



FOR IMMEDIATE RELEASE May 2018

What: Freshly Shaken Not Stirred,
Next Reflex Dance Collective In Concert
When: Saturday, June 2nd at 7:30pm
Where: W-3 Theater Workhouse Arts Center
9518 Workhouse Way, Lorton, VA 22079
Cost: Tickets: \$15 student- \$25 General Admission
Info: 703-927-0073 or www.nextreflex.org
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Freshly Shaken Not Stirred, Next Reflex Dance Collective in Concert

Workhouse Residency artists **Next Reflex Dance Collective**, present **Freshly Shaken Not Stirred**, a one-night dance event at the **W-3 Theater Workhouse Arts Center in Lorton VA**. This dance concert features choreography by NRDC resident dance artists and NRDC alumni artists showing an array of work that is new and existing NRDC repertory. NRDC Resident choreographers include Covenant Babatunde, David Deegan, Kacie Waters – Heflin, and Artistic Director Roxann Morgan Rowley. The concert also features NRDC alumni artists Sandra Atkinson, Tina Fratello and Erika Surma. Reception to meet the artists follows the performance.

The concert opens with **Covenant Babatunde's** work **"Our Bodies"**; inspired by the title of a never created poem, "Our bodies: wide, expansive, together. That's what you always said to me." It asks the question what happens when an artist - hoping to refine and complete the second half of something - uses a different medium? Slow and deliberate choreography paint vivid pictures of partners, groups and solos moving in around and among the musical changes.

Kacie Waters-Heflin presents **"Take it Down"** a dance about facing change as we look into the future of our lives realizing that this may need to shift if we are to keep moving forward.

NRDC alumni artist **Tina Fratello** presents **"She's so heavy"** guiding the audience through five micro movements utilizing popular music to create an environment of fixed movement vocabulary and bubbling tension to the surface.

Sandra Atkinson, artistic director for Light Switch Dance Theatre, reconstructs **"E & A Redefined"** examines the gender roles of men and womyn from the beginning of Biblical time which has defined for huge populations what it is to a a Man or Womyn. The duet evolves in and around each other entangled and drifting.

"Fallen In " another duet on the program choreographed by former co- artistic director for NRDC **Erika Surma**, adds to the evening by recreating repertory that is timeless. The duet circles, falls, catches and experiments with the cycle of a relationship.

Resident artist **David Deegan** premieres a new solo exploring a combination of virtuosic movement that is break dance related and contemporary in nature

Finally NRDC Artistic Director **Roxann Morgan Rowley** rounds out the evening with **"Under the Lemon Tree"** with original and live musical composition by **Nate Masters**. The work takes an abstract view of the sweet and sour moments of being a mom, loving your kids and watching



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them move on; there are rolling lemons, dancers incognito, lectures about how to move forward and continually frenetic movement interspersed with sweet gentle partnering between dancers all taking place under the lemon tree.

Take in an evening of diverse work, live music, exciting dancing, moving choreography, and collaboration at **Freshly Shaken Not Stirred**, produced by **Next Reflex Dance Collective**, **7:30pm Saturday, June 2, 2018**, at the **W-3 Theater at Workhouse Arts Center in Lorton VA**. **Tickets** are \$15 Student- \$25 General Admission and can be purchased at <https://reservations.workhousearts.org/Info.aspx?EventID=9>

Next Reflex Dance Collective is a 501(c) 3 non-profit organization based in Northern Virginia. Artistic Director Roxann Morgan Rowley centers the collective around collaboration and providing a venue for more artistic voices in the Metro DC dance community. Since 2006, NRDC has been presented throughout the region by multiple venues and festivals including The DC Dance Festival, The Charlotte Dance Festival, The DUMBO Dance Festival, The Goose Route Dance Festival, The DC Improvisation Festival, Jane Franklin's Dance Sampler, Mason/Rhynes Productions "Late Night Series", The American Dance Institute, Dance Place, The Harman Center and The John F. Kennedy Center for the Performing Arts. NRDC's "en Route! a Touring Dance Project", facilitates performances in collaboration with local artists in select locations each year, and has been presented in Harrisonburg, VA, Richmond, VA, Mt. Rainier, MD and Huntington, WV. NRDC has received support from the Arts Council of Fairfax County, The Puffin Foundation, the Arts Council of the Valley, the DC Commission for the Arts and Humanities and the Virginia Commission for the Arts. Next Reflex Dance Collective is the proud recipient of the 2009 Metro DC Dance Awards "Founders Awards."

Workhouse Arts Center

Workhouse Arts Foundation Mission - To grow and support a vibrant arts center that offers engaging opportunities and enjoyable experiences in visual arts, performing arts, history and education.

Workhouse Arts Center Vision -To become regionally and nationally recognized as an innovative collaboration of visual and performing arts, education, community engagement, historical perspective and personal enrichment.

The Workhouse currently consists of six (6) artist studio buildings, the main galleries, and the W-3 Theatre. We support more than 100 professional and emerging artists by providing them affordable studios and galleries to exhibit their work. Instead of only viewing the art, visitors are encouraged to interact with the artists when they visit. In addition to visual arts, the Workhouse Arts Center is home to performing arts, including: theater; musical theater; film; music; and dance performances. The Workhouse also offers over 800 arts education classes and workshops in a broad spectrum of art disciplines.

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