

Caitlyn was born and raised in Connecticut where her passion for dancing would grow and flourish through all of the styles of dance she studied. Her first loves were jazz and tap which would eventually be accompanied by ballet, contemporary and hip hop. She went on to study at the University of North Carolina, Greensboro where she earned her Bachelors of Fine Arts in dance and performance. During this time she expanded her repertoire with more styles such as breakin', popping, and locking. Her love for performance and creating movement continued as she took classes in New York, North Carolina, Atlanta, Los Angeles, and Connecticut. She began teaching and choreographing award winning hip hop, jazz and contemporary routines at various studios throughout New York and Connecticut. She has danced for artists such as Kat Deluna, Flo Rida and Def Jam productions and has appeared on networks such as MTV2. She has danced with companies such as Double up Dance Company as well as CT Theater Dance Company. For the last five years, she has been coaching and choreographing for the Fairfield University Dance Team and teaching contemporary, heels, hip hop, street jazz and improvisational dance for the Sacred Heart University dance program. She has been spreading her passion for dance through teaching and performance for the last 30 years and loving every minute of it.