

Charlotte Frøyland

Height: 5'8 • Hair: Red • Eyes: Green

Dual citizen (Norway/US)

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Selected Acting Credits

Blood Rush	Minor	Feature	Currently in Post-production
The Internal Bleeding of Sophie and Sam*	Lead/Writer/Director	Short Film	2023
Rabbits Scream	Co-Lead	Short Film	2020
Two Steps Back	Lead	Short Film	2020
A Nightmare of a Night	Lead	Short Film	2020
Friendship Pact	Co-Lead	Short Film	2020
Hourglass*	Lead/Writer	Short Film	2019
Dandelion Petals	Lead	Short Film	2019
The Moth	Lead	Short Film	2019
Seascape with Sharks and Dancer	Lead	The Bridge Theatre (off-Broadway)	2018
Caleb and Rita	Lead	Marilyn Monroe Theatre	2018
Ajax in Iraq	Supporting	Irma Sandrey Theatre	2017
I Know What Boys Want	Supporting	The Lion Theatre (off-Broadway)	2016

Dancing Credits

The Norwegian National Opera & Ballet	Opera House	2006-2012
The Nutcracker (6 seasons)		
Cinderella		
Swan Lake		
Statkraft "Renewable Energy" Advertising	Norwegian Commercial	2011

Training

The Actors Studio	Intern/Observer	2022-Present
Ivana Chubbuck's acting school	Advanced	2021-22
Lee Strasberg Theatre and Film Institute	Conservatory Acting Program	2016-19
The New School for Drama	BFA Acting	2015-16
The Norwegian National Opera and Ballet	Professional Ballet Dancer	2006-12

Special Skills

Fluent in Norwegian and English, professionally trained dancer (ballet, modern, jazz), does the splits, can milk a cow

*award winner