Born in Kuils River, Cape Town, Jaime-Lee graduated from the Western Cape Sport School in 2015. Although she did not grow up in the Northern Cape, her maternal ancestry ties her deeply to the region.

Jaime-Lee joined Garage Dance Ensemble in April 2018 as a trainee and quickly distinguished herself as a multi-talented performer. Within three years, she earned nationwide acclaim as a dancer, singer, and actress of exceptional caliber. Jaime-Lee has been featured in all of Garage's live productions and dance films since 2018, delivering acclaimed performances in works such as Mooigenoeg om Engels te Praat (Good Looking Enough to Speak English), Krummelpap, Afval en Sunlightseepbaddens (Crumbed Porridge, Tripe, and Cheap Soap Baths), Gat Innie Grond, Wond in My Siel (Hole in the Ground, Wound in My Soul), and Die Dans van My Heenkoms (The Dance of My Origins). In 2023, she participated in Garage's highly successful month-long Centerstage USA tour.

Jaime-Lee has also excelled as a teacher, particularly with children and teenagers, consistently achieving remarkable results in a short time. For several years, she dedicated her Saturdays to teaching young students, further demonstrating her versatility and commitment. Additionally, Jaime-Lee contributed significantly to Garage's operations by managing its financial administration between 2020 and 2023, working closely with the company's accountant.

In December 2023, Jaime-Lee resigned from Garage Dance Ensemble to explore opportunities in the freelance dance industry in Cape Town, marking a significant loss for the company. However, she has continued to make a lasting impact by returning intermittently for short-term teaching and performance projects, sharing her talent and expertise with Garage. In January 2025, she rejoined Garage Dance Ensemble as a full-time dancer and teacher, with a renewed focus on developing her choreographic voice.