

Filming Requirements for “Hands Down, We Did It!” Dance Showcase Submissions

GOAL: To create a virtual dance showcase of the Handsworth Dance Program students dancing alone, together, while social distancing during the pandemic. I am hoping we can showcase at least 2 creations per dance class for our virtual dance showcase of “*Hands Down, We Did It!*” to be presented in mid-June on MS Teams.

WHAT: Instructions to create filming standards of the various dances to create a more uniform look for the final video montage. All video submissions who do not meet the filming requirements will not be included in the video montage for our virtual dance showcase of “*Hands Down, We Did It!*”

WHO? Students interested in being included in the final video montage of a student choreographed dance for our virtual dance showcase of “*Hands Down, We Did It!*” and have a lasting memory of our creations during the pandemic.

WHEN? The first ultimate final deadline for any video submission is **Wednesday, June 10** for the finale to be included in the video montage for “*Hands Down, We Did It!*”. *Absolutely NO video submissions will be accepted after the deadline.*

Guiding principles:

- Performers will maintain an artistic standard:
 - An accurate performance of the choreography with energy and emotion.
 - Filmed with the performer in the frame the entire time.
 - Performed by a proud dancer before an “interesting” background, while remaining safe during physical distancing.

When reading the information below, remember that it is possible and manageable. Everyone can make this work with one of your phones in your household. You will need to take a few minutes to prepare and practise before filming, but it will make all the difference when I assemble all the videos into one.

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HOW?

1. EQUIPMENT:

- a. **Camera:** (phone or DSLR)
 1. **1080P**
 2. **30FPS** (best option, *if not available*, pick 24FPS)
 3. Check & change your camera settings to 1080P & 30FPS (make sure to search your model)
 - a. On a [Nikon](#) (NTSC)
 - b. On a [Canon](#) (NTSC)
 - c. On an [iPhone](#)
 - d. On an [Android](#) phone

b. Tripod

Shooting with a tripod would give you a nice sharp image, but if you can shoot very still handheld, that would be OK. You can also place your camera on a table so it is stable. It cannot be from the floor as we will have the wrong angle.

The camera should be at about your hip height.

2. LIGHTING:

- a. Your video must be shot in daylight or with enough light so we can see you very well.
- b. You can't be backlight... lots of indirect light is ideal. To make sure you are not backlight. Be cautious of filming beside the window.
- c. **Avoid overexposure (too much light) and underexposure (not enough light).** No filming can be done at night inside or outside, or in a dark space as it will conflict with the other videos.

3. FRAMING & COMPOSITION:

- a. **You must film horizontally only.**
- b. **Make sure that the horizontal line is level, not crooked or uneven.**
- c. **The video should be eye-level**, not low (from the floor) or high level (like a selfie from above)
- d. **Make sure the subject is in focus (just like everything else should be in focus)**
- e. **Make sure not to cut off your head and feet ever.**

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Dancer Size

- a. The dancer should always be seen head to toe, from beginning to end. You should be aware of how much forward, back, side to side, you will move before starting to film your dance to make sure **you are always in the frame without moving the camera.**

4. LOCATION:

- a. Background is very important, so try to find visually interesting locations, as possible under the physical distancing or if filmed inside your house, be aware of your surroundings and make sure it is clean and tidy as this will be shared publicly in the virtual dance showcase.

5. THE DANCERS:

a. Clothing:

- i. Please follow the simple guidelines given by your choreographer. Don't worry if it is not exactly what they asked for. No one can shop during this pandemic, so we will make due with what we have in the house. Try to respect the colour palette.
- ii. **No crop tops, no bra tops, no flip flops, no booty shorts.** If it wouldn't be appropriate for Hands Up, it isn't for the video.
- iii. Footwear: barefoot or sneakers depending where you dance. Be safe.

6. EXPORTING & SENDING THE FILE

- a. Export your .mov or .mp4 file and upload it in MS Teams.
 - i. You're going to send me clips that are:
 1. **1080P (1920 X 1080)**
 2. **30FPS**
 3. **Include the ambient audio recorded**