

Kelly is a graduate of the University of Minnesota, where she earned degrees in sociology of criminal law and Spanish, along with a master's in social work. In addition to her dedication to community service, she is the Owner and Executive Director of Sole to Soul Dance Conversion (S2SDC), an organization rooted in vision, excellence, and integrity. Kelly blends leadership, artistry, and professionalism into every aspect of her work.

A lifelong dancer, Kelly carries an enduring love for artistic creation, direction, and performance. She has shared her talents across studios, schools, and athletic clubs, served as a lead performer and choreographer for Elements VIBE, taught master classes and workshops, and collaborated with the remarkable artists of S2SDC. Known throughout the Midwest as “Special K,” she is one of the region’s most sought-after female emcees.

Kelly has toured and performed with numerous renowned companies and artists, mastered lead impersonation roles in Mythology, and performed a featured duet during Night of the Stars in Paris. She worked as a dancer and model for a wide range of companies and stylists, was a WOW! Girl for Macy’s Glamourama, a professional dancer for Target Corporation, and is a former Minnesota Vikings Cheerleader.

While her career spans countless stages and platforms, Kelly considers her work with S2SDC to be her most cherished accomplishment. She wrote and directed One Story, an original S2SDC production, and through the company has instructed, directed, choreographed, and performed across the United States and internationally.

S2SDC highlights under Kelly’s leadership include performances and collaborations with Intercoiffure Mondial (Waldorf Astoria, NY; Theatre de L’Empire & La Salle Wagram, Paris), Midwest Regional Emmy Awards, Ivey Awards, Minnesota Opera, Minnesota Orchestra, Josef’s Annual Fashion Awards, Walker Art Museum, Minnesota Institute of Art, Urban Arts, Rocco Altobelli Fashion Awards, Taste of Grande, LEAD Project, Juvenile Diabetes Foundation, Basilica Block Party, Twin Cities Pride Celebrations, Tabitha’s Salon Takeover Premier Party, Speak Easy Cabaret, Matrix, Redken, Great Clips, Wellbeats Fitness On Demand, GROOV3, and numerous studios, clubs, casinos, pageants, and theaters—both live on stage and in video with celebrity artists.

In her words, *“There is nothing more rewarding than feeling inspired simply by doing what you love.”*

What people say:

Kelly has a remarkable ability to connect with each dancer on a personal level. She takes time to understand our unique strengths and challenges, tailoring her guidance to help us flourish both on and off stage. This personalized approach not only enhances our skills but also builds a strong sense of community within the company.

Kelly is a strong, positive leader who brings incredible energy to every production. She is clear, encouraging, and motivates everyone to show up confidently and shine on stage. Whether choreographing dancers and models, coordinating sound and lighting, working with stylists and makeup artists, or stepping on and off stage to perform or emcee, Kelly manages it all seamlessly. She has a rare ability to juggle many moving parts while making the process feel organized and effortless. Kelly makes everyone feel valued and consistently delivers above expectation.

Over the years, I've watched Kelly navigate the ups and downs of the performing arts industry with grace and resilience. She faces challenges head-on and inspires us to do the same. Whether we are preparing for a major performance or simply working on technique, she instills a sense of pride and determination in each of us.

As I reflect on my journey with S2SDC, I am grateful for the unwavering support and mentorship Kelly has provided. She has not only shaped my career but has also enriched my life in countless ways. Her dedication to the art of dance and her nurturing spirit make her an extraordinary leader, and I am proud to call her my friend. I look forward to many more years of collaboration and growth under her guidance.

I have known Kelly for over ten years and can confidently say she is an amazing teacher, choreographer and dancer. Her understanding of how to foster a strong work ethic and teach proper dance technique is unmatched. Kelly also creates a fun environment for her dancers during class and rehearsal that promotes self-expression and confidence. Kelly is one of the most caring people that I know. She and her company are highly recommended!