Introdans: ENERGY

Event - Introdans: ENERGY ↻

When	Sun, 22. November 2026, 20:00 h - 22:00 h
Category	Ballet & Dance in Rotterdam



Description

Four choreographers, four distinctive ballets and an evening packed with movement, music and emotion. Dutch dance company Introdans brings ENERGY to Theater Rotterdam on Sunday 22 November 2026, presenting a contemporary dance programme that explores everything from exuberant physical expression to identity, connection and resilience.

ENERGY brings together works by four internationally active choreographers with Mediterranean roots: Andonis Foniadakis, Aristide Rontini, Sofia Nappi and Gustavo Ramírez Sansano. The programme includes two new creations made especially for Introdans, alongside two works receiving their first performances in the Netherlands.

Four ballets, four perspectives

In Tagadà, Italian choreographer Sofia Nappi draws inspiration from a spinning fairground ride, using it as a metaphor for life's unpredictable twists and turns. Set to music including Daft Punk, the ballet explores the balance between control, uncertainty and the connections that help us navigate both.

Greek choreographer Andonis Foniadakis returns to Introdans with Pulsetic, a physically demanding work that puts the dancers' flexibility, speed and explosive movement centre stage.

Italian choreographer Aristide Rontini contributes Skin in Between, a new piece exploring identity, individuality and the relationship between the individual and the community.

Completing the programme is Flabbergast by Spanish choreographer Gustavo Ramírez Sansano. Set to lively Latin American-inspired music, the ballet draws on the atmosphere of the 1950s and 1960s, combining humour, musicality and energetic group choreography.

From playful theatricality to intense physical movement, ENERGY offers an opportunity to experience four different approaches to contemporary dance in one evening.

Practical information

The performance takes place in the Grote Zaal at Theater Rotterdam's TR25 Schouwburg on Schouwburgplein, within walking distance of Rotterdam Centraal Station.

Important: The ballet Pulsetic contains rapid flashing lights and loud music.

Standard tickets cost between €28 and €40, depending on seating category. Discounted tickets are available for Rotterdampas holders and eligible visitors aged 30 and under.

Tickets and more information: Theater Rotterdam.

Venue - Theater Rotterdam

Location	Theater Rotterdam
Street	Schouwburgplein 25
Postcode	3012 CL
City	Rotterdam
Website	https://www.theaterrotterdam.nl/

Description

Theater Rotterdam is a prominent cultural institution in the Netherlands, known for its diverse and innovative performing arts programming. Formed in 2017 through the merger of several local theater companies, including the Rotterdamse Schouwburg and RO Theater, it serves as both a producing and presenting venue. The theater showcases a wide array of performances, from contemporary dance and drama to international productions, aiming to engage a broad audience. Notably, Theater Rotterdam offers performances accessible to non-Dutch speakers, featuring dance pieces and plays in English or with subtitles.

The main venue, known as TR Schouwburg, is located at Schouwburgplein 25 in the heart of Rotterdam. Designed by architect Wim Quist and opened in 1988, the building features multiple performance spaces, including a large auditorium with seating for 879 attendees.