

## Jeremy Trigsted

www.jeremytrigsted.com

**Height:** 5'7"

**Hair:** Brown

**Eyes:** Brown

### Selected Work

### Role

### Production

#### Film

Lulee

Announcer

Univ. of Arizona Film School

#### Music Video

Greeeen "Tobira"  
Chicago Poodle

Principal Dancer  
Principal Dancer

Universal Music, Japan  
Universal Music, Japan

#### Commercial

Mt. Renier Coffee  
McDonalds

Dancer  
Dancer

Morinaga, Japan  
Morinaga, Japan

#### Theatre

Pippin  
Little Shop of Horrors  
How to Succeed in Business..  
Merry Wives of Windsor  
She Loves Me  
Rocky Horror Show  
My Way  
How to Succeed in Business..  
A Chorus Line  
Peter Pan  
Damn Yankees  
Side Show  
Carousel

Leading Player  
Seymour  
Frump  
Fenton  
Arpad  
Riff-Raff  
Principal  
Finch  
Tom  
Nana/Croc  
Vernon  
The Geek  
Snow Jr.

Tokyo International Players  
Tokyo International Players  
Arizona Repertory Theatre  
Spartan Theatre  
Arizona Repertory Theatre  
Arizona repertory Theatre  
Spokane Theatrical Group  
Mead Civic Light Opera  
CDA Summer Theatre  
CDA Summer Theatre  
Spokane Civic Theatre  
Arizona Repertory Theatre  
Arizona Repertory Theatre

### Education and Training

**Acting** -Marsha Bagwell; Eve Himmelhaber; Harold Dixon; Brent Gibbs; Jon Reimer

**Voice**-Elena Shaddow; Monte Ralstin; Anne Frenessy; Melissa Percy Drum; Yoshiyuki Terezawa

**Dance**-(jazz, ballet, tap)- Steps on Broadway, BDC Tokyo, Kaz Tap, University of Arizona

**Styles**-Shakespeare, Chekhov, Restoration, Mask, Commedia Del'Arte

**Master Classes**- Craig Barna, Liz Callaway, Jim Coleman, Jon Jory

### Skills

Japanese spoken fluency; American Stage Speech; Stage Combat-hand-to-hand, broadsword; Honest-to-goodness Sheep Ba; basic Tumbling; Japanese Suit Character Movement; Various Dialects; Tenor