Lyrical

Socks must not be worn.

Definition

Lyrical dance is rooted in classical ballet technique/classically inspired, fluid and extended, with sustained lines, controlled transitions, suspension and flow. It is also influenced by the lines and movement quality of Jazz.

- It is characterised by expressive, flowing movement that responds to the mood, phrasing and dynamics of the track.
- Instrumental music can provide the lyrical quality through its mood, phrasing and dynamics. Lyrics are not essential, but when used they can inspire the choreographic content.
- Emotional expression comes through the connection between movement and music and remains natural.
- The overall technique, structure and movement quality must remain clearly Lyrical, even where Contemporary influences are present.
- Lyrical is not based on tricks, display elements or abstract movement.
- Acrobatic elements are not recommended but, where used, must be integrated into the choreography and not appear as separate tricks.

Marking Criteria

TECHNIQUE — **30 points**

- Strong classical foundation
- Control, extension, placement and balance
- Sustained lines and soft dynamics
- Soft landings and seamless transitions

MUSICALITY — **20 points**

- Interpretation of phrasing, tone and mood
- Response to musical structure and dynamics
- Use of musical accents and lyrics where present
- Breath and suspension supporting musical flow

ARTISTRY AND PERFORMANCE — **30 points**

- Natural emotional expression
- Inner feeling, sensitivity and control
- Strong connection to the music

CHOREOGRAPHY 20 points

- Clear Lyrical style and structure
- Phrasing and flow
- Choreography that supports the dancer's strengths
- Avoidance of excessive tricks and abstract movement

Notes

Lyrical is a dance genre defined by its movement quality and musical interpretation.