

Resonate and Boogie

This is an invitation to young dancers across Dumfries and Galloway to contribute to a collaboration between Dumfries and Galloway Dance and Paragon Music.

We are going to make a short dance film for a public sharing on Thursday 18th March, via YouTube. Paragon will provide the music and DG Dance will edit video footage of dancers in the region to showcase young dancers (age12-25) and the different areas across the region.

This proposal has been created in partnership with DG Dance's Dance Advocates, a group of young people aged 20-25 from across the region who are developing their skills as dance artists and leaders.

The deadline to send us video footage is Friday 12th March at Midday.

Young Dancers are welcome to join us on Saturday 13th and Sunday 14th March as part of our youth dance sessions where we will also be working on this.

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- Links to a video of the dance sequence we are going to use.

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If you have any questions please email emma@culturedmongrel.org

WHAT IS THE DANCE FILM GOING TO BE ABOUT?

Our Region Dances

Alongside our regional Dance Advocates, we have created a short storyline that will form the basis of our work. It starts by seeing people waking up, they are full of energy and it's like their body can't stop moving. We then see them grab their shoes and coats travel across the region, perhaps past landmarks or different places and then they arrive somewhere special to them.

When they arrive, the dancers are shy, and we can see that they want to dance but are perhaps nervous. As they practice some moves, we see them build their confidence and eventually burst into action. They are all dancing the same dance but adapting it to where they are! Some people dance it on a bench, some in between trees, some on bridges.... People are dancing everywhere!!!

Once they are done, we see them travel home, reversing the journey they made. We see coats put back on coat hooks and shoes put back in the cupboard before everyone makes themselves a cup of tea and takes a sip.

WHAT KIND OF DANCE ARE WE GOING TO BE DOING?

The Dance

Below we have made a table of the kind of videos we would like people to capture. We ask that everyone takes short shots for each (5-10 seconds) section so that our editor can put them in an order and make them flow together with the music.

We may not use all of the videos sent to us as we our dance film can only be six minutes long but we will make sure there are some shots from everyone.

You are invited to base the dance parts of the filming on a sequence we have made. You can see videos of Emma and James teaching this here:

<https://www.dropbox.com/sh/dzd8o1g8zxm5w5w/AAA-TPmDhJyKrTvDJrJAnt1Za?dl=0>

There are many things you can do with this sequence which include:

- Adapting it to the space you are dancing in.
- Editing it by either taking parts out, or making small changes to make it flow more in your body.
- Adding to it by inserting moves
- Growing it
- Repeating parts of it
- Re-ordering it, by taking different movements and doing them in a different order.
- Rewinding it by literally doing parts or the whole sequence in reverse.

WHAT DO YOU NEED ME TO DO?

We have made a table below of all of the shots (pieces of film) that we think we need to make this dance film.

We would like you to read this, learn the dance, get creative, film what you have done and send it to us.

Once you have filmed them, you can email them to emma@culturedmongrel.org via WeTransfer (<https://wetransfer.com>), this is a platform that allows you to send larger files. All you need is an email address.

You need to send these to us by Midday on Friday 12th March.

We also need you to send us your name and the name of anyone who has helped you so that we can credit you in the film

Please feel free to send as much or as little footage as you have time to film.

We are asking you to film in your home and out and about in the region.
Please be safe when you are doing this.

It can be really tricky to film yourself and dance.

If there is anyone who could help you with this, we would encourage you to collaborate.

WHAT ELSE DO I NEED TO THINK ABOUT?

Before you film there are some things that might be useful to know so that what we all send in feels like part of the same project.

Device

You can film on any device you have, a phone or an iPad would be great.

Where possible to better the camera on the device, the better quality of the footage.

When we say quality, all we mean is that it is clear and easy to watch.

Our tips with light will help with this.

Perspective

Please film all shots in landscape view (with the long side at the bottom), so all footage is consistent.

Lighting

If you film yourself with the light behind you, then your body will appear as a shadow on the screen. If you can either film facing a window (so that the camera cannot see the window) or place a couple of lamps facing you (beside the camera) this will make the footage better quality.

Framing

We won't ask you to film your whole self in every shot.

We won't ask you to always face the camera.

If you watch some music videos or even television, you will see that zooming in on one part of the body can be really interesting. When we are filming full body shots, you don't need to be in the centre of the screen. You can be off to one side, you can be very far away, you can look small compared to your surroundings.

Length

All shots should be between five and fifteen seconds in length, they may be slightly longer if you are having to start the camera yourself. This is okay. We can edit out the parts where you press and stop record, please don't worry about having to do this.

Costume

We really want everyone to look like themselves, as they would if they were going for a walk or going to the shops – not too dressed up and not really like a costume at all. Please feel free to wear whatever makes you feel comfortable and means you can dance well.

WHAT DO I NEED TO FILM?

The table below talks about some examples of what you could do.

Please don't feel like you need to do any acting, it can all be very simple!

These can be done slowly, quickly, softly, sharply and in any other way.

Please please please add your own ideas!!!

| SECTION OF STORY | KIND OF MOVES | KIND OF SHOTS | OTHER NOTES |
|---------------------------------------|---|--|--|
| Waking Up and Coming To Life | <ul style="list-style-type: none"> - A hand dancing out of the covers like it is waking up. - Eyes opening. - Springing up off the pillow. - Seeing some feet landing on the floor beside the bed. - Sliding out of bed and getting moving. - Stretching. - Shaking. - Cleaning your teeth! - Eating your breakfast. | <p>Every shot will be close up and we won't be able to identify who any people are.</p> <p>We are very close up and sometimes it may feel silly.</p> | <p>You can think about details here and how you can borrow details from the choreography and add them in here.</p> |
| Energetically Getting Ready to Go Out | <ul style="list-style-type: none"> - Someone pulling a shoe on. - Someone grabbing a jacket. - A hat being pulled onto a head. - Putting keys in a pocket. - Opening the door and slamming it shut behind you. - Putting an umbrella up. - Doing up the zip on a coat. - Putting headphones in/ on. | <p>Every shot will be close up and we won't be able to identify who any people are.</p> <p>We are very close up and sometimes it may feel silly.</p> <p>This is about objects and how we interact with the things around us.</p> | <p>You can think about details here and how you can borrow details from the choreography and add them in here.</p> <p>You can also do silly things and put things on in silly ways if it feels like fun.</p> |
| Travelling to Where You Will Dance | <ul style="list-style-type: none"> - Shots of feet walking over different surfaces - Jumping over things in a practical way (puddles, gate) - Overcoming obstacles in the way (lampposts, streams) | <p>Some shots will be close up and some will be wider, taking in the landscape.</p> <p>This should feel</p> | <p>Please don't be scared to try different things as long as you are safe.</p> <p>The more creative ways you can find to</p> |

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|--|--|--|--|
| | <ul style="list-style-type: none"> - Back shot of where they are going - Back shot of running - Using umbrella as a walking stick/ carrying your umbrella - Walking past landmarks (where somebody walks through the shot) - Focus on something people touch (a tree, or a gate) - Cycling!! | <p>like fun.</p> <p>This is about objects and how we interact with the things around us.</p> | <p>travel the more exciting this section will be.</p> <p>Please try to make sure the camera is steady enough that people don't get motion sickness watching!!!</p> |
| Arriving | A shot of you arriving in the space you will dance in. Preferably a shot of the back of your body so we can see you standing looking at the landscape or area you have arrived at. | <p>One shot per person, simply showing you arriving in the area.</p> <p>This shot can move across the area so we can see more of it.</p> | The more simple the better! |
| Being Shy About Dancing and Building Up Confidence | <ul style="list-style-type: none"> - People exploring the areas they are going to dance in. - People trying out dance moves to make sure they are safe. - People exploring different objects that they could dance round or on (these could be benches, stones, fences or bus stops!) - People noticing things about the area. | <ul style="list-style-type: none"> - Some shots close up of hands on benches or exploring. - Some shots far away so we see the whole person. | Please remembers to stay safe if playing with different areas or objects! |
| Dancing, Bursting Into Action | - Shots of people really dancing the sequence we have filmed for you. | - Whole body shots so we really see people and how energetic they are. | - Please film a few versions of this and send them all. The more you do it the more comfortable you will be become and more things you will discover. This will all come across on the film. |

| | | | |
|----------------------------|---|--|---|
| Enjoying What has Happened | - A moment of stopping and smiling or giving a relaxed sigh in the area you have been dancing in. | - One shot per person, showing that you have enjoyed dancing in the place that you love to be. | |
| The Journey Home | A reverse of the travelling section above. | Some shots will be close up and some will be wider, taking in the landscape. This should feel like fun. This is about objects and how we interact with the things around us. | Please feel free to be creative again. Can you walk backwards, or reverse what you did? |
| Arriving Home | Shots that show the opposite of what you filmed getting ready. If you put a jacket on, can we see you hanging it back up. If you took your shoes out of a cupboard, we might see you putting them back in. | Some shots will be close up and some will be wider, taking in the landscape. This should feel like fun. This is about objects and how we interact with the things around us. | |
| Making Tea | - Shots of putting a tea bag in a cup. - shots of adding sugar or milk. - shots of putting the kettle on. - shots of pouring the water. - shots of stirring your tea. - a shot of taking a sip of tea! | All very close up and everyday shots. Not so much dancing but shots showing you like everyday people. | This is a silly moment that should show people enjoying a moment of refreshment after dancing!! |

CONSENT FORM

If you are under 16 please ask a parent or guardian to complete this form.

This could be via e-signature, by printing and sending a photograph or by writing the words and sending an image of this. Whatever is easiest for you, dependent on your technical setup.

I (guardian name) _____ give consent for any video footage featuring (child's name) _____ submitted to Dumfries and Galloway Dance's Resonate Opportunity to be shared publicly on Thursday 18th March as part of the DG Dance and Paragon Performance Evening.

I (guardian name) _____ give consent for any video footage featuring (child's name) _____ submitted to Dumfries and Galloway Dance's Resonate Opportunity to be shared publicly as promotional material for Dumfries and Galloway Dance.

Signed _____
Date _____

If you are over 16 please complete this statement of agreement.

I (insert name) _____ give consent for any video footage I submit to Dumfries and Galloway Dance's Resonate Opportunity to be shared publicly on Thursday 18th March as part of the DG Dance and Paragon Performance Evening.

I (insert name) _____ give consent for any video footage I submit to Dumfries and Galloway Dance's Resonate Opportunity to be shared publicly as promotional material for Dumfries and Galloway Dance.

Signed _____
Date _____

Please Send a Copy of this form with your submitted videos.
Any footage received without this form will not be eligible for use in the work.