

## **Home Testing & Video Instructions**

Your testing video is important to us. It is crucial that we can see your movements clearly throughout the entire video. Address the important elements below when setting up and filming your test video.

### **Space:**

Your dance space for filming needs to allow you space to dance appropriately. The space should be cleared of debris and distractions with enough room to dance and a safe floor that lends to dance as well. A good size example might be a 15'x20' space, although smaller spaces may work well, too. The idea is that you have enough space to execute the necessary drills safely and clearly. If you have questions about your space options, please contact us so that we may guide you. Ideas include:

- Garage
- Living room
- Dance studio
- Patio (safe flooring)
- Spare bedroom
- Community Rec Room
- Your friends basement

### **Lighting:**

Make sure your space is well lit. You can use natural daylight, indoor lighting (as long as it is bright enough), dance studio lighting, etc. If we cannot see your hip work and articulations, we will not be able to evaluate your video and you will need to submit additional footage. Again, if you have questions about lighting and filming clearly please contact us so that we may guide you.

### **Camera:**

You don't need a fancy camera or a filmographer. Many smart phones film at sufficient quality for this purpose. Make sure there is enough storage space as you will most likely be filming for about 45 minutes; and the filming must be done all at one time. Some cameras need to have setting changed for lower video quality/pixels so they will not automatically shut off during filming. You might even set up your computer cam to record directly to your hard drive. Most computers have a built in camera and should be able to record. Your camera should be set at about table height and the view should include the whole dance space area clearly. Here is a good checklist to follow:

- Recording storage (video storage on device)
- Camera recording time (check auto shut off)
- Dance space visible through the camera view
- Tripod or stable platform for camera
- Phone, Camcorder, Camera, Computer
- Duration (the entire test must be filmed in a single setting without breaks)

## **Sound**

When filming, keep in mind that background noise and any interruptions that can be disruptive. Audio problems may impede the evaluation process as we may not be able to hear you speak or play finger cymbals clearly. Schedule your film time in an environment that has limited background noise and distractions for the duration. Note that the testing audio (commands and call outs from Suhaila) must be heard clearly on your film, as well.

## **Video and Audio Check**

We recommend you do what we call a tech rehearsal before you undergo your actual testing filming. A short tech rehearsal will allow you to check the lighting, audio, and body placement.