

Karen Hedges' passion is dance. She is a dance instructor, choreographer and a DJ. Her jazz and ballet background have been a great help in her expert teaching techniques. She also has a background in theater, having been in several productions as a child in the Children's Theatrical Playhouse as well as the Performing Arts Theater. As a teenager she appeared in many stage performances and modeled her way through high school. After starting a family at the age of 21 she gave up dancing until her children were grown.

She is proud to be the NTA (National Teachers Association) Vice President of Events and Website. Karen is a Dancin for the Dream team member, does a lot of charity work with local groups, senior citizen groups and is the event Director for Dancin Up A Storm Charity Event.

Karen has taught at many events over the years including JG Line Dance Marathon, Ft. Wayne Dance Team Showdown, Ozark Dance Fest, Chicago Land, Windy City, Prairie Land, National Senior Olympics 2003, Norwegian Cruise Lines, Tulsa Dance Fest, Gateway, Heartland Dance Fest, The Moose Heart in Florida, Prairie Dance Classic, Dance Magic, Worlds. She is a proud member of the JJam Staff,

Oklahoma Dance Rush, Hoosier Dance Fest, Wichita Dance Roundup, Red Hat Society, Springfield Dance Fest, Rebels and Rogues St. Louis, Daddy Daughter Dance, CU Dancin, Council Bluffs, Bk2Life events, American Bandstand, Cadillac Ranch, Whiskey Tango, City of Blue Springs, Beaumont Club, PBR Sprint Center and many more. She and her dancers perform at many local events in and around Kansas City, Mo.

Karen has Choreographed for many country artists. Many of her line dances are done all over the world, including Bomshel Stomp, Typical, West Coast Thang, Austin J and Yes I Do, "Why Don't We Just Dance", as well as Giddy On Up Giddy On Out, Where are All The Men-Keeley Dodd, and 'One Margarita Away'-
Doug Luther

Karen says "My biggest thank you goes to all the dancers, event directors and instructors who have stood beside me through the good and the bad times. Without them I am nothing, with them I am everything."

Karen instructs weekly at the Whiskey Tango Nightclub in Grain Valley, Missouri and Cadillac Ranch in Warrensburg, Mo. She also teaches line and couples classes for the City of Blue Springs and is licensed with ASCAP, BMI AND SESAC

Karen is available for events, as well as private and group lessons. DJ and Instructions available.