

As a dancer, choreographer, and educator, I believe in the power of dance to inspire, transform, and empower.

Dance is my form of communication, how I identify myself, and how I create connection with the community around me.

My practice is rooted in the fusion of art and athleticism paired with the relationship that movement has to music, rhythm, dynamics, and space. Dedication, drive, and consistency provide strength to growing my technique, performance, choreography, and teaching styles. Within this field, combining passion and persistence is key to growing, creating, and fueling the art of movement.

“Dance unapologetically. Dance without hesitation. Be fearless and express yourself authentically.”