

The 33rd British National Championships 2024

‘Michael Flatley’s Freestyle Steps’

THE PERFORMANCE:

Perform a 16-bar reel OR slip jig step in soft OR hard shoe. The step can be divided and danced in the normal format of right and left foot or different choreography for the entire 16 bars is also acceptable.

The format will resemble a ‘step down the line.’

The core style of the 16-bar routine performed for ‘freestyle steps’ must be Irish dance. Participants are challenged to explore the blending of traditional Irish dancing with progressive upper body and head movements to create a unique interpretation of Irish Dancing in a manner that broadens our artform. Articulation and execution of footwork, timing, and rhythm are of the utmost importance.

AGE GROUPS:

Separate age groups for U10, U11, U12, U13, U14, U15, U16, U17

17 & Over - COMBINED

ALL ‘FREESTYLE STEPS’ COMPETITONS WILL BE ON THE SAME DAY AS THEIR REGULAR COMPETITION AFTER ALL THREE ROUNDS AND BEFORE THE MAIN RESULTS

THIS COMPETITION IS ALSO OPEN TO DANCERS WHO ARE NOT PERFORMING IN THE MAIN COMPETITION AT THE BRITISH NATIONALS BUT MUST BE OPEN / CHAMP.

THE COMPETITON

No video entry required. Entry is £5 for all categories.

Wear black workout clothing or similar. Black trousers, shirts, leotards are all acceptable. Logos should be small/preferably not visible. Strictly no solo/class costumes, school logo’s/colours/names/ symbols or initials should be visible.

The competition with be adjudicated by a panel of three adjudicators and results will be tabulated as they are for all other competitions.

The results will not be published or available to purchase. The top three competitors from each category will be awarded on stage with a commemorative custom made ‘Michael Flatley Freestyle’ medal.

All competitors should be aware that this event will be recorded. Submitting your entry is confirmation of your agreement to share your individual image, dance choreography / material and video clips that may be used for television / promotional / cultural use on behalf of the British National Championships, Lord of the Dance and Feis TV.