



**FOR IMMEDIATE RELEASE**

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**Let's Swing! Tri-State Connection Brings Swing Dancers Nationwide Together for its Annual Competition/Dance in the Baltimore/Washington Metropolitan Area**

(Baltimore/Washington, D.C.) Swing dance organizations from around the country are planning to gather in Vienna, Virginia on September 18 - 19, 2009, for Tri-State Connections Annual Swing Line Youth Dance Explosion (SLYDE) conference and competition. Nearly 1,000 dancers will converge at the Sheraton Premier Hotel for a weekend full of showcase performances, contests, workshops, and all-night dance parties. The competition will span generations, with categories for youth, teens, adults and seniors. Experience varies from beginner to professional level dancers. Approximately \$20,000 in cash and prizes will be awarded.

Tri-State Connection's mission is to bring together the various swing dance communities across the United States to showcase the different styles of swing and line dance nationwide. Mr. Lawrence Bradford, Chairperson for Tri-State Connection and President of Smooth & Easy Hand Dance Institute states "we intend to do our part towards sustaining, enriching, and preserving all forms of swing and line dance for generations to come by passing it on to our youth through education and national events such as "SLYDE."

Tri-State Connection is composed of swing dance organizations in Baltimore (Sugar Foot), Maryland (II Dance!) and Washington, DC (Smooth & Easy). Groups like Smooth & Easy, Sugar Foot and II Dance! teach swing and line dance classes -- these three organizations have taught more than 10,000 students to dance since 1992. More importantly, these organizations do vital work with young people such as providing scholarships for educational purposes. This is the fifth year that Tri-State Connection has presented SLYDE. Even though it's early in the year, dancers across the country are vigorously working on their routines to prepare for this extravaganza.

Swing dance, evolved from mid-twentieth century dances like the lindy hop and the jitterbug, are known by many different names nationwide such as "Stepping" in Chicago, Atlanta, and Detroit; "The Bop" in Philadelphia and Milwaukee; "Hand Dance" in Cleveland, New Jersey, Philadelphia, Baltimore, Washington, DC and Maryland; and "Swing Out" in Dallas and Houston. There are other dances such as: "Urban Ballroom" and "Gray Stone Ballroom." Whatever it's called, the various forms of swing always involve partners moving together in creative and complex combinations.

Line Dance has also become very popular in communities across the country. Line dance, which does not require a partner, is a form of expression; like swing dance, it provides a vehicle for creative and complex moves and combinations. Many seniors have joined line dance organizations because they find that line dancing is a low impact workout and much more enjoyable than just walking.

Lawrence Bradford, says "swing provides something most contemporary dances do not. It's an opportunity for a gentleman to dance with a lady, and it's an opportunity for families and generations to connect. The age of today's swing and line dance students range from six to 65 and older. Furthermore, it's the only exercise you dress up to do, and you're not looking at the clock to see how soon it will be over."

Swing dance has many benefits. It is a low impact aerobic exercise. It is a component in combating obesity in young people and it allows adults to exercise without it seeming like exercise. It fosters communications skills; instills morals, values and self confidence; and it provides individuals with an opportunity for self expression in a positive and safe social setting.

Over 800 dancers from across the country chose to spend the weekend competing, networking and learning each others dances at the SLYDE last year and with the exposure that swing dance is receiving from the media SLYDE is expected to be even bigger this year.

*Hotel and Registration Information*

Hotel Information -- Register under Tri-State before August 27, 2009 for the \$94 rate  
 Sheraton Premier at Tyson’s Corner  
 8661 Leesburg Pike  
 Vienna, VA 22182  
 Phone (703) 448-1234

*Pre-Registration Preferred for the Dance Competition*

<b>Tickets</b>	<b>General Public</b>	<b>Youth (Under 18)   Senior (62+)</b>
Weekend Pass	\$70 in Advance; \$75 at the Door	\$50 in Advance; \$55 at the Door
Friday Pass Only	\$40 in Advance; \$45 at the Door	\$30 in Advance; \$35 at the Door
Saturday Pass Only	\$45 in Advance; \$50 at the Door	\$30 in Advance; \$35 at the Door
All 1 hr workshops	\$10	
All 2 hr workshops	\$15	

**For Sponsorship and Vendor Information**

Contact: Marcia E. Foster (301) 773-5008

**For Event Information**

For additional information regarding the event, visit our website: [www.tristateconnection.net](http://www.tristateconnection.net) or contact the following:

Lawrence Bradford (202) 262-8811 Lawrence.Bradford@comcast.net  
 Al Johnson (443) 621-4032  
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**For Media Information**

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## Event Schedule

Over 10 workshops with top dance instructors from across the United States:

<b>TRI-STATE CONNECTION SWING LINE AND YOUTH DANCE EXPLOSION</b>	
<b><u>Friday, September 18, 2009</u></b>	
2:00 PM – Until	Registration
3:00 PM – 5:30 PM	Competitors Floor Time
6:00 PM	Competitor's Meeting
7:00 PM	General Dancing Judges Meeting
8:00 PM	Youth Category (15 & Under) & Rising Star Category
8:45 PM	Just Dance Divisions Swing Out/Bop Stepping Hand Dance
9:30 PM	Slow Dancing Category Seasonally Chic Category Trio Category
10:30 PM	Show Case Category
11:00 PM	Invitational Category
11:30 PM – 3 AM	General Dancing!
<b><u>Saturday, September 19, 2009</u></b>	
6:00 AM – 9:00 AM	Competitor's Floor Time
8:30 AM Until	Registration
10:00 AM – 2:00 PM	Workshops
3:00 PM	Preliminary Ladies & Gents Categories (Beginner-Intermediate-Advanced) and Preliminary Pro/Am Heat and Solo Categories
4:30 PM	Dinner Break
5:30 PM	General Dancing
6:00 PM	Bridging the Gap Category
6:15 PM	Line Dance Category
7:00 PM	Solo Categories Stepping (Solo) Swing Out (Solo) Classic Hand Dance (Solo)
8:15 PM	Youth Category (Ages 16 – 20)
8:45 PM	Team Category
9:15 PM	Ladies & Gents Finals (Beginner-Intermediate-Advanced) and Pro/Am Heat and Solo Finals
10:00 PM	Performing Arts
11:00 PM	Awards Ceremony
11:30 – 3:00 AM	General Dancing