

FOR IMMEDIATE RELEASE

Art in Motion Brings Works of Art to Life Through Dance

Emotions Dance Company and SGP Movement Dance Company Join Forces for an Inspiring Weekend of Ballet, Jazz, Modern, and Contemporary Dance

ORLANDO, FL — [September 22, 2206] — What happens when visual art begins to move? This November, **Emotions Dance Company** and **SGP Movement Dance Company** invite audiences to discover the answer with *Art in Motion*, a dynamic performance celebrating the connection between visual art, movement, emotion, and the human experience.

Presented at **ME Theatre in Orlando**, (1300 La Quinta Dr.) *Art in Motion* will take the stage on **Saturday, November 7, 2026, at 7:30 PM** and **Sunday, November 8, 2026, at 5:00 PM**.

The performance brings compelling works of art to life through a diverse blend of **ballet, jazz, modern, and contemporary dance**. Inspired by the visual language of art, the dancers transform images, ideas, emotions, and stories into movement, offering audiences an opportunity to experience artwork in a completely different way.

At the heart of *Art in Motion* is the collaboration between two Central Florida dance companies with a shared passion for artistic expression and community connection. **Emotions Dance Company**, now celebrating its 20th season, is known for creating contemporary dance works that explore the human experience and connect audiences to meaningful ideas through movement.

Joining Emotions for this performance is **SGP Movement Dance Company**, a concert-based dance company dedicated to bringing diversity and individuality to the artistry of dance. With training and performance rooted in multiple genres, SGP Movement emphasizes organic movement, allowing dancers to use the body as a vehicle for authentic expression.

For SGP Movement, dance is more than choreography—it is a language.

The company strives to use movement to create connection within the community while sharing the passion, joy, and vulnerability that come with the art form. Through its work, SGP Movement invites audiences to explore not only the technical and artistic elements of dance, but also the deeper human experiences that movement can communicate.

SGP Movement Dance Company seeks to take audiences on a journey of understanding—of the art of dance, the individuality of the body, and the vulnerability of life. Its approach brings a sense of authenticity and humanity to the stage, complementing the artistic vision of *Art in Motion*.

“*Art in Motion* is about allowing one art form to inspire another,” says **Larissa Humiston, Artistic Director of Emotions Dance Company**. “We are excited to collaborate with SGP Movement Dance Company and explore how visual art can become movement, emotion, rhythm, and story. This performance gives us the opportunity to celebrate not only the diversity of dance, but the ways art can connect us to one another.”

Together, Emotions Dance Company and SGP Movement Dance Company bring distinct artistic perspectives to the stage while sharing a belief in dance as a powerful form of communication. *Art in Motion* encourages audiences to look beyond the surface of a work of art and consider how it might feel, move, breathe, and live through the human body.

Whether a longtime dance enthusiast or someone experiencing contemporary dance for the first time, *Art in Motion* promises an engaging and visually compelling performance that celebrates creativity, collaboration, and the limitless ways artists can tell a story.

EVENT DETAILS

Art in Motion

Saturday, November 7, 2026 | 7:30 PM

Sunday, November 8, 2026 | 5:00 PM

ME Theatre- 1300 La Quinta Dr. Orlando, FL

Tickets and additional information are available through **Emotions Dance Company**. www.emotionsdance.org

About Emotions Dance Company

Founded in 2007, **Emotions Dance Company** is a Central Florida contemporary dance company dedicated to using dance as a vehicle for artistic expression, connection, and social awareness. Through performances, educational programs, collaborations, and community engagement, Emotions creates opportunities for audiences to experience contemporary dance in meaningful and accessible ways. The company is currently celebrating its **20th season of dance**.

About SGP Movement Dance Company

SGP Movement Dance Company is a concert-based dance company dedicated to bringing diversity and individuality to the artistry of dance. Drawing from multiple genres and styles of dance training, SGP encourages dancers to move organically through the body and use movement as a language for connection and expression.

The company is committed to creating meaningful connections within the community while sharing the passion, joy, vulnerability, and humanity found within dance. Through its performances, SGP Movement Dance Company invites audiences on a journey to better understand the art of dance and the vulnerability of life, celebrating the power of movement to communicate what words sometimes cannot.

Media Contact

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