

Mecca Freeman

Founder & CEO of CBIH, Dancer, Choreographer



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Specializing in sensual heels, hip-hop & contemporary

Mecca Freeman is a choreographer, dancer and entrepreneur. Growing up life was not always a pleasant experience for her due to being raised in poverty-stricken environment within a dysfunctional family. However, that did not stop Mecca from living her life through dance.

Coming from the bottom and evolving into who she is now, Mecca is a firm believer that anyone who wishes to break free from self-defeating behavior can do so with the correct information, strategies and guidance.

She believes that Dance is more than steps on a floor but rather an opportunity for our souls to tell a story.

Mecca currently carries out her mission in empowering others to become the greatest version of themselves though dance and movement.

She is the creator and founder of “Confidence Builds In Heels” A platform that was created to allow others to tell a story though dance while building confidence.



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