

SANDRA ROQUE

5' 7" - Brown hair - Blue eyes
www.sandra-roque.com
Co-founder & board member of

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resumes.actorsaccess.com/SandraRoque
Companhia de Actores (awarded theatre company)

Greencard | Passport
www.imdb.me/sandra-roque
Portugal, 2004-2013

THEATRE

He and She	She = Alexandra	(mother of dead child)	NY Summerfest Theatre Festival - NY
Guns	Maude	(pill addict)	HB Playwrights Found. Theatre - NY
Fool for love	May		Bar do Chapitô
Cheating in chains	Lígia	(socialite)	Teatrosfera
PimPamPum (solo, for babies)	Amelita	(doll)	Teatro Municipal Amélia Rey Colaço
A Dama do Intendente	Dama do Intendente	(prostitute)	Teatro Municipal Amélia Rey Colaço
Mão na luva	Sílvia	(artist, middle class)	National tour
Draw	Lúcia	(artist of status)	Casa do Artista
Cenas suburbanas II	Madame Luba	(Lithuanian Madam)	Centro Cultural de Belém
	Selminha	(house-wife)	
	Nurse	(abortion, crass)	
	Widow	(grieving)	
Forgive me for cuckolding me	Judite	(housewife)	Open Space Studio
Lenha na fogueira - IMPROV	M ^a Adelaide Paixão	(w/ speech impediment)	Associação de Moradores 18 de Maio
Espírito da poesia I, II, III (Performed poetry)	(6 different characters)		Parque dos Poetas
O futuro é agora	Adriana	(teenager circus assistant)	Teatro Municipal Amélia Rey Colaço
	Chefe	(head of the band, elder male)	
	Militão	(clown)	
	Ocram Avlis	(Ukrainian magician)	
	Lino	(lion)	
	Lola Circo	(circus CEO)	
	Sandrine	(contortionist)	
Em cima das árvores	Prostitute = Marta II		Teatro Municipal Amélia Rey Colaço
	Police officer		
A dog's will	Devil		Teatro Municipal Amélia Rey Colaço
Nosso Sr. da Purificação	Sandra	(storyteller, dancer)	Fundição de Oeiras
Cenas suburbanas I	Joyce	(housemaid)	Open Space Studio
Sacavém	House-wife		Teatro Municipal São Luís
Viver é raso	K	(nurse, deranged)	Teatro Municipal Rey de Carvalho
Grito d'alma	Judite	(house-wife, middle class)	Open Space Studio
78rpm / Dorotéia (Expressionism)	Dona Flávia	(deformed, devout, spinster)	Open Space Studio

FILM, TELEVISION, COMMERCIALS, VOICE OVER, MUSIC VIDEOS, HOSTING

TRAINING:

"Professional Fine Arts Training in Theatre"	HB Studio (Hagen technique)	2007-2009, NYC
On-camera audition for professional actors	Matt Newton Acting Studio	Since 2017, NYC
1100+ hours of intensive workshops	(Europe/Brazil/USA teachers)	Since 2000, Portugal
100+ hours of Casting Director intensives	Actors Connection	Since 2016, NYC

Technique & Scene study - Character development - Method & EMDR - Script analysis - Visual theatre
Improv - Stage combat - Movement for actors - Acting for the camera - Voice & Speech - Major stage dialects

SPECIAL SKILLS

Spoken languages: fluent in **Portuguese** & **English**. Very good **Spanish** & **Italian**. Some **French** (can act from text)

Accents: Portuguese & Brazilian (any time); Spanish, Italian, British & French (with a day or two to prepare)

Athletic skills: Former professional dancer; martial arts student (aikido, karate, boxing); stage combat (unarmed, some knife & quarterstaff); swimming; horseback riding (walk & trot); tandem parachuting; Clinical Psychology degree

Other serious stuff: CPR; Stick-shift driving; Sewing & other manual crafts; Baby/child-care

Quirks: Animal noises; Ugly faces; Hysterical screaming; Arms touch wrist to elbow, while stretched ;-)