



DANCE INSPIRATIONS

EXPRESS YOURSELF
LIVE TOUR 2024





ABOUT THE SHOW

The Nations Biggest Touring Dance Competition is going to the next level! See the stage brought to life with our new branding and production...

With dazzling performances in every style, jaw dropping talent and non stop entertainment, its sure to be an unforgettable experience full of all the magic of dance and more!

UPCOMING LIVE TOUR DATES

WELSH HEAT

PRINCESS ROYAL THEATRE,
PORT TALBOT
23RD & 24TH MARCH

BELFAST HEAT

LAGAN VALLEY ISLAND,
LISBURN
7TH APRIL 2024

KENT HEAT

THE STAG,
SEVENOAKS
14TH APRIL 2024

SCOTLAND HEAT

ALHAMBRA THEATRE,
DUNFERMLINE
20TH & 21ST APRIL 2024

JERSEY HEAT

JERSEY ARTS CENTRE
11TH & 12TH MAY

SCOTLAND HEAT

C7 CONFERENCE CENTRE,
GLASGOW
25TH MAY 2024

BELFAST HEAT

MAC BELFAST
2ND JUNE 2024

WELSH HEAT

PRINCESS ROYAL THEATRE,
PORT TALBOT
7TH & 8TH SEPTEMBER

BECKENHAM HEAT

LANGLEY PARK SCHOOL FOR
BOYS
15TH SEPTEMBER

SURREY HEAT

LEATHERHEAD THEATRE
29TH SEPTEMBER 2024

BELFAST HEAT

LAGAN VALLEY ISLAND,
LISBURN
13TH OCTOBER 2024

SCOTLAND HEAT

ALHAMBRA THEATRE,
DUNFERMLINE
19TH & 20TH OCTOBER 2024

DUBLIN HEAT

SCIENTOLOGY CENTRE
26TH & 27TH OCTOBER 2024

KENT HEAT

THE STAGS,
SEVENOAKS
2ND & 3RD NOVEMBER 2024

BIRMINGHAM HEAT

THE CRESENT THEATRE
10TH NOVEMBER TBC

SCOTLAND HEAT

THE C7 CONFERENCE CENTRE,
GLASGOW
23RD NOVEMBER

KENT HEAT

GULBENKIAN THEATRE
30TH NOVEMBER

EVENT REGISTRATION

Entries must be submitted via dance genie studio accounts

A 25% fee is required upon submission to secure the places Fees must be paid in full by the event closing date which is a minimum of 4 weeks beforehand.

Please note entries are not confirmed until payment is received.

REGIONAL HEAT EVENT PRICES

Registration/Admin Fee:

£5 per performer per event

Solo: £30

Duet: £15 per entry/performer

Trio: £15 entry/performer

Groups: £10 per performer/entry

Bank transfer details are given at checkout on your dance genie account. Payment is by BACS only for UK entries and Revolut for international payments. Performers are not considered contestants until payment is received in full.

CATEGORIES

MAIN COMPETITIVE SOLOS

(For those with 2+ years competitive experience) Performers can enter the following styles for solos:

- Ballet
- Tap
- Jazz
- Contemporary
- Lyrical
- Hip Hop/Commercial
- Acro
- Musical Theatre
- Open

(Please see for genre specific rules)

SOLO AGE DIVISIONS

8 years & under

9-11 years

12-14 years.

15-17 years

18 years+

NOVICE SOLOS

We offer a novice all styles solo category to give less experienced performers a fair opportunity and gain confidence on stage before progressing to main competitive regional level Performers must have 1 year or less competitive experience to be eligible to enter this category. Please note that novice competitors are not eligible to take part in the national finals.

DUET/TRIO & GROUPS

Performers can enter the following styles for Duets/Trios & Groups:

- Theatrical styles including Jazz, Tap & Musical Theatre
- Modern including Lyrical & Contemporary
- Classical Ballet including pointe work
- Commercial styles including hip hop & street
- Open styles for all other genres

Please note that duets, trios and groups are main competitive level only.

DUO/TRIO & GROUPS AGE DIVISIONS

MINI: 8 years & under

JUNIOR: 12 years & under

SENIOR: 13 years +

ADULT: 18 years +

DANCE GENRE SPECIFIC RULES

BALLET: Must include classical ballet steps/technique. Track must be classical..no lyrics permitted. Pointe is permitted but must only be executed by experienced and competent students.

TAP: Must include tap technique and primarily tap work. No tap sounds are permitted on track.

LYRICAL: Must include Minimum floor work, Nice extensions
Clean lines, Technique, Strong transitions, Nice quality and use of breath. Points will be deducted if too many tricks are performed.

CONTEMPORARY: Must include: Clean floor work, Use of the body movement and different dynamics used. Points will be deducted if too many tricks are performed.

JAZZ: can incorporate various styles of dance and genres of music but jazz technique must be the primary focus with emphasis on musicality, characterisation, strong accents & dynamics.

HIP HOP/COMMERCIAL: a creative style which can blend original hip hop styles (breaking, popping and locking) fused with modern commercial moves to the latest beats. Can also include a strong, sassy style with elements of street and jazz.

ACRO: must combine acrobatic elements and dance of any style with a smooth transition between the two. Acrobatics elements include: gymnastic work, contortion, flexibility, balancing and tumbling. For Duos/trios and groups partner work should be incorporated.

MUSICAL THEATRE: Must include a balance between singing, dancing & acting. Please note repertoire from Musicals is strictly prohibited.

OPEN: Styles of all all genres . This must not include any of the above styles!

MUSIC & TIME LIMITS

- Music required for the performances must be uploaded to your dance genie account 2 weeks prior to the Event. In the event that you need to change music after this date you must email hello@danceinspirations.com with your updated track clearly stating your name, act name and entry number.
- Music used for the choreography must not contain any offensive lyrics.
- Solos must be no longer than 2 minutes Duets/Trios must be no longer than 2 minutes 30 seconds
- Groups must be no longer than 4 minutes
- Extra time can be purchased on request via dance genie depending on the availability of your regional heat

EVENT SPECTATOR TICKETS

Audience tickets for the events are available to purchase from the Theatre box offices or ticketbud links. Further information will be emailed after registration is completed. Regional heat spectator tickets are £17 per person.

JUDGING SYSTEMS

Our in house judging panel are all highly skilled industry professionals with a wealth of experience in their chosen fields. We take pride in our carefully selected panel to ensure that they can provide the most invaluable experience, giving a highly positive educational tool set to inspire the next generation!

The performances will be marked under the following categories:

TECHNIQUE- 25 points
MUSICALITY- 25 points
CHOREOGRAPHY- 25 points
PERFORMANCE SKILLS- 25 points

- All candidates/performances will receive their scores and feedback online via dance genie accounts within 48 hours after an event.
- The judges decision is final
- The judges have the right to change competitors categories if they feel their style of dance was entered in the wrong section.
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- Please note if there is only one entry in the section the judges set the following scores to keep in line with the standard required for a leading national event: 1st place 90%, 2nd place 80% and 3rd place 70%.



PRIZES

- All solo performers that are placed 1st, 2nd or 3rd receive a trophy and invite to the National Final (main competitive only)
- All duet/trio performers that are placed 1st, 2nd & 3rd each receive a dance inspirations branded medal and national final invite.
- For group performances the trophy is awarded to the dance teacher and the performers receive certificates.

Judges will also award the following on event day:

- Highest Duet/trio of the day
- Highest Group Act of the day
- Highest Solo of the day
- Highest Novice Solo of the Day
- Choreography Award
- Entertainment Award

SOLO TITLE AWARDS

Title awards can be entered upon registration by ticking the box on your dance genie account at an additional cost of £5. Age categories include:

- MISS/MR MINI INSPIRATIONS (8 years and under)
- MISS/MR JUNIOR INSPIRATIONS (9-13 years)
- MISS/MR SENIOR INSPIRATIONS (15 years +)

GOLDEN BUZZER ACT

The most exhilarating moment of the day.. when you hear that sound!!! Each regional heat will have the potential to award a Golden Buzzer. The Golden Buzzer is the most prestigious act of the day in which the act will go straight through to our spectacular Golden Buzzer showcase in Blackpool and gain a place in our highly acclaimed GRAND FINALS amongst the Nation's Best Talent! The MOST MAGICAL EXPERIENCE which they will never forget!!

JUDGES STANDOUT ACTS

An inspirational and exciting part of the live show! Each judge will select a stand performance throughout the day as act that they feel captivated by and want to see perform again! The three acts will then perform again in the Standout Dance Off at the end of the event. And then the power is giving to our lovely audience to vote of their favourite act. After high energy, and jam packed entertainment, one of these lucky acts will then be selected to be part of our Standout Showcase in Blackpool in which the overall winner of that will be awarded the prestigious GOLDEN BUZZER!!

JUDGES BATTLE STAR TEAM

An incredible new opportunity added to this years live tour! Dance Inspirations ethos is to create a platform like no other and provide the most magical experiences which will give dancers a true insight into the industry, alongside the gaining the most powerful educational tools and life skills!

Each of our incredible judges will be selecting one dancer at each heat to be part of their star team. The star team, alongside their judge, will perform at the opening JUDGES BATTLE at the National Grand Final! The power will be in the hands of our special guest judge and of course, our lovely audience to crown the JUDGES BATTLE winning act!

THE INDUSTRY EXPERIENCE

These are an exciting and fun filled experience at all our events. Performers are taught choreography on stage by the industry professionals judges in an audition style setting. Performers 'Dance off' and are 'knocked out' until the last one remains standing...

Dancers can experience this for a cost of £10 which can be booked online via our ticketbud link or purchased at the registration desk on the event day (pending availability)

THE NATIONAL FINAL

VIVA BLACKPOOL JANUARY 2025 DATES TBC

With jaw dropping talent and sensational production, our national final provides an exhilarating experience like no other! The Best Talent from Across the U.K. & Ireland will battle it out to crown the 'DANCE INSPIRATIONS CHAMPION...The U.K. & Irelands MOST INSPIRATIONAL DANCE ACT 2023!

- Any competitor who was placed 1st, 2nd, 3rd in any main competitive solo, duo/trio & group category in any heat location is eligible to enter the Semi Final.
- All 1st place semi final winners from solo categories, duos/trios & groups are eligible to enter the Grand Final.
- The Grand Final will be a talent contest in which all semi final winners (1st place only from all categories i.e. Solos/duos/trios/groups) and golden buzzer acts compete against each other to find the Nation's winning act!

ADDITIONAL RULES AND REGULATIONS

- Performers can enter as many categories/styles as they wish...solos, duos/trios and groups.
- Performers however, can only enter one solo of each style but there is no limit to the number of duet/trio/group entries of the same style.
- Performers may perform their own original choreography or an original dance that has been choreographed for them
- Performers must compete in the age division of the age you will be on the day of closing date of entries (4 weeks before the event)
- Duets/trios and groups must compete in the age division of the average dancer in the group
- All performers must be prepared to present proof of age.
- Props are permitted in performances but must be executed in a way that does not put any performers or anyone else at risk. All props must be labelled with the performers name.
- The choreography of the routines must be appropriate for the skill levels of the performers and must be executed in a way that does not put the performers at risk
- All performers are the sole responsibility of their dance teacher/dance school. The Dance Inspirations Team is not responsible for any competitor. All performers under the age of 18 must be chaperoned by a nominated adult who will be responsible for the welfare and behaviour at Dance Inspiration events as safe guarding is always top priority.
- Photography and video recording is permitted by dance teachers only but you only have permission to record your own school. In the event of someone else recording your dancer please make the event staff aware immediately and the matter will be dealt with.
- Rights are reserved to Dance Inspirations team to use the performers photographs/video recordings for promotional work. If you do not wish for your dancer to appear in photos/ videos please make the Dance Inspiration team aware for the event.
- All performers/teachers/members of the audience are expected to behave in the appropriate manner and upmost respect for each other.
- The Dance Inspirations Team are not responsible for personal injury or loss of property.









