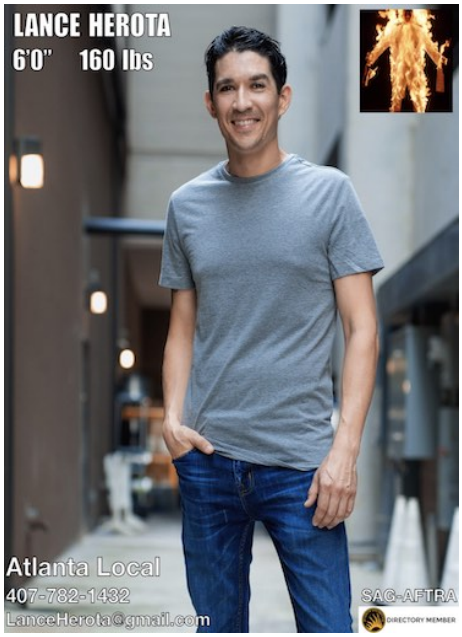


Lance Herota

Gender : Male
Height: 6 ft. in.
Weight: 160 pounds
Eyes: Brown
Hair Color: Brown
Hair Length: Short
Waist: 30
Inseam: 32
Shoe Size: 10.5
Physique : Athletic
Coat/Dress Size: 38R
Ethnicity: Asian, Caucasian / White, Mixed

Address: Georgia,
E-mail: LanceHerota@gmail.com
Web Site: http://www.imdb.com/name/nm8401840/?ref_=nv_sr_1

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Photos



Film Credits	Role Position	Company Director
Takeover	ND Stunts	Jenin Gonzalez
Black Panther: Wakanda Forever	ND Stunts	Andy Gill/Aaron Toney/Chris Denison
Shazam! Fury of the Gods	ND Stunts	Chris O'Hara
I Want You Back	DBL: Pete Davidson	Steve Ritzi/Lex Geddings
Willy's Wonderland	DBL: Kai Kadleck	Charlie Parrish
The Suicide Squad	DBL: Pete Davidson/Core Team/Fire Safety/Ratchet/ND	Guy Norris/Tim Wong

Film Credits	Role Position	Company Director
Bad Boys for Life	ND Stunts	Mike Gunther
After	DBL: Hero Fiennes Tiffin	Kevin Beard
Spider-Man: Homecoming	ND Stunts	George Cottle/Brycen Counts

Television	Role Position	Company Director
Vuelve a Mi	Driving DBL: Joaquin Gil	Juan Bofill
All the Queen's Men	DBL: Julian Graham	Yan Dron
The Last Days of Ptolemy Grey (1 season, 2 episodes)	ND Stunts	Kiante Elam
Raising Dion	ND Stunts	Jennifer Badger
Dead of Night (Snapchat Platform)	ND Stunts	Rocky Abou-Sakher
Doom Patrol (2 seasons, 3 episodes)	ND Stunts/Stilt-Walker/Creature	Thom Williams
The Walking Dead (5 seasons, 41 episodes)	Fire Burns/DBL: Jackson Pace/ND	Monty Simons/Mark Chadwick
Cobra Kai (3 seasons, 9 episodes)	DBL: Gianni Decenzo/Ralph Macchio	Hiro Koda/Jahnel Curfman
The Walking Dead: World Beyond	ND Stunts	Chad Hessler
Fear The Walking Dead (3 episodes)	ND Stunts	James Armstrong
Black Lightning	ND Stunts	John Medlen
The Haves and the Have Nots (3 episodes)	DBL: Michael Galante	Yan Dron
MacGyver (2 episodes)	ND Stunts	Jeff Wolfe/Daniel Hargrave
Dynasty	ND Stunts	Paul Burke
Kevin (Probably) Saves the World (2 episodes)	ND Stunts	Jennifer Badger/John Copeman
The Resident	DBL: Vince Foster	John Copeman

Television	Role Position	Company Director
Reba McEntire Southern Drama - Pilot	DBL: Ben Esler	Andy Martin
Sleepy Hollow (4 episodes)	ND Stunts	John Copeman
The Vampire Diaries	Utility Stunts - Fire Prep/Safety	Paul Burke

Stage	Role Position	Company Director
Halloween Horror Nights (2005-2017)	Stilt-Performer	Universal Studios Florida

Motion Capture	Role Position	Company Director
Doom Patrol (2 seasons, 3 episodes)	Stilt Motion Capture	Thom Williams

Stunt Skills

- ☑ Creature Suit / Prosthetics
- ☑ Fire Burns
- ☑ Fire Burns ~ Prep & Safety
- ☑ Fire: Partial Burn
- ☑ Reactions
- ☑ Snow Boarding

Athletic Skills

- ☑ Lacrosse
- ☑ Rock Climbing
- ☑ Snowboarding
- ☑ Trap & Skeet Shooter
- ☑ Volleyball

Accents

- ☑ Southern

Spoken Languages

- ☑ English

Dance

- ☑ Line

Work History

☑ Film
☑ Television

Job Categories

☑ Stunt Double
☑ Stunt Performer
☑ Stunts

Unique Talents
Class F License (emergency fire apparatus), basic pump operations (pumping fire apparatus), FL Emergency Medical Technician, Firefighter I & II, Stilt-Performer (squats, one legged squats, skipping, 3-point turns, high kicks, fan kicks, stilt grabs, and much more).

Union Affiliations

☑ SAG / AFTRA

Training	City	Type Of Training
Seminole Community College	Sanford, FL	Emergency Medical Technician
Seminole Community College	Sanford, FL	Firefighter I & II
Central Florida Fire Academy	Orlando, FL	Emergency Vehicle Operator Course (EVOC)
Rural/Metro Ambulance	Orlando, FL	CEVO-II

Awards	Year	Award
Screen Actors Guild Awards	2022	Actor [Nominee] Outstanding Performance by a Stunt Ensemble in a Motion Picture
Screen Actors Guild Awards	2021	Actor [Nominee] Outstanding Action Performance by a Stunt Ensemble in a Comedy or Drama Series
Screen Actors Guild Awards	2020	Actor [Nominee] Outstanding Action Performance by a Stunt Ensemble in a Comedy or Drama Series

Awards	Year	Award
Screen Actors Guild Awards	2019	Actor [Nominee] Outstanding Action Performance by a Stunt Ensemble in a Comedy or Drama Series
Screen Actors Guild Awards	2018	Actor [Nominee] Outstanding Action Performance by a Stunt Ensemble in a Comedy or Drama Series

Employment	Work Globally	Authorized To Work	Valid Passport
Stunt Double	yes	yes	yes