

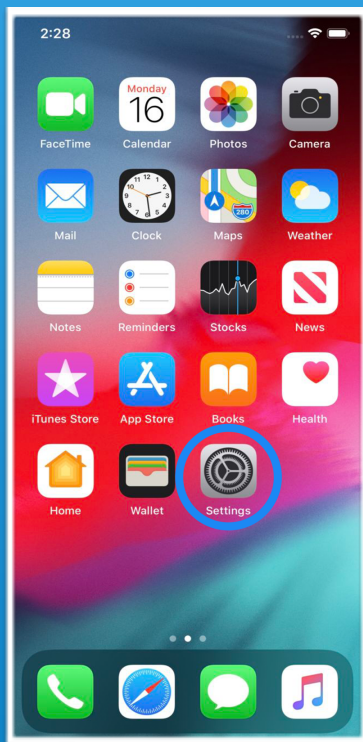
How to film your video

Camera Settings

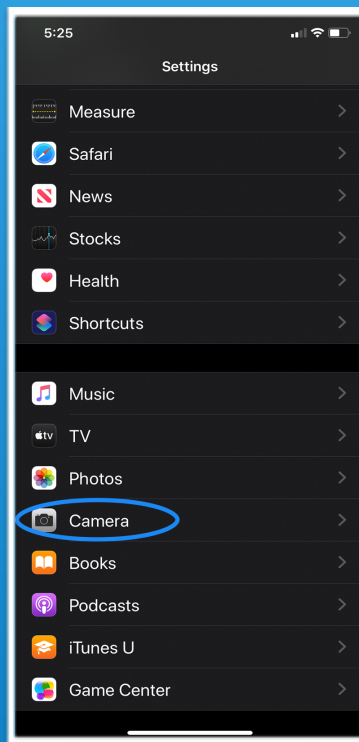
These instructions will work for most devices, but your phone may differ. Consult your manufacturer or manual if your camera settings area does not match our instructions.

Videos **MUST** be recorded at 1080p at 30 frames per second (fps)

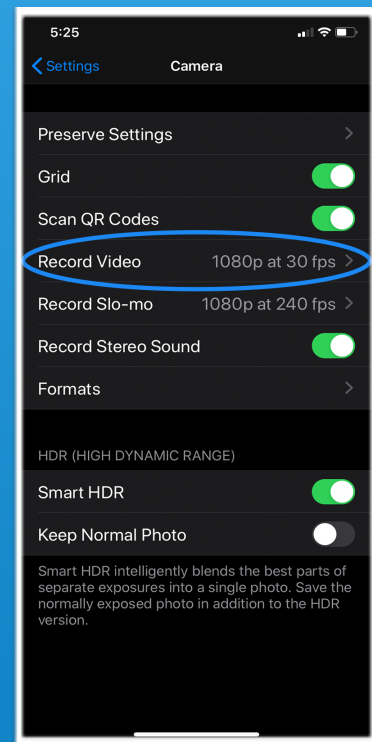
iPhone Instructions



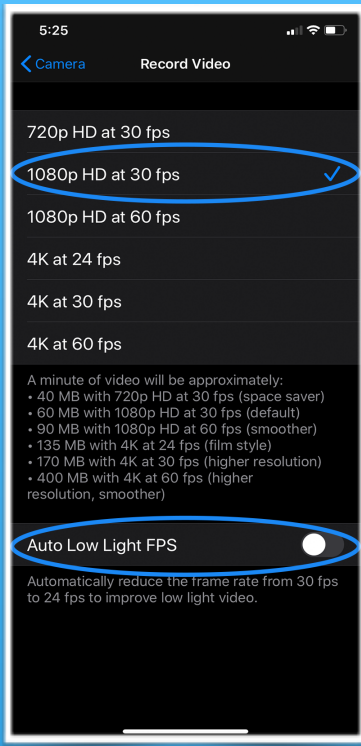
Go to **SETTINGS**



Click **CAMERA**



Click **RECORD VIDEO**

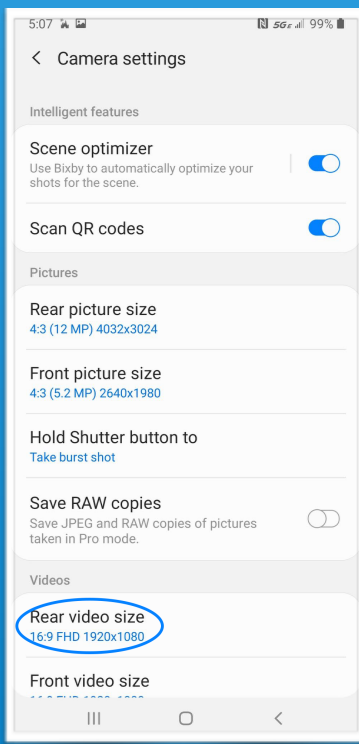


Make sure settings are set to **1080p HD at 30 fps**

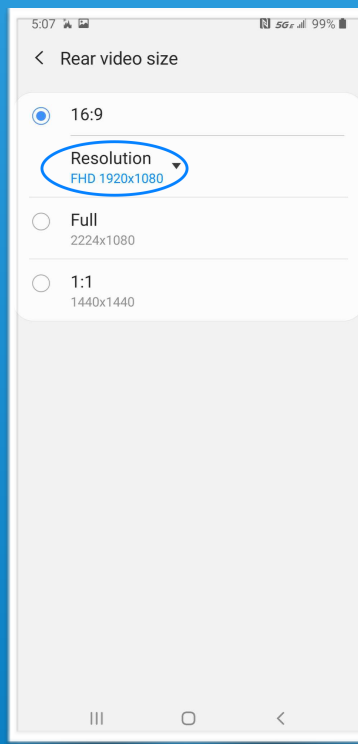
Make sure **AUTO LOW LIGHT FPS** is OFF

Android Instructions

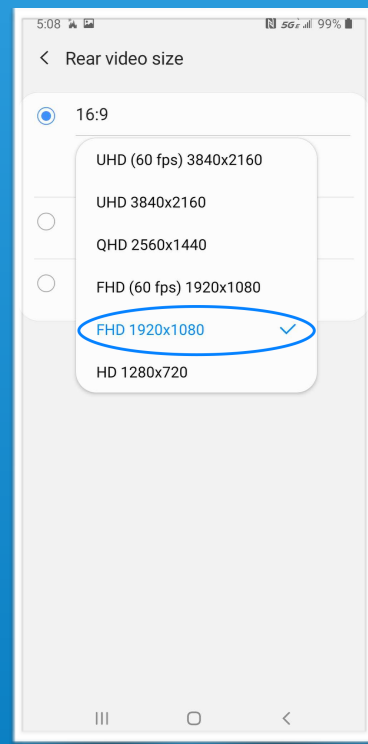
Open the camera app on your phone and press the gear icon  to open settings.



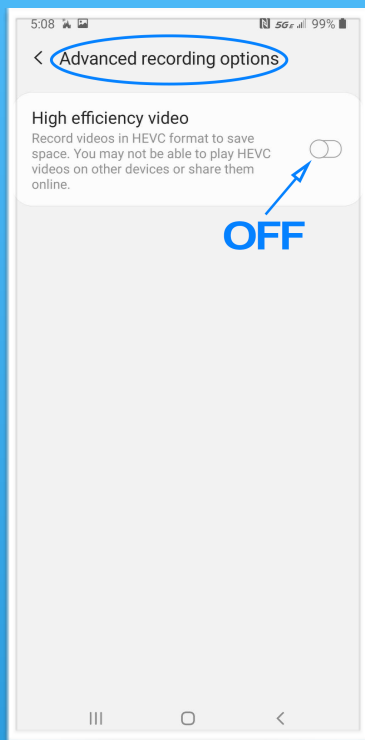
Click **REAR VIDEO SIZE**



Click **RESOLUTION**



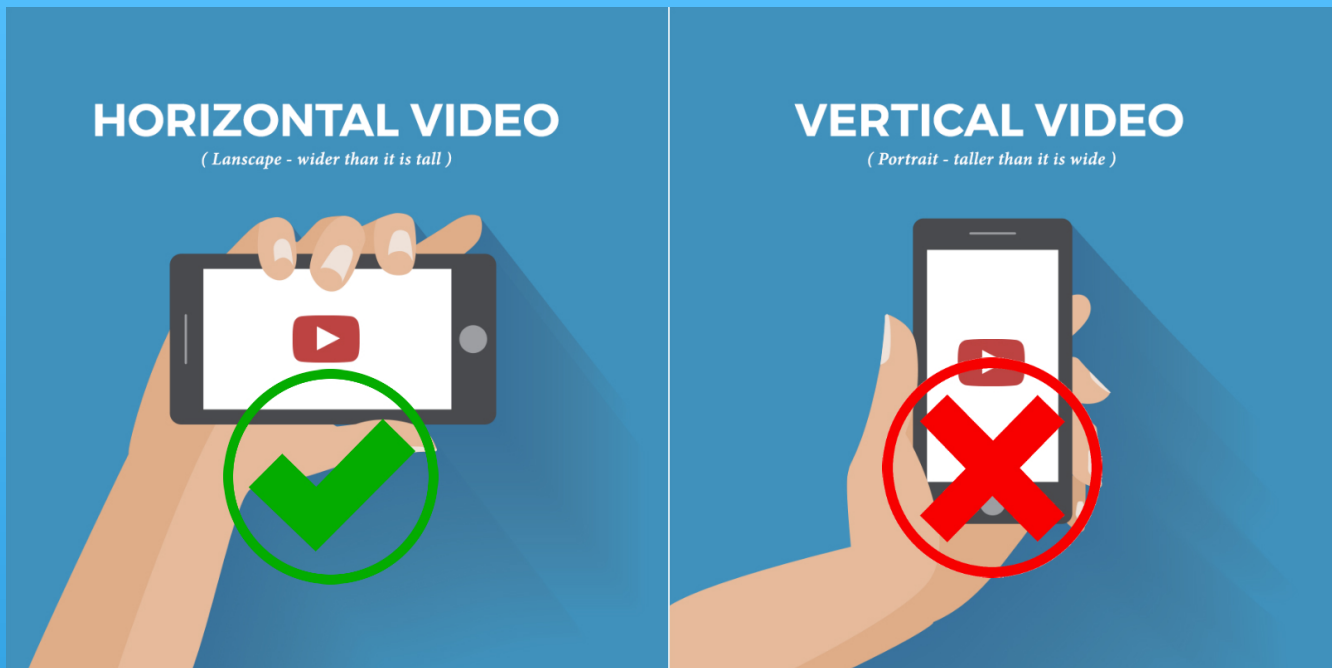
Click **FHD 1920x1080**
(NOT 60fps)



Under the **ADVANCE RECORDING OPTIONS** make sure the **HIGH EFFICIENCY VIDEO** is **OFF**

Recording

You will be given music (or a pre-recorded video of your instructor performing your dance) that has beeps before and after the song. When you begin recording your dance, use a second device to play back that music or video making sure that it can be heard in your recording. The beeps and music **MUST** be heard in your video. Please be sure to hold your end pose until after the beeps at the end of the song. Make sure your dancer's head and limbs are always in frame. If possible, record in a place with quiet surroundings and be sure not to cover your phone's microphone while recording.



Shoot horizontal video. Put your camera/mobile phone at eye level of the dancer. Step back so that there is enough room to keep your dancer in frame. Put the camera/mobile phone on a stable surface or use a tripod to keep the video still.

Lighting

Use natural daylight if possible. You can have an optional complimentary light behind your dancer but use a powerful lamp or natural light source from the FRONT.

Do not record at night with poor lighting or record with strong lights or lamps behind your dancers.

Background

Use a clean, tidy open space. Its is okay to have furniture and such in frame but do not use an overly busy or chaotic background.

Try not to have any moving or distracting items in the background.