

Name: Jason Harold Poston

DOB: 05/07/1983

Lived in Chesapeake, Virginia while dancing as a junior.

Even though I grew up right outside Myrtle Beach, SC I was not introduced to beach music and shag dancing until I moved to Chesapeake, Virginia at the age of 16. My Aunt and Uncle were taking lessons with Larry Williams, in the Virginia Beach area, and brought me along. I immediately fell in love with the music and the dance. Over the following few years, I took lessons every week, competed in local competitions and took part in demos at local shag events. Moving to a new area was hard but becoming a part of the shag dance community made it easier by giving me something to focus on and a way to meet new people. My younger brother, Justin Poston, also came to some of my lessons. When Larry Williams noticed him trying to do some of the steps over on the sidelines, he invited him onto the dance floor to take part in the lessons. From that point on, shag became a big part of his childhood and we often reminisce about driving all around Virginia Beach and Norfolk going to shag events and lessons and making the trip back down to Myrtle Beach, SC for our first Junior SOS. During my freshman year of college our mom was diagnosed with a brain tumor and things were pretty hard. That year at Nationals I was awarded the Beth Mitchell Memorial Scholarship. I will always be grateful to everyone involved that made a contribution to the scholarship. The shag community will never know what a difference the scholarship made for me and my family. Eventually, I graduated from Virginia Tech and married my high school sweet heart. We settled in Roanoke, Virginia to start both our family and our careers. Today, we live in Hampstead, North Carolina. I am a high school science teacher and my wife is a nurse. We love serving our community and raising our two beautiful daughters.