

The Human Expression (T.H.E) Dance Company was founded in 2008 by Artistic Director Kuik Swee Boon. Rooted firmly in Singapore yet universal in its perspective, T.H.E's contemporary dance works reveal the body as a medium for exploring and celebrating the human condition.

Dance artists at T.H.E are immersed in the Company's signature methodology, HollowBody, which guides them to access their deeper instincts and impulses through movement. The Company's movement vocabulary is distinct in its intensely personal aesthetics, yet thrilling in its diversity. Driven by a sincere desire to uncover the intricate, complex and oft-times overlooked dimensions of human existence, the Company's incisive observations are an essential mirror to the issues and rhythms of contemporary life.

T.H.E has performed at numerous major festivals, including the Singapore Arts Festival, Esplanade's da:ns festival and Huayi – Chinese Festival of Arts, SIDance Festival and Seoul Performing Arts Festival in South Korea, Beijing and Guangdong Dance Festival in China, Niigata International Dance Festival in Japan, Les Hivernales Festival in Avignon, France, as well as Italy's Oriente Occidente Festival in Rovereto, Inteatro Festival in Ancona, Cross Festival in Verbania, and Fabbbrica Europa in Florence. Most recently, the Company was also commissioned by Esplanade's da:ns festival to create a new work that marked both the opening of the final edition of the festival and the opening of the new Singtel Waterfront Theatre in Singapore.

Based on its vision of contemporary dance as a medium for nurturing human potential, T.H.E has also initiated numerous platforms like its semi-professional wing, T.H.E Second Company, as well as cont-act Contemporary Dance Festival (previously known as M1 CONTACT Contemporary Dance Festival) – the country's first annual contemporary dance festival to showcase local and international artists – to engage young artists and the wider public. The Company also runs public classes, workshops, and customised programmes for schools and the community. T.H.E Dance Company is a charity with IPC status, and supported by the National Arts Council under the Major Company Scheme for the period from 1 April 2020 to 31 March 2023.