Autumn began her dance training at the age of 3 in multiple levels of the Checchetti Ballet System. She has trained under some of the best including Liz Imperio, Tina Landon, Kayla Kalbfleish and many more.

She was a member of Unity Dance Ensemble, directed by Tessandra Chavez. She danced background to names such as Patti LaBelle and Charice and was an assistant to choreographers on the television series Abby Lee's Ultimate Dance Competition. She danced alongside the Martha Graham Dance Company in performing the work 'Panarama', choreographed by the late Martha Graham and another new adaptation of 'American Document'.

Autumn is an award winning choreographer and teaches across California. She also, judges regionally and has been invited to Mexico City to judge for ONP México's Nationals. She is the Dance Program Director of Staffing & Competitions for the United Spirit Association, where she has taught for for II years. Autumn earned her BA in Apparel Design and Production and now combines her passions of design and dance across the United States.