

Cayla Williams is a professional dancer, certified dance educator, choreographer, and studio owner based in the Maryland-DC area. She is an alumna of Towson University, where she earned a Bachelor of Fine Arts in Dance Performance and Choreography along with a PK-12 Dance Education Certification. Ms. Williams is dedicated to using dance as a tool for education, storytelling, and empowerment, creating spaces where students of all ages can grow artistically and personally.

With over 18 years of dance training, Ms. Williams has a broad foundation in Ballet, Tap, Jazz, Contemporary, Lyrical, Musical Theater, Acro, African Dance, Liturgical Dance, and Hip-Hop. Her training includes mentorship under notable educators and choreographers at studios throughout the region, as well as advanced summer intensives at the Debbie Allen Dance Academy in Atlanta and the American Musical and Dramatic Academy in New York City. Her diverse training informs both her performance quality and her dynamic, well-rounded teaching approach.

Ms. Williams has an extensive background in performance and choreography and has received numerous honors throughout her career, including the True Artistry Award, Showstopper All Star recognition, 2019 Senior Ms. Starquest, 2021 Senior Miss Beyond the Stars, and 2021 Intrigue Senior True Performer. As a choreographer, her work emphasizes musicality, intention, and storytelling, encouraging dancers to move with both technical precision and authentic expression.

Currently, Ms. Williams serves as a dance instructor, master class facilitator, and award-winning choreographer for multiple studios and schools. She is also the Owner and Creative Director of CJW Studio of Dance, LLC, a studio specializing in individualized, one-on-one dance training. As a certified educator, Ms. Williams is passionate about fostering inclusive, student-centered learning environments and remains committed to uplifting and connecting with others through the art of dance.