Solo / duo

Every Strand of Thread and Rope (2023) 25', solo detuned violin (4 movements).

- Released as binaural album on label all that dust.
- "A gripping collaboration with Berlin-based violinist Sarah Saviet. The long-distance, pandemic-era partnership sought to bridge the gap between the composer's Eastern santoor—the Persian hammered dulcimer—and the Western violin." - (Peter Margasak, best of bandcamp March 2024)

Human Voices (2021) 7', solo accordion.

- Commissioned by Listen Pony
- Performed by Samuele Telari [Sept 2021].

Undone v.1 (2020) 5', solo detuned violin.

- Commissioned by The Riot Ensemble and Zeitgeist
- Performed by Sarah Saviet online due to Covid-19 [2020], Gaudeamus Festival [2021].

Rites (2020) 2', solo tuba.

- Commissioned by BBC Radio 3
- Performed by Andrew Duncan and broadcast on BBC Radio 3 [2020].

Golha (2019) 5', kamancheh (Iranian spiked fiddle), cello, tape.

- Performed at City, University of London [2019], released on Nonclassical album 'I hope this finds you well in these strange times Vol. 2' [2021].

Inventory of My Life (2018) 60', santoor, tape, projections, dancer.

- Funded by PRSF Women Make Music
- Performed in Cambridge [2018], Tokyo [2018], London [2019], at New Lights Festival of piano music, London [2023]

Protect Me from What I Want (2014) 10', cello, bass clarinet and electronics.

- Commissioned by London Sinfonietta as part of their Spectrum of Sound Series
- Performed by members of the London Sinfonietta at Queen Elizabeth Hall, London [2014] and Bastard Assignments, London [2015].

Truisms (enjoy yourself because you can't change anything anyway) (2013) 12', organ and sine waves.

- Commissioned by Southbank Centre as part of Embedded residency 2013-15

- Performed at Royal Festival Hall, London and broadcast on BBC Radio 3 [2013]; performed at Automatronic concert [2014].

Black Dog (2012) 6', solo piano and electronics.

- Winner of John Halford Prize 2012
- Performed by Ben Socrates, London [2012]; Ian Pace at City, University of London [2018]; Douglas Finch at Blackheath Halls, London [2019]; Mahsa Salali at New Lights Festival of piano music, London [2020]; Maria Cueva at Princesa de Asturias awards, Oviedo [2024].

Small chamber ensemble

Manic (2016) 4', string quartet.

- Honourable mention at Carnegie Mellon String Quartet Competition
- Performed by Carpe Diem Quartet, Pittsburgh [2016]; Berkeley Ensemble, London [2017]; Shelter Music Boston [2022]; 97 Ensemble, London [2023]; Soundseed festival, Leipzig [2024].

Mah Didam (2016) 6', soprano, clarinet in Bb, harp, double bass.

- Commissioned by Hermes Experiment, funded by the Britten Pears Foundation.
- Performed at Southbank Centre, Foundling Museum [2017], Oxford Lieder Festival [2020], Wigmore Hall [2021], Shoreditch Treehouse [2023]; Roman River Festival [2024], by Seattle Symphony Orchestra [2024], at Portsmouth Chamber Music Festival [2025]

Tecton (2013) 6', tenor, string quartet.

- Featured on Rhapsody CD for patients of Chelsea and Westminster Hospital [2013]

Chamber ensemble

Between Ritual and Myth (2025) 10', flute, clarinet in Bb (doubling bass), bassoon, 2 x percussion, trumpet, trombone, tuba, violin, viola, cello, double bass

- Commissioned by Philharmonia Orchestra, premiered at Royal Festival Hall [June 2025]
- 4 star review in Telegraph, "All three pieces fixed an emotional tone of fragile intensity, though British-Iranian composer Soosan Lolovar's Between Ritual and Myth went further, taking an initial state of sad twilight and developing it into something grand and ancient-seeming."

EarthBodyWork (2024) 15', flute, clarinet in Bb (doubling bass), percussion, trombone, violin, viola, cello, double bass

- Premiered at Gaudeamus Festival, Utrecht [Sept 2024]

I am the Spring, You are the Earth v.2 (2023) 10', improvising soloist (santoor) and string ensemble (flexible notation).

- Performed by Faraz Eshghi Sahraei and Ruthless Jabiru, conducted by Kelly Lovelady, released on album Girl [March 2024]
- “The delicate balance between what’s written and what’s improvised gives this music a sense of infinitely-present unfurling; made anew in each new performance and each new listening” (Tom Service, BBC Radio 3)
- "I Am the Spring, You Are the Earth, illustrates these East-West suffusions in quite startling ways...Eerie wailing sounds generated during the work’s opening sections using slow-motion glissandos on strings provide a reassuringly avant-garde backdrop. That is, until the sudden appearance of the santoor...[whose] metallic timbre and shimmering presence jolt the music out of its modernist sensibilities, catapulting it into a very different sonic space." (Gramophone)
- "The dynamic santoor playing of Faraz Eshghi Sahraei crackles over the deliciously woozy, tonally wobbly “I am the Spring, You are the Earth,” erasing the divides different traditions in a way that mirrors the composer’s indemnity as an Iranian living in England." (Peter Margasak, best of Bandcamp March 2024)
- "‘I am the spring, you are the Earth’, a piece for santoor and string orchestra, begins with a faint, high-pitched violin that glacially expands into a lush ode; the santoor floats above, interweaving twinkling plucks with the orchestra’s richness." (The Quietus)

Undone v.2 (2023) 10', solo detuned violin and string ensemble (2.2.2.2.2)

- Performed by Sarah Saviet and Ruthless Jabiru, conducted by Kelly Lovelady. Released on album Girl [March 2024]
- Nominated for an Ivor Classical Award 2024 for best chamber ensemble composition
- "With ‘Undone’, written for de-tuned violin, Lolavar brings out the chaotic and unpredictable side of the instrument through scratchy bowings and fast-paced runs, embracing swirling uncertainty as much as the sweetness that came before." (The Quietus)
- "The ghostly presence [of the santoor] can nevertheless be heard in Lolavar’s use of alternative tunings and microtonally generated melodies. Composed in 2020 in response to the covid pandemic, the work is more haunting and fragile than I Am the Spring, with exposed lines on solo violin leading to violent, uncontrollable outbursts from the ensemble during the more animated middle section" (Gramophone)
- "Here we get a delicious, suspenseful tension against the ensemble’s taut orchestral gestures and shadings" (Peter Margasak, best of Bandcamp March 2024)

I am the Spring, You are the Earth v.1 (2019) 10', improvising ensemble (flexible notation)

- Performed at Kings Place, London; Sage, Gateshead; Band on the Wall, Manchester; Royal Welsh Conservatoire, Cardiff [2019], ISCM World Music Days Festival, South Africa [2023], released on album 'Stepping Back, Jumping In'
- “Soosan Lolavar plays the santoor (a hammered dulcimer that adds a dazzling, percussive sheen to much of the music) and also writes one of the stand-out tracks – a gorgeous nine-minute ambient drone called I Am the Spring, You Are the Earth” The Guardian

Girl (2017) 10’, alto flute, clarinet in Bb, percussion, piano, violin, cello

- Performed at Yale Norfolk New Music Workshop, USA [2017], Oviedo Contemporary Music Festival, Spain [2017], Carnegie Mellon University, Pittsburgh, PA [2019], TM+ Orchestra, France [2025]
- "The title composition derives all of its material from an Iranian folk melody, but the transformation echoes how oral transmission constantly changes and mutates a narrative until only the core idea endures, transcending any era or geography" (Peter Margasak, best of Bandcamp March 2024)

Flocks (2016) 8', flute, clarinet in Bb, horn trombone, 2 perc. 2 violins, viola, cello, double bass

- Performed by Carnegie Mellon University Contemporary Ensemble [2016], Trinity Laban Contemporary Music Group [2017]

Only Sound Remains (2014) 30', flute, clarinet in Bb, ney, trombone, tombak, harp, tar, soprano, violin, viola, cello, double bass

- Funded by Arts Council England and Jerwood Charitable Trust
- Performed at V&A Museum, London and City, University of London [2014] conducted by Gregory Rose

Aqua Triumphalis (2012), 6', string ensemble (6.4.4.3.1), percussion, samples

- Commissioned by National Maritime Museum for 'Royal River: Power, Pageantry and the Thames' exhibition [2012]

Large chamber ensemble

Tradition-Hybrid-Survival (2018) 25', concerto for cello and string orchestra (4.4.3.3.2).

- Commissioned by Trinity Laban Contemporary Music Group
- Performed by Thibault Blanchard-Dubois, conducted by Gregory Rose at Albany Theatre, London [2018]; performed by Roxanna Albayati and Ruthless Jabiru, conducted by Kelly Lovelady, released on album Girl [2024].
- "It's with 'Tradition – Hybrid – Survival' that Lolavar's music feels its most heart-wrenching. Here, she packs every emotional thread of the album into one tapestry. The violin is bowed so strongly it feels as if all the hairs will snap off the bow, while the cello swirls amongst it, creating a feeling of unsteadiness. " (The Quietus)

ID, Please (2016) 45', opera for sinfonietta ensemble, mezzo-soprano, counter-tenor and bass baritone (1.1.1.1./ 1.1.1.1./ 2 Perc./ m-sop, c-t, b-b/ 1.1.1.1.1)

- Funded by Arts Council England, Carnegie Mellon University, PRS for Music Foundation and Iran Heritage Foundation
- Performed at Pittsburgh Opera [2016], and Tete a Tete opera festival, London [2017]
- "Lolavar's music, both vocal and orchestral, found the right blend of menace and compassion, and the three singers were exemplary. A future classic? You just never know." (Evening Standard)

Zang-e Rangi (2015) 12', concerto for organ and string orchestra

- Commissioned by Reading Council
- Performed by Berkshire Maestros and the Royal Philharmonic Orchestra [2015], Cantus Ensemble, Tehran [2017]

Orchestral

Set Your Life On Fire (2015) 6', Symphony orchestra [3(1Pic).2.3(1Bass).2/ 4.2.3 (1Bass).1/ 3 Perc/ Hp/ Strings]

- Performed by Carnegie Mellon Philharmonic
- Semi-finalist in Ravel Composition Competition [2015].

Things Come Together (2013) 14', Symphony orchestra [3.3(1Cor).2.2/ 2.2.2.0/ Perc./ Pno/ Strings/ Tape]

- Commissioned by Making Music.
- Performed by the North London Sinfonia and broadcast on BBC Radio 3 [2013].

Vocal

The World is the Active String (2023) 12', SATB choir.

- Commissioned by the Royal Philharmonic Society and Cheltenham Music Festival.
- Performed by The Carice Singers at Cheltenham Music Festival [June 2023] and St Martin in the Fields [Sept 2023]
- "Seemingly suspended in space, but with a gripping, inevitable tension, this haunting and entrancing work finds Soosan using wordless, ancient sounds to give us a searing sense of what it means to be human. A truly fabulous addition to the a capella repertoire, in a blinding performance by The Carice Singers." - Sally Groves

ID, Please (2016) 45', opera for sinfonietta ensemble, mezzo-soprano, counter-tenor and bass baritone (1.1.1.1./ 1.1.1.1./ 2 Perc./ m-sop, c-t, b-b/ 1.1.1.1.1)

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Tecton (2013) 6', tenor, string quartet.

- Featured on Rhapsody CD for patients of Chelsea and Westminster Hospital [2013]

God is Our Hope (2005) 5', STTB choir.

- Performed by members of The Sixteen at the Royal Naval College Chapel [2005].

Concerto

Tradition-Hybrid-Survival (2018) 25', concerto for cello and string orchestra (4.4.3.3.2).

- Commissioned by Trinity Laban Contemporary Music Group
- Performed at Albany Theatre, London [2018] by Thibault… and conducted by Gregory Rose; performed by Roxanna Albayati and Ruthless Jabiru, conducted by Kelly Lovelady, released on album Girl [2024].

Zang-e Rangi (2015) 12', concerto for organ and string orchestra

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