

Regan has been in the studio since she was born and has continued studying dance and choreography throughout her life. She was brought up taking dance from a number of nationally recognized teachers and choreographers in her mother's studio in Houston, Texas.

After moving to Fredericksburg, her passion for dance led her to enter the fine arts program for boarding students at St. Stephens High School in Austin. Regan continued dancing in college with The University of Texas, Tapestry, and a number of other organizations before graduating from St. Edward's University in 2005. Shortly after, Regan began working for Showstopper National Dance Competition, along with teaching for several studios in Austin, Tx including the highly acclaimed Tapestry.

Several years later, she made the move back home to teach full time for Ms. Rhonda's School of Dance. She has had the opportunity to study closely with amazing companies, teachers, and choreographers throughout her years such as Al Gilbert, Bill DeRicco, Bo Wagner, Sam Fiorello, Patsy Swayze, Ray Hesselink, Randy Skinner, Derick Grant, Mike Minery, Deirdre Strand, Acia Gray, Gregg Russell, Avi Miller & Ofer Ben, TOKYO, and Anthony Morigerato.

Regan's choreography and students continue to win top honors and scholarships in regional and national competitions each year. In addition to being a director of Fredericksburg Dance Company and Ms. Rhonda's School of Dance, Regan also choreographs for other successful competitive Texas dance studios and also travels nationwide as a regional and national judge for Starpower National Dance Competition, Imagine Dance Challenge and Bravo! National Dance Competition.

Regan has a strong love and passion for dance and for her students, which is represented in every aspect of her teaching and life.