



# *Lyrical* Workshop

with Sabina Budd

# HISTORY OF LYRICAL STYLE



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- Lyrical has its roots during the first half of the 20<sup>th</sup> century in the Russian Vaganova method of classical ballet which focuses on back strength and the fluidity of the arms. Port de bras (carriage of the arms) was important.
- Martha Graham, a major developer of modern dance, began to experiment with lyrical and the idea of portraying emotion through sharp and angular movements, instead of the jazz which was more upbeat and filled with leaps. She prioritized expression & fluidity over strict technique.
- During the 1970's, it became a new dance form as a form of jazz that told a story, creating movements directly inspired by the lyrics of a piece of music.
- Dancers in the entertainment world began to integrate their jazz vocabulary with the classical training of ballet, such as Cirque du Soleil.
- In the 1990's, dance teachers had different opinions on whether lyrical should be taught as a separate dance form or as a variation on ballet and jazz.
- By the early 2000's, many dance studios were offering separate lyrical classes
- "So You Think You Can Dance", which premiered in 2005, regularly featured lyrical dancers and choreographers.
- Celine Dion incorporated lyrical dance into her Las Vegas show "A New Day" (2003-2007).

# LYRICAL STYLE



Suzi Taylor  
Class

- Definition of Lyrical: expressing the emotions in an imaginative and beautiful way; poetic and romantic.
- Combines the technical elements of classical ballet, with the fluidity of jazz. Fluid, sweeping and graceful.
- Movements are choreographed to continuously flow naturally and seamlessly with little or no stopping or moments of stillness.
- Movements are flowing, “carving” and “arcing”.
- Oriented to the dancer’s emotional responses rather than an underlying formal choreographic structure. Concentration is more on individual style rather than exact dance moves.
- Strong emotions expressed often include love or loss of love, joy, romantic yearning or anger.
- Per Sabina Budd in her workshop: “Ballet meets the Staccato and Entertainment of Jazz meets the Lyrics and Passion of Song”

# STEPS, POSITIONS AND TERMS

- Basic ballet and jazz steps are used
- Arm styling
- Contraction
- Illusion
- Spiral
- Feel the music
- Floor rolls
- Layout



Mia Michaels choreography

**Used by Sabina Budd in her workshop:**

## Ballet

- Attitude
- Chaîné
- Chassé
- Glissade
- Pirouette
- Plié
- Soutenu

## Lyrical

- Fan Kick

## Yoga

- Cobra
- Child's pose

# FAMOUS LYRICAL CHOREOGRAPHERS & DANCERS

- Suzi Taylor
- Blake McGrath - Canadian 🇨🇦
- Mia Michaels
- Tracie Stanfield
- Brian Friedman
- Dan Karaty
- Rodney Diverlus - Canadian 🇨🇦
- Talley Beatty



Love to Know Website

# REFERENCES



Lyrical dance  
University of California, Berkeley

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# ASSIGNMENTS

## 1. Choreography

**(a) Select a song or piece of music that will allow you to connect with an emotion and express it in your artistry.**

**(b) Choreograph a Lyrical composition** to your selection recognizing that this dance style, like others, are always creating new movements that blend a variety of styles, use a high level of athleticism, increasingly advanced tricks, and incorporate all the Elements of Dance: Time, Shape, Space, Energy and Relationship. So, **what will your new lyrical dance look** like as you continue to apply the Principles of Composition: Variety, Transitions, Sequencing, Climax/Resolution, Contrast, Development, Unity, Balance, Repetition, Formations, Levels, Tempo, Dynamics and Qualities of movement.



Tracie Stanfield  
Synthesis Dance

**2. Choose an influential Lyrical dancer or choreographer from the lists above, or from your teacher's suggestion.**

**Research the following:**

1. Their birthplace and where they grew up.
2. When and where they started to dance.
3. Their dance experience, challenges and start professionally.
4. Their lyrical style and unique contributions to the artform of dance.
5. Dances they have choreographed; videos, concerts, or movies they have made; musicians they have worked with.
6. Awards they have earned or other special accomplishments they have made in their career.
7. A photo of the choreographer.