Krista Jennings Langford began her dance training outside of Atlanta, GA at the Lawrenceville School of Ballet (LSB) under the direction of Phyllis Allen. At LSB she trained in classical ballet, jazz, and modern dance and performed with Southern Ballet Theatre (SBT), a semi-professional company. With SBT she performed lead and soloist roles in classical ballets (including The Sleeping Beauty, Cinderella, Giselle, and Alice in Wonderland) as well as a diverse range of works by area choreographers. During her studies at LSB she was fortunate to work as a teacher's assistant as part of a teacher training program, teaching her first ballet class as a high school senior. In addition, Krista's choreography was selected to be performed at Regional Dance America's Southeastern region's Emerging Choreographer's Showcase in 2004.

Krista moved to Fort Worth in 2004 to study Dance and English at Texas Christian University. A Dean's Scholar and recipient of the Jerry Bywaters Cochran Scholarship for excellence in Modern Dance, her dance studies included ballet and modern dance technique as well as teaching methods, improvisation, and choreography. While at TCU, Krista presented a concert of her own choreographic work as part of a grant she was awarded for Undergraduate Creative Research. In 2008, she graduated Summa Cum Laude with a BFA in Ballet and Modern Dance and a BA in Writing.

A freelance performer, choreographer, and dance educator, Krista has performed with imPULSE Dance Project and wild goose chase dance and taught ballet and contemporary/modern dance for Kids Who Care, Arlington Classical Ballet Academy, and Texas Ballet Theater School. She is a co-founder of FurtherDance Fort Worth, a non-profit organization which seeks to foster community and professional development, within the Fort Worth contemporary dance landscape. Currently she creates and presents work independently through kjlangford dances and is on faculty at Texas Dance Conservatory and Fort Worth Academy of Fine Arts (FWAFA), where she serves as the chair of the Department of Dance, Chapter Sponsor of the FWAFA National Honor Society of Dance Arts, and directs and choreographs for the auditioned student company, Academy Dance Company II.