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Garrett was born in Gaffney, SC on march 15, 1979 and introduced to the shag at the age of 16 by his mom, Loretta O'Donald. in 1996, he entered and won his first shag contest in Greenville, SC with partner, Brenna Bedenbaugh, which resulted in his love and aspiration for the dance. Through the years, his passion for the dance lead to numerous junior shag contests, a spot on the national shag dance team in 2001 and winner of the national shag dance championship non-pro division in 2005. Garrett graduated from the University of South Carolina with a double business major in 2001 and masters in 2002. While at USC, he was the beloved mascot "cocky" for three years. He continues to help preserve the dance through the junior shag association, workshop coordinator for the Ellen Taylor Foundation, and instructor. Currently he is a senior sales specialist for UCB Pharmaceuticals and resides in Columbia, SC.