



Contact Details

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📍 5 Burrendong Road
Coombah
Gold Coast
QLD

Physical Description

Height: 159cm (5'2")

Weight: 58kg

Build: Medium

Hair: Brown/Blonde

Eye Colour: Blue

Complexion: Fair



LANI DANCE

Stunt Actor Provisional

👤 Introduction

As a highly versatile performer with a strong foundation in dance, acrobatics, aerial arts, athletics, and team sports, I bring a unique blend of precision, strength, and creativity to every stunt I take on. With over a decade of physical performance training across multiple disciplines including national-level athletics and advanced tumbling, I excel in high-energy, physically demanding roles. I am a quick learner, a good listener, and take direction extremely well, ensuring safe and efficient performance on set. My dedication to teamwork, adaptability, and safety makes me an ideal candidate for dynamic and technical stunt work.

📅 Experience & Training

Dance & Movement

- 5 years of training in Contemporary, Jazz, and Hip Hop
- Trained in choreography, musicality, and stage performance
- Strong body awareness and expressive movement

Gymnastics & Acrobatics

- 10 years of training
- Skilled in tumbling, flips (front/back), handsprings, aerials
- Excellent spatial awareness and controlled dynamic movement

Aerial Silks

- 2 years of experience
- Proficient in aerial poses, controlled drops, climbs, and transitions
- High-level grip strength and flexibility

Athletics

- 7 years of track & field experience
- Specialization in Discus, Shotput, and Hammer Throw
- State & National Champion in Hammer Throw
- Exceptional explosive strength, coordination, and endurance

Combat Sports / Team Sports

- 4 years of Soccer/Football experience
- Agile with sharp reflexes and excellent footwork
- Comfortable with high-impact movement and teamwork

SKILLS

- Tumbling (Roundoff, Back Handspring, Aerial, Tucks)
- Aerial Silks (Climbs, Poses, Drops)
- Wakeboarding & Water Skiing
- Choreography memorization and execution
- Lifts, partner work, object manipulation
- Strong stunt performance awareness and physical control
- Power-based movement, quick adaptability
- High stamina, safety-focused mindset, and reliable on-set presence

📖 References

available upon request