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Trae was born in Raleigh, N. C. on January 20, 1976 and shortly thereafter moved to Fayetteville. While attending Riverside Military Academy in Georgia from 1989-1994, he became interested in the shag during trips to Myrtle Beach with his family. A few lessons from his Mom and visits to Flamingo Joe's were followed by Jackie McGee's classes in Atlanta. He finally got "hooked" at Ducks Too during the 1992 Spring SOS where he met many great junior shaggers and followed them to the Georgio's "junior" dance floor and has been dancing ever since. Trae entered his first junior contest at the Boat Dock at High Rock Lake in May 1992 and won his first contest as a junior at Fat Boy's in Rockingham in 1996. He went on to compete in the Junior II, Non-Professional and Professional Divisions of the National Shag Dance Championships. A former member of the National Shag Dance Team, Trae is also a DJ and plays at Duck's and Ducks Too. Trae can always be counted on to help fellow competitors with selection, arranging and recording of their music. His love of the music and dance is only matched by his love of the lifestyle and the friendships made through the years; especially by a group of junior shaggers at the 1992 Spring SOS that inspired a young novice to follow a path that truly changed his life.