

Lyrical Dance



Lyrical Dance Definition

Lyrical dance is a dance style that blends ballet and jazz dance. Lyrical is generally smoother and a bit faster than ballet, but not quite as fast as jazz. A lyrical dancer uses movement to express strong emotions such as love, joy and anger.



Lyrical Dance

This dance style has a very clear message and story to it.

- The story is relatable and makes an impact with the purpose to inspire change



History

- Born in the early 20th century, lyrical dance is a dance style that centres on a dancer's own interpretations instead of structured steps. Lyrical dance encourages dancers to use their emotions and moods to design their own steps and routines.
- Martha Graham is considered the pioneer of the concentrated movements of contraction and release. Instead of striving for long, fluid movements, Graham's movements were sharp and jagged.

Martha Graham

- Martha Graham was born in 1894 in the US.
- She started dancing later in life when she joined a junior arts college. Following college, Martha trained at Denishawn for 8 years, as both a student and teacher/choreographer.
- Ted Shawn created a dance just for her called, “Xochital.” Graham danced the role of an attacked Aztec maiden. It was the wildly emotional performance of this role that garnered her first critical acclaim.
- She went on to create the Martha Graham School of Contemporary Dance in New York
- Graham believed that through spastic movements, tremblings, and falls she could express emotional and spiritual themes ignored by other styles of dance. She desired to evoke strong emotions and achieved these visceral responses through the repetition of explicitly sexual and violently disjunctive movements.



Martha Graham Contemporary Dance Company

- It was formed in 1926
- Martha ran the company for 66 years before passing it off.
- the Company brings to life a timeless and uniquely American style of dance that has influenced generations of artists and continues to captivate audiences
- Graham and her Company have expanded contemporary dance's vocabulary of movement and forever altered the scope of the art form by rooting works in contemporary social, political, psychological, and sexual contexts, deepening their impact and resonance.
- the Company is actively working to create new platforms for contemporary dance and multiple avenues for audiences to experience and understand these compelling works.





Further Description...

- Lyrical dance is a style that is largely based off ballet technique.
- Lyrical can be compared and is definitely used in comparison with contemporary and modern, and many use the 3 names interchangeably.
- Lyrical dance focuses on the story of the music and tries to depict that story through the moments.
- Because of this there are now many different types of lyrical dance: lyrical jazz, lyrical hip hop, and lyrical ballet are the most common forms.
- It is common now for most male-female duets to perform lyrical pieces opposed to other styles because of all the possibilities to tell a story through partnering and lifts.

Description Continued

- Lyrical dance often breaks the technique rules of ballet for the sake of conveying emotions.
- The focus of lyrical dance is mostly to portray themes of social justice and to tell stories that move people emotionally.
- Because of this lyrical dance has made impacts all around the world.
- Dance in the last few decades has become more about expression rather than perfection.

Mia Michaels is an Amazing Choreographer!



- This piece is very emotional.
- Even though it is in a different language can you still understand the concept?
- Discuss

Mia has created some awe-inspiring lyrical pieces over the years, many of which have been performed on SYTYCD.

Video Clip



Video Clip



Lyrical as a Career

- Because lyrical is based so much in expressive dancing and not as much on technique, it is a style that is available to many different skill levels, body types, and age groups.



- Telling the story is just as important as dance ability.
- Some dancers who have been trained in technique for many years find it a difficult task to break technique rules and show real emotion.
- You will want to invest in both technique and acting lessons.

Lyrical as a Career Continued...

- Take lyrical and contemporary workshops from different artists to keep growing your dance vocabulary.
- Make sure you understand the concept of a piece and become invested in it.
- Lyrical dance can help you discover your inner emotions and express them in a healthy way. And this is one of the reasons it has become a beloved dance style.

Resources

- <http://www.wisegeek.com/what-is-lyrical-dance.htm>
- http://www.ehow.com/about_6672253_lyrical-dance-history.html
- <http://www.llstudents.org/dance/lyrical.html>
- <http://www.extensions-ri.com/disciplines/lyrical.html>
- http://dance.lovetoknow.com/Lyrical_Dancing
- <http://www.dancestudiolife.com/2009/12/lyrical-dance/>
- <http://www.gabiesboutique.com/index.php/id/176>
- <http://www.pbs.org/wnet/americanmasters/episodes/mart-ha-graham/about-the-dancer/497/>
- <http://marthagraham.org/about-us/our-history/>

Thank you!



Photo: David Walker - www.walkerview.com