional photos.
- ❖ Talent Showcase auditions for agencies in Los Angeles. Performed a monologue and modeled swimsuit on runway.

February 1998 John Casablancas Modeling and Career Center Certificate

- ❖ Learned the fundamentals of modeling for runway and print coupled with public presentation and makeup application for personal features.
- ❖ Received a certificate of completion and professional photos.

August 1997 Corona Del Sol High School Drama/Theater Class
December 1997

- ❖ Introduction to theater.

January 1997 Aprende Middle School Drama/Theater Class
May 1997

- ❖ Introduction to theater.

Professional Attributes

- ❖ Interact with individuals of all ages in a positive and encouraging manner for creative project development.
- ❖ 15 years of experience teaching and 21 years performing dance in the areas of Modern, Ballet, Partnering/Weight Sharing, Core Strengthening/Flexibility, Jazz, Hip Hop, introductory level Tap for all ages, and basic Tumbling for toddlers.
- ❖ Introductory level training in martial arts: Capoeira, Maculele, Tai Chi, Jeet Kun Do Kung Fu, Police Combat Tactics, and Kali Stick fighting.
- ❖ Currently revisiting previous tumbling skills through training.