



# SOPHIA LAU

SAG-AFTRA

Height: 5'4" Weight: 128 Hair: Brown Eyes: Brown Voice: Alto  
[sophialau.me/acting](http://sophialau.me/acting)

**REBEL**  
CREATIVE GROUP

Rebel Creative Group  
[taylor@rebelcg.com](mailto:taylor@rebelcg.com)  
1-310-997-0787 LOS ANGELES  
1-646-461-2785 NEW YORK

## TELEVISION

America's Most Wanted  
Interior Chinatown  
Gyopo (Webseries)

Sandy (Principal)  
Set P.A. (Co-Star)  
Delilah (Recurring)

Fox / Dir. Rupert Smith  
Hulu / Dir. John Lee  
Independent / Dir. Jackie Lee

## FILM

What Happens If We Don't Turn Back  
Birthday Blues  
The Postcard  
Jin  
You Can Never Go Home  
Destroyer  
The Holy Path  
Project Restart  
Muffler  
Rustic and Authentic

Lead  
Lead  
Lead  
Lead  
Lead  
Lead  
Lead  
Lead  
Lead  
Lead

Dir. Ally Wei  
Morai Productions / Dir. Jordan Qin  
Chapman MFA Thesis / Dir. Yinghui Li  
Chapman MFA Thesis / Dir. Charlotte Huang  
Chapman MFA Thesis / Dir. Jordan Qin  
Dir. Kylie Kozar  
Dir. Kirsten Hoang  
SFSU Thesis / Dir. Marc Ibarra  
UC Berkeley / Dir. Keesan Nam  
UC Berkeley / Dir. Can Takka

## COMEDY

Writing Lab  
Improv Lab (prev. Advanced Improv)  
Improv 201  
Sketch 201  
Not Rob  
Improv4Charity  
Theater4Charity

Alex Bonifer / Lyric Lewis  
Chris Eckert  
Caroline Cotter  
Eric Scott  
Indie Improv Group  
Short-form Improv Group  
Scripted Comedy Group

The Groundlings School  
The Groundlings School  
Upright Citizens Brigade  
Upright Citizens Brigade  
The Glendale Room  
UC Berkeley  
UC Berkeley

## COMMERCIAL \* conflicts available upon request

## TRAINING

2-Year Professional Program  
Vocal Coaching  
200H Yoga Teacher Training  
ABT Summer Intensive  
Pre-professional Ballet  
Pre-professional Ballet

Ranjiv Perera  
Shoshana Payne Phillips  
Anton Brandt, Tony Luppinaci  
Julie Kent, Ethan Brown  
Maggie Ferla, Xavier Ferla  
Linda Hurkmans

The Sanford Meisner Center  
La Voix Studio  
The Sacred Fig  
American Ballet Theater  
Dance Theater International  
San Jose Ballet Theater

## AWARDS

Groundlings SNL Scholarship - 3 recipients/quarter receive classes & coaching for an SNL audition

## SPECIAL SKILLS

Dance (Ballet, Pointe, Contemporary, Jazz, Tap, Character), Certified Reformer Pilates Instructor, Yoga, Front Walkover, Splits, Handstand, Kung-Fu, Krav Maga, Rock Climbing, Piano, Guitar, French (professional fluency), Stand Up Comedy  
Accents - Mancunian, RP English, Essex English, German, Russian (Noho Hank from Barry), Southern  
Valid Passport through February 2029