Susan Payne has been dedicated to the art of dance since 2002, bringing intention, grace, and heart to every step she takes. A graduate of Penn State University with a degree in Science and a business minor, Susan blends analytical thinking with creative expression—whether she's breaking down a dance pattern or helping people improve their health and well-being.

By day, she works as a Functional Medicine Health Practitioner, empowering others to feel their best from the inside out. By night (and weekends), she has served as a Director on the Treinta y Tres Board since its inception, helping guide its growth with heart, dedication, and a deep love for community.

Susan's passion for dance, people, and holistic wellness shines through in everything she does. She believes dance isn't just about steps—it's about connection, confidence, and creating moments that bring people together.