



Since 2002, **Michael Sims**, owner of Lite on Your Feet, LLC, has been performing and providing dance lessons and choreography for special occasions and artistic performances. He teaches a wide variety of dance styles including, but not limited to, Swing, Nightclub social dancing, and Country Western. Lessons can be provided in the studio, in your home, or via virtual video. Originally from Houston, Texas, Michael currently competes throughout the U.S. and teaches at various locations in Maryland, D.C., and Virginia.

