

MILFORD DANCE ACADEMY

MEET OUR TEAM!

OWNER & ARTISTIC DIRECTOR, TEACHER & CHOREOGRAPHER



Kristen Knight is the owner and artistic director of MDA. Being the Owner, she is the person that makes it all happen. Kristen has been dancing since the age of three. Kristen has been trained in Contemporary, Jazz, Tap, Ballet, Modern, Lyrical, Musical Theater, Singing and Pom. Kristen Knight has been a part of the dance industry for over 50 years. She has had the opportunity to study with some of the greatest dancers in the world. After High School, she continued her education and training in Dance through Dance Educators of Michigan and Dance Educators of America, where she also competed, winning over-all awards and Titles. In her younger dance years Kristen, has won such titles as "Little Miss Snowflake Talent", Little Miss Valentine Talent", "Miss Southern Showbiz of 1982 and First Runner up for "Junior Miss Dance of Michigan" and has performed on Cruise Ships. In Kristen's pre-teen years, she became a member of **THE KID CONNECTION**, a Tri - Talent Production, where she had the opportunity to perform for various shows, T.V. spots and being a sponsor for radio commercials, the Detroit Free Press and The Detroit News. Kristen became a member of the **YOUNG AMERICANS**, singing and dancing throughout the state of California. With her vocal ability and dance training Kristen has become a multi-Talented Artist. Throughout her years of teaching, Kristen has received numerous awards for her choreography and creativity, winning **Choreographer of The Year for 2012**. She has been recognized and honored by having one of her Tap Routines filmed in Las Vegas and aired on National Television. She has also been recognized and published in Who's Who among Dance Teachers. Kristen continues to win Choreography Awards for her excellence in Tap, Lyrical, Contemporary & Jazz, and was also awarded Best Choreography for a Bollywood Routine in 2015. She is very grateful to be able to share her talents with children of all ages. Kristen has been awarded the ADCC AWARD for 2016, 2017, 2018, 2019, 2024 & 2025 at Turn It Up Dance Challenge, Energy National Dance, Platinum National Dance, Encore DCS, Groove Competition and many more throughout each competition season. She was also awarded Studio of Excellence Award for Encore Performing Arts in 2017 and won the Top Studio Award for Highest scoring routine at Energy National Dance and Encore DCS in 2017 and 2018, and 2019 at STARQUEST International Dance Competition, Energy National Dance and Dance Xplosion, I Am Dance and many more competitions. MDA has been awarded THE STUDIO OF EXCELLENCE AWARD at many competitions, receiving the highest scoring studio at several regional and National Competitions. Kristen has been awarded the SPIRIT AWARD at several Regional Competitions for her students displaying excellence sportsmanship. Her team are National Champions and Grand Champions. Receiving the Distinction Achievement Award – Highest scoring Studio at Starbound Competition at Regionals and Nationals. Kristen continues to teach and choreograph with her passion and years of experience and training to bring out the best in her students.

TEACHER / CHOREOGRAPHER



Brittany Ladd Brittany Ladd brings over 25 years of dance training and more than 15 years of teaching experience to Milford Dance Academy's competitive and recreational program. An alumna of the StarLine Dance Company, Brittany spent 10 years as a competitive dancer before earning dual Bachelor of Fine Arts degrees in Dance Teaching and Dance Performance from Columbia College Chicago. She graduated with honors after extensive studies in pedagogy, choreography, performance, anatomy, and dance history. Brittany has trained across the country and performed professionally with a Detroit-based dance company. Specializing in Ballet, Pointe, Jazz, Contemporary, Lyrical, Modern, Tap, Theatre, and Acro, Brittany is recognized for her innovative choreography and commitment to technical excellence. Her work has earned numerous Technique, Choreography and Innovation Awards, Overall High Score honors, and many students have received Regional and National titles. Brittany's greatest accomplishment, however, is the success and growth of her dancers. She is passionate about cultivating technically proficient, confident, and expressive artists by creating a supportive environment where every student is challenged to reach their fullest potential. Through disciplined training, thoughtful mentorship, and an emphasis on artistry, Brittany inspires dancers to pursue excellence with confidence, integrity, and a genuine love for the art of dance. Milford Dance Academy is proud to have Brittany on faculty, inspiring confident, technically strong dancers. Brittany continues to receive special recognition for her creativity at regional and National Competitions. Her passion and dedication to each student and routine is outstanding and attention to detail. MDA is very honored to have Ms. Brittany teaching and inspiring dancers of all ages and levels.

TEACHER / CHOREOGRAPHER



Sara Daher Sara Daher began dancing at the age of 4 years old and started competing at 7 years old at American Dance Academy in Commerce Township and South Lyon, Michigan, training in the styles of ballet, pointe, modern, contemporary, lyrical, jazz, tap, musical theater, acro and pom, and is certified through Grade V in the Cecchetti method of ballet. Sara was also a member of the Pre-Professional company X2, now titled Young Dancers Initiative, under the direction of Jodie Randolph and Megan Scheppelman. In 2020, Sara graduated from Wayne State University with a Bachelor of Fine Arts with a major in Dance, studying heavily in Russian and Contemporary Ballet techniques, Modern and Post-Modern techniques, STOTT Pilates, Improvisation, Choreography, Dance History, Anatomy and Kinesiology, and Pedagogy. Sara earned academic and departmental scholarships from the university, including a Talent Award for Dance. While at Wayne State University, Sara took class from and was featured in works by Meg Paul (Complexions Contemporary Ballet), Biba Bell, Liz Schmidt, Brandon Koepsell (Take Root Dance), and Bryan and Shaina Baira (BAIRA/ MVMNT PHLOSPHY), among others. Sara has performed choreographic works by independent artists Lena Shuptar and Natalie Cantalino at Detroit Dance Exchange, the Maggie Allesee Choreography Showcase, and Oakland Dance Festival. Professionally, Sara was a company member with ConteXture Dance Detroit, directed by Tracy Halloran, for its 2018 and 2019 seasons. Sara is a dance instructor of competitive and recreational students at Milford Dance Academy, winning many Best Choreography and top scoring awards for her pieces throughout her decade as a teacher and choreographer. Sara emphasizes the importance of passion and dedication to her students, continuously pushing them to strive to be the best version of themselves and encouraging them every step of the way.

TEACHER / CHOREOGRAPHER



Allie Isaacson started her dance training at age 3 with Debbie Felton's Academy of Dance in Livonia, Michigan. She has worked with companies such as Joffrey Ballet School, Complexions Contemporary Ballet, Forces of Nature Dance Company, Ballethnic Dance Company, and Contra-Tiempo Artivist Dance Company. After graduating high school, she continued her pre-professional training at Wayne State University where she was awarded the Maggie Allesee Talent Scholarship and the Outstanding Student Service Award. Allie has a BFA degree in Dance and is working towards her Masters in Administration Arts. She loves working with students of all ages and pushes to provide positive environments and creative energy for all. Allie is very excited to share her creativity and experience with her students and be a member of the MDA Staff Team!

TEACHER / CHOREOGRAPHER



Mackenzie Adams Mackenzie Adams began dancing at the age of 3 and went on to train and compete for 15 years at Sheryl's School of Dance in Novi, Michigan. Mackenzie has been trained in a wide range of styles including ballet, Cecchetti, pointe, contemporary, lyrical, jazz, modern, tap, hip hop, and pom. During high school, she was a dedicated member of the Harrison Dance Company, where she had the opportunity to work with guest choreographers from across the country, attend and perform at the National High School Dance Festival, host the Oakland Dance Festival, and earn membership in the National Honor Society for Dance Arts. In May 2025, Mackenzie graduated from Michigan State University with a Bachelor of Arts in Human Resource Management. While at MSU, Mackenzie was a four-year member of the MSU Elite Competitive Dance Team. Throughout her time on the team, she competed at both DTU and NDA Nationals, proudly representing MSU at the collegiate level. Mackenzie is thrilled to be back at Milford Dance Academy for her second season, and is eager to continue sharing her passion for dance with the MDA family!

TEACHER / CHOREOGRAPHER



Julia Kenny starting dancing at the age of 3 and has trained in numerous genre's and styles of dance. Julia is a 3x NBA dancer for the Detroit Pistons, a former Michigan Panthers Cheerleader and 2-year captain of MSU Elite Dance Team. Her professional experience includes performing on The Tonight Show Starring Jimmy Fallon and alongside artists such as 42 Dugg, Dej Loaf, Lay Bankz, Peezy, and more. In addition to performing, she has experience mentoring and training dancers as a coach for Walled Lake Middle School Dance Team and as a dance instructor for various studios. We are excited to have Julia join our MDA Family.

GYMNASTIC COACH



Roby Knight has been teaching gymnastics for over 37 years. Roby has had the opportunity to instruct more than twenty thousand children of all ages in seventy-five schools, community centers, parks and recreational programs throughout the state of Michigan. He has trained cheerleaders from different schools in helping them learn their tricks for their teams. Roby has been a great Gymnastics Coach to the dancers here at MDA, where he has helped students with their flexibility and acro-tricks for enhancing their routines within their dance choreography. He has also assisted multiple gymnasts in their goals in becoming competitive. Roby's instruction is performed in three levels to insure adequate and individual attention for all children. Roby Knight is trained in teaching children safe tumbling with his dedication for fun learning. If your child wants to learn a trick, Mr. Roby is the Gymnastics Coach for you!

SECRETARY- FRONT DESK

MEGAN MILLER



SECRETARY – FRONT DESK

KELLY RODRIGUEZ



SUBSTITUTE TEACHERS

Lydia Lesnew



Molli Langolf



Reagan Todd



Haylie Ward



Lauren Lesnew

