

Instructions for pre-screening video

Your video must contain the following material (in order)

1) Initial section

A close-up of you (the face or half the body) where you tell what your name is and what address you have, as well as give a brief history of past dance training.

2) Technical part (with musical accompaniment)

Grand Adagio with développés in every position, walks and pirouettes.

Petit Allegro, including jump on two feet, jetés, temps levés, assemblés and beats.

Grand Allegro including grand jetés and tour jetés as well as either balancés or rollers.

3) Performing part

A prepared solo, modern, to music accompaniment. The solo can be original or standard repertoire. It should show artistic qualities and flow of motion. Length: About two minutes. You can record another solo in a different style if you want, but it is not necessary. Before entering the actual piece, enter the title of solo, choreographer and composer of the music.

Requirements for clothes

You must wear unitard or tights and tight-knit top or knitted leggings so that it is possible to study your technique. You must not have skirts, loose-t-shirts, legwarmers or other items.

Carefully consider this when filming:

What's in the background (furniture, people, pets, signs, etc)?

Do your clothes contrast with the background so that you can be seen clearly?

Is there enough light?

Even though we do not require professional video quality, it's up to you that you create the best possible conditions for filming. Review your pre-screening before sending the link to make sure you can be seen clearly throughout the video.

Upload and share link

Upload your movie to video service (Youtube, Vimeo or other) and attach a link to the video in your application. Be sure to put YouTube rights to "Unlisted" (under Privacy Settings) so that no one can see your movie. In Vimeo, you should protect the video with a password that you attach to the link. (If you are using PDF form for application, please enter link and possibly password under Other Information.)

(Keep in mind that if your internet connection is very slow, it may be easier to upload each section separately, then you will need to send multiple links.)