

March News and Info

Hello Everyone, Welcome to March! We have a big month of guest artists and gala choreography. Please stay on top of your dates and times in order to not miss anything or be late. Attendance is imperative as always.

Reminder- students are responsible for reviewing gala material on their own at home regularly. They should be ready to go with minimal questions during cleaning rehearsals. Please use BAND to reference your videos for clarity.

MARCH TEACHING SCHEDULE

3/1 Laurie Dodge
3/15 Tiffanie Carson
3/22 Olivia Evers (Gala choreography cleaning)

GUEST CHOREOGRAPHY DRESS CODE

Students should be in all black, form fitting dance attire for guest artist choreography rehearsals. No baggy t-shirts or sweats.

MARCH CHOREOGRAPHY SCHEDULE

3/16 Tiffanie Carson
3/23 Lindsay Grymes
3/23 Abby/Kylie



Upcoming Important Dates

March

3/16 3pm Class Audition Piece with Tiffanie

3/22 Gala choreography cleaningin class with Olivia

3/23 3pm Class Audition Piece with Lindsay

May

5/17 Gala Dress Rehearsal in Class

5/18 Gala!

NHS Application Due Date

April 1st!

Up First

Guest Artist: 3/1

LAURIE DODGE

Stephanie Dorrycott is a passionate dancer, choreographer, and educator, and is the founder of Northern Virginia-based project company, Motion X Dance Co. Raised in the DC area, Stephanie trained extensively in ballet, modern, and jazz before earning a Bachelor of Fine Arts from Shenandoah University in 2009. She was honored with the Excellence in Choreography Award upon graduation and later

received the Rising Star Award as an alumna in 2017. Stephanie's choreography has been widely recognized throughout the region, earning accolades such as the Monticello Award from Regional Dance America and high critical acclaim by DC Metro Theater Arts and Washington City Paper. Her choreographic commissions include work for Shenandoah University, Joy of Motion Dance Center, Georgetown University, Metropolitan Youth Ballet, and Festival Ballet Virginia. Her professional company, Motion X Dance, has performed across the East Coast at venues such as the Atlas Performing Arts Center, The Millennium Stage at the John F. Kennedy Center, The Grace Street Theater in Richmond, VA, and The Charlotte Ballet Theater in Charlotte, NC. As a dance educator, Stephanie has taught across the region. She previously served on the faculty at the Metropolitan School of the Arts and currently holds the position of Associate Director at the Greater Washington Dance Center.



Coming Soon

Guest Artist and
Choreographer: 3/15

TIFFANIE CARSON

Tiffanie Carson is an educator, mentor, and performance artist. She earned her MFA in Dance from New York University's Tisch School of the Arts and BFA in Dance Performance at Chapman University. Tiffanie is an Auxiliary Adjunct Assistant Professor at the Conservatory at Shenandoah University in Virginia, and 2023-24 will be her 11th year at the institution. She teaches technique classes and choreography focusing on contemporary & commercial styles. Tiffanie is also adjunct faculty at Peabody Institute at Johns Hopkins University. In addition to her work in academia Tiffanie is in her 12th season as company dancer and Assistant Director for Christopher K. Morgan & Artists (CKM&A) directed by Christopher K. Morgan and is a longtime company member of 16 years for BARE Dance Company directed by Mike Esperanza in New York City.



Towards the end of the Month

Guest Choreographer: 3/23

LINDSAY GRYMES

Lindsay Grymes is a Professional Choreographer, Dancer, and Pilates Instructor. She graduated from Marymount Manhattan College in 2020 with a B.F.A. in Choreography & Arts Management and continued to gain her Comprehensive Pilates certification in 2022. Lindsay is based in Maryland and travels to teach as a master instructor in Pilates as well as Dance.



CAREER HIGHLIGHTS

Lindsay has worked closely and performed in works by Kyle Abraham, Anton Lachky, Ohad Naharin, Jenn Freeman, Yin Yue, Adam Barruch, Alexandra Damiani, and many more. She was awarded the single “Gold Key” in excellence for choreography and has presented work in large theaters such as the Ailey Citigroup Theatre, Jazz at the Lincoln Center, Peridance APEX showcase, STEPS on Broadway, and Joffrey Ballet School in NYC. Lindsay has trained across the world at programs which include B12 in Berlin Germany, Alvin Ailey School, Kirov Ballet, Alonzo King Lines, Vim Vigor, Hubbard Street Dance Company, etc. Her two most recent commissioned works include “Falter Upward” for the Joffrey Ballet Concert Group as well as “Echo within Cognition” for Artists Revealed Dance Co.

CURRENT WORK

Lindsay works as a Reformer Pilates Instructor within a Physical Therapy Clinic as well as dance studio. She trains pre-professional dancers in contemporary dance forms; floorwork, improvisation, choreographic composition, as well as cross training. Lindsay is also on the faculty of Interspace Dance Intensive based in Kansas City, MO.

Gala info Recap

Gala Performance: Sunday, May 18th 3:30pm

Location: Richard J. Ernst Community Cultural Center 8333 Little River Turnpike, Annandale, VA

Dancer Call Time: 11:30am Staging Rehearsal: 12:00–3:00pm

CONTEMPORARY PIECES

Lauren– 3pm class

Abby/Kylie– 2pm class

Lerato– Auditioned piece for 2pm class

Lindsay– Auditioned piece for 3pm class

Tiffanie– Auditioned piece for 3pm class

Interlinked

College Solos

Auditions will be held 12/7 during class for contemporary pieces. Dancers are eligible to do one outside choreographer's piece. If you are not available for guest choreography dates you cannot be in the piece

Gala info Recap

SCHEDULES

Lauren Choreography (all pre-pro contemporary 3pm class)

Sunday, January 12th 12:30–5:00pm Full Group

Sunday, February 2nd 12:00–5:00pm Full Group

Cleaning Rehearsals in 3:00–5:00pm Saturday class with Ms. Olivia 3/22, 4/12, and 5/3

Kylie/Abby Choreography (all pre-pro contemporary 2pm class)

Saturday, January 11th 5:15–8:15pm Full Group

Saturday, February 1st 5:15–8:15pm Full Group

Sunday, March 23rd 10–11:45am

Cleaning Rehearsals in 2:00–3:00pm Saturday class with Ms. Olivia 3/22, 4/12, and 5/3

Lerato Ragontse Choreography (auditioned for 2pm class)

Saturday, February 22nd 5:00–6:00pm

Sunday, February 23rd 10:00–3:00pm

Cleaning Rehearsals in 2:00–3:00pm Saturday class with Ms. Olivia 3/22, 4/12, and 5/3

Tiffanie Carson Choreography (auditioned for 3pm class)

Sunday, March 16th 10:00am–4:00pm

Cleaning Rehearsals in 3:00–5:00pm class with Ms. Olivia 3/22, 4/12, and 5/3

Gala info Recap

SCHEDULES

Lindsay Grimes Choreography (auditioned for 3pm class)

Sunday, March 23rd 10:00am–4:00pm

Cleaning Rehearsals in 3:00–5:00pm Saturday class with Ms. Olivia 4/12, and 5/3

College Solos

Rehearsed during private lessons

Interlinked

Mondays 9:30–10:00pm as regularly scheduled

Sunday, January 12th 11:00am–12:00pm

Sunday, February 2nd 10:00am–12:00pm



Gala info Recap

CAST LISTS

Lauren- 3pm Class Piece

Sonia Arbab, Sabrina Atienza, Kyra Gordon, Olivia Hale, Aubrey Hartman, Nirali Kandarpa, Gretchen Mayo, Emma Moreno, Emersyn Moskal, Carly Ott, Kylie Pitsch, Tristin Pitsch, Belén Rodriquez, Ryan Sirinsky, Alexandra Steeprow, Abigail Taliaferro, Emily Van, Levi White

Abby/ Kylie- 2pm Class Piece

Lucinda Benedict, Dakota Bodnar, Danielle Chima-Orji, Isabella Cirpriani, Sarah Flynn, Emily Gifford, Caitlin Holland, Taylor Jamieson, Grace Kamin, Cailynn Keefer, Sidney Keppler, Rylie McKenzie, Guilanna McKeon, Eva Port, Peyton Reckner, Katherine Smith, Bethany Sutton

Lerato- Guest Piece

Danielle Chima-Orji, Grace Kamin, Cailynn Keefer, Eva Port, Peyton Reckner, Katherine Smith, Bethany Sutton

Lindsay- Guest Piece

Sonia Arbab, Kyra Gordon, Olivia Hale, Gretchen Mayo, Carly Ott, Tristin Pitsch, Belén Rodriquez, Alexandra Steeprow, Emily Van

Gala info Recap

CAST LISTS

Tiffanie- Guest Piece

Sabrina Atienza, Aubrey Hartman, Nirali Kandarpa, Emma Moreno, Emersyn Moskal, Kylie Pitsch, Ryan Sirinsky, Abigail Taliaferro, Levi White

Interlinked- Lauren Carnesi Daniels

Sonia Arbab, Kyra Gordon, Olivia Hale, Gretchen Mayo, Emma Millar, Carly Ott, Alexandra Steeprow, Levi White

College Audition & Portfolio Solos

Aubrey Hartman

Kylie Pitsch

Abigail Taliaferro