



All State 2022

Helpful Hints for Dancers

- Have an open, safe space to learn the routine, be able to practice and perform full out.
- Wear your hair up and away from your face.
- You are welcome to wear makeup if you would like but it is not required.
- Wear all black dance clothing if possible.
 - Please make sure your dance team name and/or school name is not visible on your clothing.
- Film a practice video to ensure that the judges can see you from head to toe throughout the entire routine.
 - Rewatch and adjust if necessary looking for the following things:
 - Are you giving yourself enough time to get in position before the music starts and making sure your video does not cut off the ending of the routine? (Hold your ending pose for a beat before turning off your camera.)
 - Does the brightness in your performance video need adjusting? Is it too dark or too bright to be able to see your performance clearly?
 - Are you able to see yourself from head to toe throughout the entire routine?
- Submit your video no later than February 11, 2022.
 - Title your video file as follows:
 - First Name_Last Name_School
 - Example: Jane_Doe_Centennial
 - Submit your video to the DropBox link below:
 - [DropBox Link to Submit Videos](#)
- Questions???
 - Please email allstateddca@gmail.com
- HAVE FUN DANCING!!!!!!!!!!!!

