

Press Release

For Immediate Release

January 25, 2010

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WHO: Kinetics Dance Theatre

WHAT: Hawaiian Dance Workshop and Performance

WHERE: Kinetics Dance Theatre

3280 Pine Orchard Lane

Ellicott City, MD 21042

WHEN: Sunday, March 14, 2010

TIME: 1:00-3:00pm

TICKETS: \$12 Pre-Paid registration 1st child/ \$10 for every additional child

\$15 At the door 1st child/\$12 for every additional child

All adults are free!!!

All ages welcome!

CONTACT: Call 410-480-1686 for more information

www.kineticsdance.org

*"Hula is the language of the heart,
and therefore the heartbeat
of the Hawaiian people."*

--David Kawika Kalakaua, King of Hawaii, 1874 to 1891.

Ellicott City, MD

Aloha! On Sunday, March 14, 2010, please join Kinetics Dance Theatre for an exciting afternoon filled with Hawaiian dance and song! Come enjoy hula as the Hawaiians do -- as a sacred tradition of music, poetry and dance, an ancient art that reflects the life and history of the islands and its people.

Please join us for a Hawaiian hula workshop that will explore a 150-year evolution of the dance, from its ancient traditions to the modernized style of today's islanders. The afternoon begins with an arts and craft activity at 1:00 followed by a performance at 1:30 by Mika Cox and dancers. At 2:00, everyone is invited to join Mika in a participatory hula workshop culminating in a performance of their own! This is an all ages workshop. ***Mahalo!***

Mika Cox McDougall grew up in Hawaii, studying the traditions of Hawaiian dance, West African dance, ballet and modern. She now lives in southern Pennsylvania, performing, teaching and studying Hawaiian hula at events on the East and West Coasts. She has performed and taught workshops at universities, dance festivals, dance academies, school assemblies, after-school programs, summer camps, retirement communities, senior center homes and private parties. She is also a member of the Pennsylvania-based West African dance company N'Bonye Dance & Drum Ensemble, and is a former member of the Philadelphia Dance Company "Philadanco" training company.

Kinetics Dance Theatre is located at 3280 Pine Orchard Lane in Ellicott City. For more information about this event, please contact Emily Socolinsky at (410) 480-1686 or email her at kinetics.school@verizon.net.

Kinetics Dance Theatre, a non-profit organization, is dedicated to the development and presentation of contemporary dance as a living art form to the community. Kinetics continues to demonstrate its strong commitment to the region through community involvement in dance presentation, dance education and outreach.

In 1984, Dorothy Fried, Keith Nichols and Stephanie Simmons founded Kinetics Dance Theatre to promote dance through performance and to offer high quality dance education to students of all ages. Kinetics is a four-component, non-profit organization, comprised of the Professional Dance Company, Senior and Student Dance Companies and the School of Contemporary Dance. The Professional Company is committed to creating unique and diverse modern dance works for audiences of all ages. Kinetics performs year-round in a variety of venues throughout the Mid-Atlantic Region.

Kinetics Dance Theatre is sponsored in part by the Columbia Foundation, Maryland State Arts Council, Choice Hotels International, Howard County Arts Council, Howard County Government, and National Endowment for the Arts, Ward Foundation, Everydancer, Pizza Hut, Target and Savin Sound.