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Born in High Point, N. C. on June 13, 1989, Kristal was introduced to the Shag at the age of 7 by watching her Mom and Dad. Mentored by locals Debbi Rickard and Ervin Ellington, she also learned from Vickie Chambers and Vickie Carter and was especially influenced by Jo Jo Putnam, Lynda Carole Flynn and Sandra Schwartz. In 1990 at age 10, she partnered with Brent Key, appeared in the New Bern, N. C. television show "Shagging with T-Bird" and danced in her first Nationals. She became an accomplished Junior Shagger, dancing at all the shag clubs locally and at the beach both competitively and for charity. In 1992 at age 11, Kristal and partner Michael Norris won the Carolina Shag Division and was overall winners at the Virginia State Open, receiving the "Rising Star Award". A great junior Shagger, Kristal has continued her success having won multiple contests each year since turning Pro in 2006. She continues to promote the Shag by competing as often as possible and teaching both group and private lessons at Thirsty's 2 in Greensboro, N.C.