

# TAMARA SQUIRES

Dancer • Actor • Singer  
Choreographer • Master Teacher  
Fitness Expert • Speaker

Hair: Blonde    Height: 5'4"    Cell: 801.209.6303    Email: tamara@tamjams.com

## Film & Television

62nd Academy Awards	Featured Dancer, Paula Abdul, Choreographer
Dance to Win	Featured Dancer, Ted Mathers, Director
The Tonight Show	Featured Performer, NBC
Hull High	Featured Performer, Kenny Ortega, Director
Generations	Choreographer/Featured, NBC Daytime
Byron Allen Show	Featured Performer, Barry Lather Singer
Saved by the Bell	Featured Performer, Sam Bobrick, Creator/NBC
Kids Incorporated	Featured Performer, Gary Halvorson/Paul Hoen, Dir
Joe Piscopo HBO Special	Featured Performer, HBO Channel
Days of Our Lives	Choreographer, NBC Daytime
Hold On	Featured Performer, Donny Osmond Singer

## Live Performance

NuSkin@ Nokia	Performer with Debbie Reynolds / Iacono
Michael Jackson's Sisterella	Asst. Choreographer & Swing / MJJ Production
Chorus Line	Val/Bebe U/S & Ensemble / Tri-Ad Productions
Music Man	Zaneeta / Tri-Ad Productions
Razzle Dazzle Hollywood	Choreographer & Ginger / Ron Rubin Productions
U.C.D.T. (Odyssey)	Choreographer & Associate Director
Cheyenne Concert	Lead Dancer / International Pepsi
Broadway On Tap	Singer/Dancer / More Zap Productions
Tokyo Christmas Concert	Singer/Dancer / Lacy Phillips with June Inue
Stacey Q Concert Tour	Singer/Dancer / Jackie Sleight, Choreographer
Stadium of Fire	Asst. Choreographer / Donny Osmond
TAMJAMS Dance Conventions	Exec. Director / U.S. and International Tour 23 yrs

## HOSTING

Fitness/Dance Expert

Dancer's Body - Part 1	Host/Producer/Expert
Dancer's Body - Part 2	Host/Producer/Expert
Dancer's Body - Turns & Leaps	Host/Producer/Expert
Jammin With Tam Vol. 1	Host/Producer/Expert
Jammin With Tam Vol. 2	Host/Producer/Expert
Hip Hop! The Basics	Host/Producer/Expert

## Commercials

National Pepsi Young M.C.	Featured, Cool Cans Campaign
Z.C.M.I. Back to School	Featured
Safeway	Featured
Stop & Go	Featured

## Modeling & Print

Marcea Activewear	Covergirl
Dancespirit Magazine	Marcea Ads
Asics Sportswear Industrials	Marguerite Derricks
Danskin Industrials	Helene Phillips

Master Classes and Touring Convention List Upon Request

## Training

Theatrical	Sal Romeo and Scott Wilkinson, Commercial Workshops
Dance	Doug Caldwell, Roland Dupree, Helene Phillips, Michael Rooney, Jackie Sleight, Kathy Squires, Joe Tremaine, Jerry Evans
Voice	Dean Kaelin, Sharp Studios NYC
Special Skills	Motivational Speaking, Photography and Instructing