

A background of a stage with numerous blue spotlights shining down, creating a vibrant and energetic atmosphere.

**DANCE**  
**INSPIRATIONS**

***EXPRESS YOURSELF***  
***LIVE TOUR 2025***











# 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

GWYN HALL  
WALES  
9TH MARCH 2025

## DUNDEE HEAT

GARDYNE  
THEATRE  
16TH MARCH 2025

## EDINBURGH HEAT

MUSSELBURGH  
GRAMMAR SCHOOL  
12TH & 13TH APRIL 2025

## LISBURN HEAT

LAGAN VALLEY ISLAND  
LISBURN  
27TH APRIL 2025

## SURREY HEAT

LEATHERHEAD THEATRE  
SURREY  
11TH MAY 2025

## GLASGOW HEAT C7

CONFERENCE CENTRE  
GLASGOW  
17TH MAY 2025

## BECKENHAM HEAT

LANGLEY SCHOOL  
OF PERFORMING ARTS  
BECKENHAM  
1ST JUNE 2025

## BELFAST HEAT

THE MAC  
BELFAST  
15TH JUNE 2025

## WELSH HEAT

SONY THEATRE BRIDGEND  
WALES  
7TH SEPTEMBER 2025

## KENT HEAT

THE STAG THEATRE  
KENT  
21ST SEPTEMBER 2025

## BELFAST HEAT

THE MAC  
BELFAST  
28TH SEPTEMBER 2025

## SURREY HEAT

LEATHERHEAD THEATRE  
SURREY  
5TH OCTOBER 2025

## LISBURN HEAT

LAGAN VALLEY ISLAND  
LISBURN  
12TH OCTOBER 2025

## DUBLIN HEAT

THE SCIENTOLOGY CENTRE  
DUBLIN  
25TH & 26TH OCTOBER 2025

## KENT HEAT

THE STAG THEATRE  
KENT  
2ND NOVEMBER 2025

## BIRMINGHAM HEAT

THE CRESCENT THEATRE  
BIRMINGHAM  
9TH NOVEMBER 2025

## EDINBURGH HEAT

MUSSELBURGH  
GRAMMAR SCHOOL  
16TH NOVEMBER 2025

## GLASGOW HEAT C7

CONFERENCE CENTRE  
GLASGOW  
22ND NOVEMBER 2025

## DUNDEE HEAT

GARDYNE  
THEATRE  
14TH DECEMBER 2025

# 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: £35

Duet: £18 per entry/performer

Trio: £18 entry/performer

Groups: £12 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@danceinspirationstour.com](mailto:hello@danceinspirationstour.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 £20 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

# PRODUCERS AWARD

Our producer, Victoria Gill, will award the **MOST INSPIRATIONAL ACT OF THE REGION** at every heat. Watch out on our socials for new opportunities coming soon...

# 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. After high energy, and jam packed entertainment, one of these lucky acts will then be selected by, our Producer, 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

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 JUDGES BATTLE at the EXPRESS YOURSELF LIVE GRAND FINAL SHOW! Judged by a special CELEBRITY GUEST JUDGE! This experience is like no other...

## PRODUCERS STAR TEAM

An incredible new opportunity added to this year's live tour! Our producer, Victoria, is searching for the Nations Best Talent to join her in the EXPRES YOURSELF Grand Final Live Tour opening act! This team will experience VIP treatment and an experience like no other! Watch out for what other opportunities arise from this...

## 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**  
**24TH, 25TH & 26TH JANUARY 2025**

With jaw dropping talent and sensational production, our national final provides an exhilarating experience like no other! The Best Talent from Across Nations will battle it out to crown the 'DANCE INSPIRATIONS CHAMPION... THE MOST INSPIRATIONAL DANCE ACT 2024!

- 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.
- The Top 10 Solos, Top 10 Duets/Trios and Top 10 Groups will gain a place in the EXPRESS YOURSELF GRAND FINAL LIVE SHOW.
- All 1st Place winners will have the opportunity to perform in one group performance in the GRAND FINAL SHOW to celebrate their success.
- The Grand Final will be a talent contest in which the top 10 solos, top 10 duets/trios, top 10 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 utmost respect for each other.
- The Dance Inspirations Team are not responsible for personal injury or loss of property.















