

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. When uploading video, please use **Google Docs** or **DropBox**. YouTube tends to have sound delay and this can translate into a visual timing issue.

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 an hour; and the filming must be done all at once. Some cameras need to have setting changed for lower video quality/pixels so they will not automatically shut off during filming. You might also need to split up your video once you film to make it uploadable. 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.

Technique Drill Filming

Dancers preparing to film the Pre-Chute Technique Drill section: Be advised the maximum film time should be no longer than 75-80 minutes. Factor in time to state the drill quickly out loud prior to 1 minute of drilling each individual drill. Here is a good checklist to follow:

- Practice these drills before filming
- State drills quickly and in sequential order; #1-#45 & (*Feet, Hips, Torso, Arms, Cymbals*)
- Watch your own video prior to submitting
- Make sure music is loud enough to hear in video
- Cymbal patterns are audible and visible