

## *About Moving in the Spirit*

Moving in the Spirit is an award-winning youth development program that uses the art of dance to positively transform the lives of children and teens in Atlanta, Georgia. Through programs that integrate high-quality dance instruction with performance, leadership and mentor opportunities, Moving in the Spirit impacts over 250 children and teens annually, encouraging them to overcome the obstacles they face each day and realize their highest potential.

Students graduate from Moving in the Spirit with confidence, poised to succeed beyond the stage and make a difference in their own communities. Ultimately, Moving in the Spirit EDUCATES, INSPIRES and UNITES young people through dance, propelling them to become successful and compassionate leaders.

Learn more at [www.movinginthspirit.org](http://www.movinginthspirit.org).

## *About Men in Motion*

Moving in the Spirit's Men in Motion program combines dance instruction with leadership training for young men ages 10-13. Together with Men in Motion founder, Chris McCord, and male role models from across Atlanta, Men in Motion students help each other set goals, navigate negative influences, and stay on a path to achievement.

## *About Chris McCord*

Chris McCord serves as Director of Men in Motion at Moving in the Spirit, an award-winning nonprofit that transforms the lives of Atlanta's children and teens through the art of dance. After growing up in Moving in the Spirit's programs, Chris earned a bachelor's degree in business management from Georgia State University and Georgia Peace Officer Certification from the DeKalb County Police Department. As an adult, Chris returned to Moving in the Spirit to found a program for boys, Men in Motion, so that no young man has to ask the question, "Where are the men?"

Chris has performed professionally for the Cathedral of the Holy Spirit, Beacon Dance, Studio Dion, Abundant Life Church and with choreographer Nicole Livieratos. With his diverse background, Chris has achieved success outside of dance, graduating from the Devos Urban Leadership Initiative and receiving a WB Unsung Hero Award. Chris serves as the Vice President of the South Atlanta Civic League and volunteers his personal time with Charis Community Housing and Atlanta's Special Citizens. His story has been featured in the Atlanta Journal-Constitution and Dance Studio Life Magazine.

## *About 'Hero'*

Part dance, part TED talk, *Hero* explores Chris McCord's transformation from challenged young man to community partner, mentor, and leader. Blending movement and motivation, art and activism, Chris inspires us all to become somebody's hero.

Performed by Chris McCord  
Choreography by Chris McCord and Dana Lupton  
Costume by Jimmie McCord