

Sydney Duncan

Actor | Writer | Producer

Manager: Anna Weinstein, Avalon Management AWeinstein@avalon-usa.com

Professional Comedy Experience:

2023 - Wild'NOut Cast Member
2022 - Asylum NYC Mainstage Cast Member/Writer
2021 - Comedy Central IG Black History Month Feature
2021 - Comedy Central IG International Women's Day Feature
2021 - Comedy Central TikTok Character/Sketch Features

Improv/Sketch Training:

Asylum NYC - (Mainstage House Performer, Sketch Writer, Teacher, Producer)
UCB NY - (Core Curriculum Graduate, Advanced Sketch, Character, Musical, TV Writing)
The PIT - (Improv Program Graduate, House Performer, Teacher, 2022 SNL Scholarship Recipient)
Second City - (Late Night TV Writing, Improv)
Magnet Theater - (Improv Curriculum Graduate, Performer)
North Coast - (Hip-Hop Improv, Freestyle Rap, Performer)
Dallas Comedy House - (Improv)

Acting Training:

Anthony Meindl's Actor's Workshop (NYC) 2019- Present
KD Conservatory, Theresa Bell Studios & S.T.A.G.E. (Dallas, TX)

Television/Commercial:

2023 Wild'NOut "New School"
2023 Cortizone 10 Commercial
2022 Northwestern Mutual Insurance Commercial
2022 Don Julio Tequila Digital Commercial
2020 Indie Animated Short Film "Mountain" Sandra
2018 Solange Knowles "When I Get Home" Dancer

Musical Theatre (EMC):

Regional Broadway: Will Rogers Follies: A Life in Review "Ziegfeld Follies Girl" & "Diamonds #1"
Pioneer Theatre Company | AD: Karen Azenberg Director: DJ Salisbury
Thoroughly Modern Millie "Muzzy" | Richardson Repertory Theatre

Performance Experience:

2023 JFL NY Callback Showcase
2022 SNL Showcase
2022-23 Grandma's Favorite Monthly Sketch Team Member
2022 Asylum Mainstage Cast Member
2022 PIT House Performer, BIPOC Diversity Jam Host
2021 SNL Showcase
2020 UCB Graduate Program Showcase
2017-19 Avant Chamber Ballet | Company Dancer
2012-16 Utah Ballet | Company Dancer
2010-12 Texas Ballet Theater

Professional Dance Training:

American Ballet Theatre, Complexions Contemporary Ballet, Arts Umbrella, Oklahoma City Ballet, Hubbard Street Dance Chicago, Ballet West, Texas Ballet Theater, LINES Ballet, Alvin Ailey American Dance Theater

Education:

Degrees: Ballet Performance BFA & Physics B.S. University of Utah
Booker T. Washington High School of the Performing & Visual Arts | Dallas, Tx

Special Skills:

Professional Dancer, Choreographer, Pointe, Singing, Improv (Comedic, Dramatic, Vocal, Rap, Dance), Modeling, Alto & Tenor Saxophone, Certified Yoga Teacher