



Janae Palmer Cruz

(301)-518-9309

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<http://janaepalmercruz.com>

[Demo Reels](#) + [Acting Clips](#)

Height: 5'2" / Weight: 115

Hair Color: Brown / Eye Color: Hazel

Bust 32B / Waist: 25 / Hips: 35

Shirt: X-Small / Pant: 0 / Dress: 0 / Shoe 6



Film

<i>Sip</i> (Best Actress 2 wins, 3 nominations)	Lead (Short)	Dir. Rachel Chelsea Foster
<i>We Are More Than Our Faults</i>	Lead (Short)	Dir. Markus Chambers
<i>Tempted</i>	Lead (Short)	Dir. Janae Palmer Cruz
<i>The Fallen</i> (Make-A-Wish-Foundation)	Lead (Short)	Real Pictures/Dir. Brandon Bray
<i>The Time Will Come</i>	Principal (Short)	Dir. Anthony Bertram & Rachel Errington
<i>Where the Scary Things Are</i> (Lionsgate)	Principal (Feature)	Everything's Fire/ Dir. B. Harrison Smith
<i>The Special</i> (Red Hound)	Principal (Feature)	Everything's Fire/Dir. B. Harrison Smith

Television

<i>Lady in the Lake</i> (Apple TV ep. 7)	Dancer	Bad Wolf America/Dir. Alma Har'el
<i>Lady in the Lake</i> (Apple TV)	Stand In/PD-Natalie Portman	Bad Wolf America/Dir. Alma Har'el
<i>True Terror with Robert Englund</i>	Principal (Reenactment)	Travel Channel/Dir. Kevin Hershberger
<i>Murder in the Family</i>	Principal (Reenactment)	Reelz Channel/Dir. Tyler Harrell
<i>Cold Hearted</i>	Principal (Reenactment)	Investigation Discovery/Dir. Tyler Harrell
<i>Ed Gein: The Real Psycho</i>	Principal (Reenactment)	Discovery+/Dir. Kevin Hershberger

Commercial/ & Industrial

Available Upon Request

Awards & Nominations

Best Actress, *Sip* as June—2026 The NOVA Fest (Winner), 2026 BNM Web Fest (Winner)

Best Actor, *Sip* as June—2026 Awesome Con Short Film Festival (Nominee)

Best Actress, *Camisado* as Emily Kent—2022 Crown Point International Film Festival (Winner)

Education & Training

Messiah College—Bachelor of Arts degree in Theatre; Bachelor of Arts degree in Dance

Gaiety School of Acting—Dublin, Ireland—Irish Theatre Intensive for Actors with Patrick Sutton/Martin Maguire

Pearl Studios NYC—Film/TV Classes with: Lain Kunin, Alan Scott Neal, Briana Dunlay, Mia Cusumano

Pearl Studios NYC—Film/TV Classes with: Judy Henderson, Ross Shenker, Joey Montenarello, Nathan Francis

Special Skills

Motorcyclist, Jiu Jitsu, Muay Thia, Drivers License(Manual/Automatic), Stand In, Photodouble, Teleprompter, Civilian Police Tactics, Firearms, Snowboard, Iceskating(basics), Longboard, Bike, Swim, Rock Climb

Dance—Ballet, Jazz, Tap, Modern, Contemporary, Hip-hop, Irish Stepdance Hard/Soft Shoe

Languages—English, Spanish(Beginner) / Dialects: Australian, Standard British, Slovakian