



WHAT: Alexandra Ballance at The 9th Annual Metro DC Dance Awards
WHEN: Monday, September 14, 2009, 7:30 pm,
WHERE: The Terrace Theatre/The Kennedy Center, Washington DC
COST: \$30 general admission/\$15 tickets available with DancePass
INFO: (202) 778-1190 or www.dancemetrod.org

Dance/MetroDC

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 Cheryl Sidwell,
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Young Maryland Choreographer Alexandra May Ballance Featured at the 9th Annual Metro DC Dance Awards

Washington, DC – Monday, September 14 –The 9th Annual Metro DC Dance Awards (*The Awards*), presented by Dance/MetroDC and The John F. Kennedy Center for the Performing Arts, will introduce a rising star to the DC dance scene—Maryland native ten-year-old **Alexandra May Ballance**.

Ballance is a student at Potomac Elementary School and a member of the Joy of Motion Dance Center Youth Dance Ensemble. Her work, **Disconnections**, was the end product of an independent choreography project with teacher Helen Hayes. Ballance presented the work at the Atlas Performing Arts Center as part of Dance/MetroDC's *Dance Is The Answer* program last spring, and in January, she premiered the work during a CrossCurrents Dance Company concert. Ballance, Sophie Gary and Natalie Pagenstecher, will perform **Disconnections** at the **9th Annual Metro DC Dance Awards**.

Ballance's teacher, **Helen Hayes** is a finalist this year for *The Awards'* Outstanding Achievement in Dance Education. Hayes is a renowned educator whose work with students of all ages adds to her repute as a stellar performer for several years in the DC dance scene.

The Awards honor the region's home-grown talents for current accomplishments; while an illustrious cast of past award recipients and local favorites entertain with styles from hip hop to tango to ballet. Frederick-native **Richard Move** will act as "hostess" in his celebrated personification of Martha Graham, with performances by the **DC Cowboys, ARKA Ballet, Furia Flamenca**, Aysha Upchurch's **Life, Rhythm, Move Project** and more.

The Awards take place at the **Terrace Theater** at 7:30pm. Tickets are just \$30, or \$15 with a *DancePass*. (available at www.dancemetrod.org). Tickets available online at www.kennedy-center.org, or Kennedy Center Instant Charge at (202) 467-4600.

A Prelude Ceremony to the Awards Concert appears on the Millennium Stage at 6pm.

The Metro DC Dance Awards is the only annual opportunity in Metropolitan DC for artists and audiences to solely honor excellence in the dance field. Dance/MetroDC, a branch office of Dance/USA, became the lead organization for *The Awards* in 2006. **Dance/MetroDC** produces *The Awards* and other programs throughout the year that serve and engage the region's dancers, dance entities and their audiences, including *Dance Is The Answer*, *Dance Pass*, and performance listings. Visit www.dancemetrod.org for more information.