



SOPHIA LAU

Height: 5'4" Weight: 128 Hair: Black Eyes: Brown Voice: Alto

sophialau.me/acting



Aqua Talent - Theatrical
Courtney Peldon
cpeldon@aquatalent.com
(310) 859-8889

FILM

Project Restart	Lead	SFSU / Dir. Marc Ibarra
Moments	Lead	Indep. / Dir. Jonathan Avalos
Cue	Lead	UC Berkeley / Dir. Igor Boas
Muffler	Lead	UC Berkeley / Dir. Keesan Nam
Rustic and Authentic	Lead	UC Berkeley / Dir. Can Takka
Go Time	Lead	UC Berkeley / Dir. Michael Safarian
L is for the way you look at me	Lead	UC Berkeley / Dir. Erik Nuding
Lost and Found	Lead	UC Berkeley / Dir. Mason Heimburger

BALLET

The Nutcracker (2013-2016)	Soloist (Snow Queen, Arabian Lead, Spanish Lead, Russian)	Dance Theater International / San Jose Ballet Theater
Intensive Showcase (2016)	Corps de Ballet (Raymonda)	American Ballet Theater
Paquita (2016)	Soloist	San Jose Ballet Theater
La Bayadère (2015)	Soloist	Dance Theater International
Coppélia (2014)	Corps de Ballet	Dance Theater International

TRAINING

2-Year Professional Program	Ranjiv Perera	The Sanford Meisner Center
Improv Lab	Chris Eckert	The Groundlings School
Advanced Improv	Guy Stevenson	The Groundlings School
Method 101	MJ Karmi	The Lee Strasberg Institute
Improv 1	Marshall Givens	The Second City
Vocal Coaching	Gregory Geiger	L.A. Classical Studio
NYC Summer Intensive	Julie Kent, Ethan Brown	American Ballet Theater
Pre-professional Ballet	Maggie Ferla, Xavier Ferla	Dance Theater International
Pre-professional Ballet	Linda Hurkmans	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), Yoga, Gymnastics, Brown Belt in Kung-Fu, Krav Maga, Rock Climbing, Piano, Guitar, French (professional fluency)
Accents – Mancunian, RP English, Essex English, German, Russian (Noho Hank from Barry), Southern
Valid Passport through February 2029