



## **BA (Hons) Dance**

# **Virtual Audition Guidelines – 2026 Entry**

Thank you for your interest in studying with us –we’re delighted to let you know that you are through to the first stage of our two-part audition process, both of which take place virtually. There is no audition fee for either stage of the virtual process.

If you live outside of the UK, we have automatically invited you to upload videos of you dancing, rather than attend one of our in-person audition days. If you would prefer to attend one of our in-person audition events either at LIPA (January/February 2026), or in India (February 2026), please email [international@lipa.ac.uk](mailto:international@lipa.ac.uk)

We’re interested in you as an individual and want to nurture your development as a dance artist. A performer who retains and develops what’s unique to you. We are looking for students who are passionate dancers, capable of expressing themselves and willing to explore their creative abilities.

We understand that you all come with varying experience in dance across genres, so in the areas that you are less experienced, we urge you to give it your best effort so that we can see your potential and willingness to learn. We are not looking for perfection but for personality and passion!

### **Stage one: submission of recorded dance audition**

We ask you to record yourself performing some set dance exercises and combinations and a musical theatre song from a list we provide.

Applicants will receive a private link which will give you access to all the instructional videos and music you need for all dance genres and singing.

Please prepare the items outlined below. The deadline for submitting this is **fifteen working days** from the date you received your invitation to submit the stage one dance audition. Please complete the submission form, save it following the naming guidelines, and upload it to our applicant portal.

### **1. Introduction (1 minute)**

Speaking to camera, please introduce yourself by name and tell us why you want to come to LIPA.

### **2. Postural Analysis**

Please review and practice along with the instructional video and then play the demonstration video when filming. Try your best to keep in time with the demonstration, following the vocal prompts, holding the positions for the same length of time as demonstrated in the video. You do not need to memorise this sequence. **Please edit the Introduction and Postural Analysis together into one video clip.**

1a. Postural Analysis List (PDF)

1b. Postural Analysis Video

### **3. Dancing**

Even if some of these steps and styles are new to you please have a go and show us that you have the tenacity to try. We are not looking for perfection but for the willingness to learn new things. **When filming, please do not put your camera on the floor. The camera should be at approximately the same level as the face of the auditionee.**

### **Ballet**

Six Ballet exercises have been filmed for you to learn. For each exercise, there is one clip where Anna is teaching, and there is a second clip where our dancers Abbie and Ellie are demonstrating with the music. Please learn these exercises and film yourself performing them as demonstrated in the clips.

Barre Exercises:

1a. Teaching - Pliés

1b. Demonstration - Pliés

1c. Music - Pliés

2a. Teaching - Tendus & Grand Battement

2b. Demonstration - Tendus & Grand Battement

2c. Music - Tendus & Grand Battement

3a. Teaching - Adage

3b. Demonstration - Adage

3c. Music - Adage

**Please film the barre exercises at a 45-degree angle to the front of your body as shown in the demonstration videos.**

Centre Practice Exercises:

4a. Teaching - Chaînés

4b. Demonstration - Chaînés

4c. Music – Chaînés

5a. Teaching - Warm Up Jumps

5b. Demonstration - Warm Up Jumps

5c. Music - Warm Up Jumps

6a. Teaching - Travelling Allegro

6b. Demonstration - Travelling Allegro

6c. Music - Travelling Allegro

Please film the centre practice exercises from the front of the room as shown in the demonstration videos. **Please edit all of the ballet exercises together into one video clip.**

### **Jazz Combination**

Please learn the jazz combination from the videos provided from the link above.

1. Carl teaching the combination
2. Macy and Sally demonstrating the combination
3. Jazz Music

Please film the jazz combination from the front of the room as shown in the demonstration video.

### **Contemporary Combination**

Please learn the contemporary combination from the videos provided from the link above.

1. Darren teaching the combination
2. Walkthrough with Darren and Eden

3. Eden demonstrating the combination
4. Contemporary Music

Please film the contemporary combination from the front of the room as shown in the demonstration video.

### **Commercial Combination and Freestyle**

Please learn the commercial combination from the videos provided from the link above. Please freestyle at the end of the set combination until the music finishes as shown in the demonstration video.

1. Tia teaching the combination
2. Tia, John and Martin demonstrating the combination and freestyle
3. Commercial Music

Freestyle: Please freestyle in **any dance genre or style**, showing us any skills that you have not been able to demonstrate through the set work. This is a chance for you to show us your strengths and personality.

### **Contemporary Improvisation Task**

We have provided you with a written and spoken version of the instructions in the link provided above. You will also find video examples of our student Sini performing the task. Please do not learn this but use it as inspiration and follow the instructions to create your own unique improvisation. Please do not choreograph a routine. We would like you to dance in silence for this task.

Written Instruction:

Contemporary Improvisation Brief

Videos:

1. Instructions for Improvisation Task by Lisi Perry
2. Improvisation Example (Front View)
3. Improvisation Example (View from above)

**Please edit the Jazz, Contemporary, Commercial and Contemporary Improvisation Task into one video clip.**

### **4. Singing (1 song)**

Please pick one song from the list provided in the song folder, available from the link

above. Songs are divided into Soprano/Alto (female roles) and Tenor/Baritone (male roles). Please choose a song for the gender with which you identify. Each individual song folder contains:

- Lyrics sheet
- A Melody track recording for learning and practice
- A Backing Track recording for your submission
- Please stand in front of the camera and sing your musical theatre song with the backing track provided.

## What to wear

Please ensure that you are dressed appropriately for dance, we need to be able to see your body. Please dress for the gender with which you identify. We are an inclusive institution and every individual is welcome here.

- **Ballet**  
Hair must be securely tied back off the face, in a bun (female identifying) or ponytail (male identifying).  
  
Female identifying - Ballet tights, leotard and soft ballet shoes. You are welcome to wear ballet tights and shoes that match your skin tone.  
Male identifying - Unitard or ballet tights with a tight-fitting vest or t-shirt, socks, ballet shoes.
- **Contemporary and Jazz**  
Leotard and tights or unitard in any colour. Soft jazz shoes for jazz and bare feet or tight-fitting socks for contemporary. Hair off of your face please.
- **Commercial**  
You may wear whatever you are comfortable performing in but please make sure that your outfit is relatively fitted so that we can see the details of the choreography.
- **Singing**  
You may wear whatever you would like to.

## How to record your video audition

Remember that the point of this is for us to see and hear you as if you were in front of us at an audition. You do not need fancy equipment to do this. This can be shot on a mobile phone but always use the back camera. Forward facing cameras tend to be lower quality. Ask someone with steady hands to film you or use a tripod if you have one. Please follow these tips.

- Landscape: always shoot your footage landscape, not portrait.

- **Dance Footage:** Make sure that we can see your whole body, but don't be so far away that we cannot see your facial expression.
- Please do not put your camera on the floor. The camera should be at approximately the same level as the face of the auditionee
- **Setting:** We would recommend that you film yourself performing your dance pieces in a dance studio space, but if you cannot organise that a gymnasium, yoga studio or church hall would also be suitable, as these should be large enough spaces for you to move in with ease.
- **Singing:** Please film so that we can see your whole body, head to toe. You may direct your eye focus and acting through song beyond the camera, rather than into the lens. Please do not include a dance routine with the song. Please do a sound check of your recording before submitting to make sure that we can hear both you and the backing track clearly.
- **Clothing:** Please make sure that the clothes you are wearing help your body stand out from the background (Do not wear white clothes if the studio wall is also white).
- **Lighting:** Please film in a well-lit space.
- **Prepare:** Ensure that you read these guidelines carefully before filming.

## **Submitting your audition**

Please upload your recordings of your pieces to a video hosting website (e.g., YouTube or Vimeo) and ensure that this remains available for us to view until 30 September 2026. If using YouTube, please Upload your clips as 'unlisted'. If you encounter issues with music rights on YouTube, please upload your footage to Vimeo.

You should complete the attached submission form and include the link/URL to the recording(s). Please do not send us links to WeTransfer or email attachments to us.

Please save and name the submission form in capital letters with your SURNAME-FORNAME., followed by the words 'FIRSTSTAGE-DANCEAUDITON' e.g. SMITH-JOHN. FIRST STAGE-DANCEAUDITION and upload this to our applicant portal. Details about the applicant portal have been emailed to you.

## **Stage two: live virtual interview**

After we have assessed your videos, you may be invited to attend a live virtual interview on Microsoft Teams with one of our Dance staff, which will last

approximately 20 minutes. There is nothing to prepare in advance of your interview. Should we invite you to interview, you will receive some further guidelines and tips for taking part.

## **Useful information**

### **Do you have an access need related to a disability that may require specialist arrangements?**

If you think you will require any type of support for the audition process, please contact our Student Disability Officer, at [wellbeing.disability@lipa.ac.uk](mailto:wellbeing.disability@lipa.ac.uk)

### **When you will hear back from us**

We will aim to let you know a decision within three working weeks, after the interview. Unfortunately, it can take longer than this sometimes – please do not assume that you have been unsuccessful if you have not heard from us – it may be that we are still making decisions. If you have any concerns about the status of your application, you are welcome to contact us to ask for an update.

### **Feedback**

Unfortunately, due to the high volume of applications we receive, if you are not successful, we are unable to offer feedback.

### **Any questions?**

For applicants from outside of the UK, please email our International Team, [international@lipa.ac.uk](mailto:international@lipa.ac.uk)

You can also reach us by phone by calling +44 (0)151 330 3000 and asking for the International Team.

**Good luck and we look forward to seeing you.**

**Sarah E. Baker**  
**Head of Dance**



THE LIVERPOOL INSTITUTE  
FOR PERFORMING ARTS

# Stage One: Self-tape

## Audition Guidelines: 2026 Entry

### BA (Hons) Dance

Please enter the information below carefully.

When you save this document, please rename it using capital letters with your SURNAME-FORENAME, followed by the word 'SELFTAPE' e.g. SMITH-JOHN.SELFTAPE.

Please submit this within **15 working days** of receiving your invitation to submit a self-tape. Please submit your completed form to our applicant portal using your personal log in details provided to you previously. Please enter the information below carefully.

#### Your Details

Full Name

Date of birth

LIPA ID Number

<input type="text"/>	<input type="text"/>
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#### Self-tape link

The link should be provided via a hosting service such as YouTube, and not a service where the link will expire as we may need to access your link more than once. Please ensure that this is viewable until **31 August 2026**.

Link to self-tape