

Elizabeth Koifman



Elizabeth “Liz” Koifman is excited to share her love of dance, movement, and creativity with the students of West Main Studios! A lifelong dancer with a passion for both performing and teaching, Liz brings a wonderfully diverse background in ballet, contemporary, jazz, tap, and aerial arts to the WMS faculty.

Liz trained extensively throughout her childhood and teen years, studying under Susan Potts, Melissa Barnett, Alexandra Meister-Upleger, John Upleger, Jeri Dickey, Elena Gimenez, Jessie Potts, Sebreta Segerson, Joy Denver Spears, Julie George, Beth Cannon, and Adrienne Wilson. She was a member of the Honors Ballet Company from 2019–2021, progressing to the Corps de Ballet, and also performed as a company dancer with The Dance Company. Her love for working with younger dancers began early, serving as a Dance Teaching Assistant from 2017–2019.

Liz continued dancing while attending Auburn University, where she earned her B.S. in Environmental Sciences. During her time at Auburn, she performed in several university dance productions, including Fractals, Flying/Falling, and Footprints. Her college performance experience also allowed her to expand into aerial arts, performing as both an aerialist and ensemble member.

In addition to her dance training, Liz has experience in aerial silks, aerial lyra, improvisation, and contortion. Outside the studio, she enjoys weightlifting and expressing her creativity through painting and drawing.

Liz loves the artistry and freedom that dance gives each student and is passionate about helping dancers grow in confidence, technique, and individuality. She is thrilled to be part of the West Main Studios family and looks forward to inspiring the next generation of WMS dancers!