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Born on May 5, 1977 in Wilmington, N.C., Alan was introduced to the shag at age 14. Although he was reluctant to take shag lessons, he was eventually persuaded by his father, who said to him, "Boy, you'll thank me for this one day." So, he took lessons from Fran Reed and Roger Johnson at Chantilly's Beach Club near Carolina Beach, where he fell in love with the music and the dance. In 1993 Alan and Fran danced on "Ocean Drive Live", a weekly shag contest televised on ABC. Alan competed in his first junior shag contest in 1993 with fellow Keeper of the Dance, Leslie Melton Jennings. He danced in numerous junior shag contests as a teenager and took lessons from Sy Creed, who most influenced his style of dancing. In 2010 Alan became the National Shag Dance Championships Non-Pro Champion along with partner and fellow Keeper of the Dance, Cameron Davis. He is a two-time member of the National Shag Dance team and has judged shag at the USA Grand National Dance Championships. A UNC Wilmington graduate with a Bachelors Degree in Criminal Justice and a Masters Degree in Public Administration, Alan has chosen a career in law enforcement. He is thankful for the wonderful people that the shag has brought into his life, and is passionate about keeping the dance, and the old rhythm and blues that incites it, alive.