

Carole Conama

Actor | Dancer | Choreographer

carole@conama.net | (612) 250-7333

Height: 4'11" **Hair:** Brown **Dress/Suit:** 4P **Shoe:** 6
Weight: 108 **Eyes:** Brown **Shirt/Blouse:** S **Pants:** 4P

Film / Video

- State Fair Goodwill Commercial (Open Window Production Company)
- **#GrandmaStyle** (10,000 Takes) — Grandma
- Scout Motors Commercial (*Extreme Reach Talent Inc*) — Spectator
- My Husband Died in a Brothel (*Angry Deaf People Productions*) — Madame
- Squeaky Pipes Creaky Floors (*C 47 Productions*) — Ghost
- Dinner Table Syndrome (*Film North, Angry Deaf People Productions*) — Nana
- Bullseye Casting Commercial — Woodfire Pizza Wedding Guest
- Astound Video Duplication Commercial (*local Company*) — Mother
- **Charlie Doesn't Surf – Music Video** "89.3 The Current Will Not Play This Song" (*Artegrity Pictures*) — School Principal
- Small Town Girl (*Film North*) — Dancer Extra
- “Faded” (*UofM Student Film*) — Mother
- “Concussed” (*ZFilmFest*) — Extra
- “Nefarious Campaign” (*Passion Project Feature Film*) — Extra / Ticket Taker
- Hold Tight Handrails (*Steven Johnson*) — Home Owner
- Adjust My Sink Promo Video (*Video My Story*) — Assisted Living Resident
- Student Promo Video (*Anoka Technical College*) — Student
- Flash Mob Story (*Space Croutons 3.14 Podcast*) — Narrator

Theater

(Theatre 55, Lyric Arts, CCP, Phipps, and others)

CIT (de-escalation police training - improv) 2024–present — Barbara Schnieder Foundation

Minnesota Fringe Festival 2025	Tapeze
Minnesota Fringe Festival 2024	Kaleidoscope Kabaret
Charley’s Aunt	Donna Lucia de Alvadorez
A Chorus Line	Connie
RENT	Understudy Mimi, Lexi Darling
Ghosties and Ghoulies	Lady Macbeth, Various
Jesus Christ Superstar - Musical Revue	Annas, Various
Rocky Horror Picture Show	Understudy Columbia, Principal Dancer
Hair - Musical Revue	Ensemble
Philip Marlow, Private Eye Radio Plays	Ginger — A Swell Dame
Pippin	Theo, Ensemble

Hair	Ensemble
Stepping Out	Dorothy
The Producers	Tap dancer, ensemble, "Lick Me, Bite Me"
Honk	The Cat
Annie	Mrs. Greer — tap dancer and "Wacky"

Representation: *Wehman Talent and Modeling*, St. Paul, MN

Singing

- Tale of Twin Cities — *Seasonal Traveling*
- Leagueaires Chorus — Minneapolis, MN

Education

- Film Acting Workshop — Twin Cities Acting Studio, Bill Cooper, Instructor
- Improvisation Camp — St. Paul, Dane Stauffer, Instructor
- Dance Classes — Nancy Hauser, Loyce Houlton, Char Weiss
- Drama Classes — Southwest High School
- Voice Lessons — Joey Clark, Lila Olson, Jay Fuchs, Mary Cay Stone

About Me

I love to laugh and see myself in humorous musical commercials. I possess boundless energy and enjoy dancing (contemporary, ballet, tap, jazz) and comedy. I previously owned a dance studio before becoming an advocate for vulnerable adults. Currently I work with Crisis Intervention Training (CIT) for first responders using improvisational acting techniques. I teach children at KSR. I am an environmental advocate and belong to Native gardening groups. I am a Veteran and served in the last W.A.C. battalion. I am an avid gardener and sing alto. I love animals, especially cats. I enjoy hiking to stay active, and I give exquisite grandmother hugs.