

Allen was born and reared in Rocky Mount, NC by a father who did not dance a step and a mother who loved to dance. As soon as Allen could walk, she started to teach him to dance; and she was his favorite partner until he discovered how much teen-aged girls liked boys who could dance. He danced on the local TV station's version of American Bandstand; and while in high school, he hitchhiked to the coast on weekends to dance in the sand and the clubs of Carolina Beach.

The Marines, Vietnam, college, marriage, divorce and children forced Allen to put dancing on the back burner for a number of years. Then in 1993 his boss in Johnson City, TN invited him to go to the Mountain Empire Shag Club to be the partner of a certain divorcee who needed a partner in shag lessons. They formed a dance partnership immediately and have been dancing ever since. That partner was Charlotte. Allen (and Charlotte) joined the Mountain Empire Shag Club and were married in 1996.

Two years after meeting Charlotte, in 1995, Allen's job forced them to move to Raleigh, NC. He took shag lessons and was a "regular" at both Reds and Loafers for a year and a half before being transferred to Greenville, SC. in 1997. There he joined the Greenville Shag Club, serving on the Board of Directors. He took semi-private lessons weekly for five years and danced 5/6 nights a week at Dockers. The next transfer in 2000 took them to Ocala, FL where there was no shag club and Allen was miserable. No problem! He got busy, found a small lounge that would cooperate, and started the Brick City Shag Club. He served as instructor, as well as DJ, and the small group in Ocala grew into the first shag club formed in The Villages, FL.

While in Florida, Allen was a member of the Tampa Bay Beach Boppers, the Sun Coast Shag Club in Tampa, the Daytona Beach Shag Club, and the First Coast Shag Club in Jacksonville. He taught workshops and did exhibitions in all of these clubs, as well as in ballroom dance clubs in Sebring and St. Augustine. He helped to organize the Palm Coast Dance Club where he was recognized for his "dedication and devotion to the preservation and teaching of the Carolina Shag". He was nominated for membership in the Florida Shag Hall of Fame, but became ineligible upon being transferred out of state.

His final career move brought them to Midlothian, VA, and the Richmond Shag Club in 2005. In Richmond, they were very active, with Allen serving on the Board, and both of them as dance instructors, contributors to Sunday "Shag Jams" and bringing their vitality and styling to the dance floor for everyone to see and enjoy! He was recognized with the RSC Spirit of Shag Award as Outstanding Club Member in 2011, and he has attended SOS regularly since 1993. He participated in the O.D Arcade's SOS Rookies Revenge contest, placing Third, Second, and finally First in 2009, and they also participated in the Smoothies Competition. He never misses a club function and helps willingly whenever he is called upon. Allen served as RSC Vice President in 2016 and President in 2017. Allen was inducted into the National Living Legends of Dance in 2017.

Allen is still a regular and active member with the Richmond Shag Club, even though he lost Charlotte in a tragic car accident in 2017. After a few difficult years of grieving her loss, he found joy in life again (in the post-Covid era) through dancing with the RSC, his hobby as a toy model home builder, and a lovely new lady in his life that keeps him good company and on his toes...a natural place for a shagger at heart!