

THEO LINDQVIST

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Series regular with two completed seasons on a streaming drama, plus prior recurring and guest-star work across 4 networks. Carries 30 to 50 pages of episodic dialogue per week, leads scenes opposite Emmy-nominated talent, and partners with showrunners on character arcs in the writers' room.

EXPERIENCE

Series Regular | Crestwood Pictures Television | Hollywood, CA | 2022-Present

- Lead role across 2 seasons (18 episodes) of an hourlong streaming drama renewed for a third season
- Held #2 on the call sheet with average screen time of 11 minutes per episode
- Workshopped 6 episode arcs with the writers' room during preproduction each season
- Performed in-camera fight sequences after 4 weeks of stunt rehearsal per season
- Carried 30 to 50 pages of dialogue per week with on-the-day rewrites

Recurring Guest Star | Harbor Lantern Studios | Toronto, ON | 2020-2022

- Recurred across 11 episodes of a network procedural over 2 seasons
- Played opposite series leads in the A-storyline of 4 sweeps episodes
- Developed character backstory with showrunner that was later folded into season finale
- Mentored a co-star regular through their first multi-cam block

Supporting Lead, Feature Film | Polaris Independent Cinema | Reykjavik, Iceland | 2021

- Third-billed in a feature that premiered in Toronto Film Festival's Platform section
- Worked across 38 shooting days on practical locations in two countries
- Performed dialogue in English and conversational Icelandic
- Recorded 2 days of ADR and approved final character mix

Off-Broadway Lead | Ironbound Stage Company | Newark, NJ | 2019-2020

- Led 8-week run of a new play, 7 performances per week, with no missed shows
- Originated the role through 3 workshops and a staged reading
- Received a Drama Desk nomination consideration in the supporting actor category
- Collaborated with playwright on dialogue revisions during previews

EDUCATION

MFA in Acting | Yale School of Drama, 2018

BA in Theatre | Macalester College, 2014

SKILLS

- On-camera: hitting precise marks, eyeline consistency across 8+ takes
- Languages: fluent Swedish, conversational Icelandic, beginner Spanish
- Music: piano (intermediate), tenor vocal range
- Dialects: General American, Standard British, Swedish, Icelandic, Midwestern
- Stunts: SAFD recommended pass (unarmed, broadsword), horseback intermediate
- Unions: SAG-AFTRA, AEA

