

BA (Hons) in Contemporary Dance - Video Task for Admission Process

For your online application to be considered, you will be asked to submit one video. This should be a URL link (YouTube or Vimeo) submitted at stage four of the application form.

Video Content

Please submit one video for your application to be considered. In your video please include the following:

1. A short introduction of yourself. You can tell us your name, where you live, a bit about your dance experience and anything else you would like to include. (maximum 1 minute)
2. Please tell us a little about why you think dance is important in society or what is it about dance that makes you want to study it further? (maximum 2 minutes)
3. Please perform a short warm-up of your choice. This could be an exercise that you have enjoyed or encountered in class, or one you have personally developed. We would like to stress that this is a warm-up to tune into your body. (maximum 4 minutes)
4. Please watch these three short videos of LCDS faculty performing a phrase and choose one that you would like to learn (*press the 'ctrl' button on your keyboard to open the links in a separate tab and avoid closing the application form*):

[Vicky Mante](#)

[Baptiste Bourgougnon](#)

[Kate Price](#)

Following on from your warm-up please demonstrate this phrase once as it is shown by the teacher, and once where you have freedom to play around with it creatively. For example you could:

- Change the order of the phrase
- Focus on one section and develop it
- Change the orientation or tempo (maximum 2 minutes).

5. To finish, we'd like to see you perform a solo of your own making. Please tell us a bit about your solo and then perform it. Your solo can be improvised or choreographed. It could be inspired by a theme, a piece of music or any score of your choice. (maximum 2 minutes).

Total maximum length: 10 minutes

IMPORTANT: Your video can be edited or one single shot and we welcome entries that have been recorded on mobile phone devices, tablet, camera or laptops. Make sure to film in landscape format and wear clothes that we can see you in. Please note that you will NOT be judged on the quality of the filming or your editing skills.

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