

PUTTING YOUR BEST FOOT FORWARD

TIPS FOR MODELING AND STAGE PRESENCE



Putting Your Best Foot Forward

Whether you are modeling in a fashion revue or performing on stage, it is always important to put your best foot forward.

Relax and Breathe

Although it necessary to stay focused on the stage, always remember to breathe and appear at ease. Channel your nervousness into your diaphragm. Relax your neck, and your shoulders, and breathe slowly and deeply using your diaphragm. It is important to take a few minutes prior to show time to relax and focus.

Posture

Bad posture is an unrecognized flaw in many people. However, when modeling, bad posture is a harmful flaw. Always remember to keep your back straight and your shoulders up. Slouching affects your appearance, never slouch or hunch. In addition to your back and shoulders, always remember to pull in your stomach muscles, this naturally will help you stand up straighter. When standing still or posing, bend your knees slightly, to keep them from locking.



Pace and Walking



Do not move too fast or too slow on the stage. Pace yourself according to the music and walk smoothly. Allow your arms to move freely and naturally when walking. Do not keep your arms too straight. Hands should be at your sides and still, unless you are using them to express your piece, or are holding a microphone.

Imagine you are following a line. Walk with your feet pointed forward, not turned out. Ladies, put one foot directly in front of the other, but with long confident strides. This will naturally make your arms swing. Guys should take even longer strides.

Practice walking in the shoes that you will be wearing when modeling. Familiarize yourself ahead of time with the stage or area that you will be walking on.



Hands

Remember to keep your hands open and fingers visible. Balled up fingers and hidden hands make you appear tense, nervous, fearful, or angry.

Standing and Turning

When standing place your feet in a “Y” position to appear graceful. Place a little more weight on your back foot to maintain your balance.

When modeling you will come to a point when you will need to turn around and/or change direction. A pivot turn works well. A pivot is a turn on the weighted foot up to a maximum of 1/2 turn. You will pivot gracefully with your weight on the balls of both feet. Do this from the standing “Y” position by taking a short step forward with your front foot. Keep both feet on the floor, then lift your heels and pivot on the balls of your feet so your toes are pointing in the opposite direction. Finish the turn by sliding your front foot back to the “Y” position. To return to your original position, pivot back.

Another possibility, if you have room, is to take a step before you pivot, and another before you pivot again. This lets you turn in a full circle.



Audience

The audience is there to watch you perform and congratulate you. Look out at the audience and perform for them. If you are too nervous to look at the audience, look slightly above them. Never look down at the stage or your feet, keep your focus up and out.



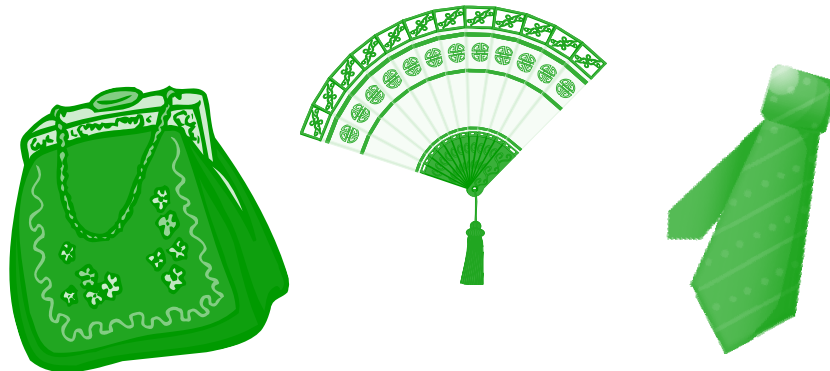
Diet

Drink at least 8 glasses of water a day and be sure to drink plenty of water the day of the event to keep your body hydrated. Also be sure to eat a small snack or meal, with protein and carbohydrates, before modeling on stage to keep your blood sugar at bay and your energy up.



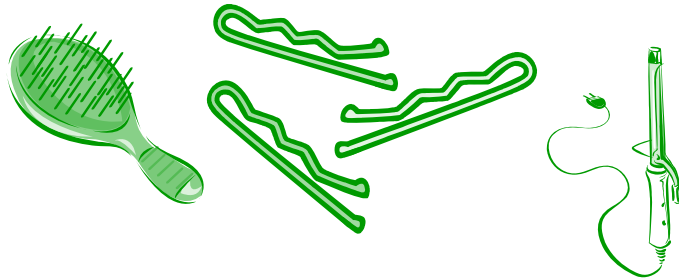
Accessories

Accessories can be used to enhance your clothing. Be sure your accessories add to your outfit and not take away from it. Scarves, hats, jewelry, purses, and belts can definitely add to your clothing to complete a look.



Hair

Be sure your hair is not covering your face and do not touch your hair. Hair styles should coordinate with your look.



Facial Expressions

Consciously lift your eyebrows. It will immediately brighten your face. Most of all smile a lot and have fun.



Oops.....

If you make a mistake, ignore it and move on. The audience will forget it as fast as you do (if they noticed it in the first place). Facial expressions or comments only draw attention to the mistake.



The 4-H Pledge

Head

I pledge...

my Head

to clearer thinking

Heart

my Heart

to greater loyalty

Hands

my Hands

to larger service

Health

and my Health

to better living

for my club

my community

my country

and my world.



The 4-H Pledge, first adopted in 1927, summarizes 4-H as the four-fold development of youth through the Head, Heart, Hands and Health.

The **HEAD** represents:

1. Thinking, planning and reasoning.
2. Gaining new and valuable knowledge.
3. Understanding the whys.

The **HEART** represents:

1. Being concerned about the welfare of others.
2. Accepting the responsibilities of citizenship.
3. Determining the values and attitudes by which to live.
4. Learning how to live and work with others.
5. Developing positive attitudes.

The **HANDS** represent:

1. Learning new skills.
2. Improving skills already known.
3. Being useful, helpful, and skillful.

1. Prepared by Lori Wiggins, Taylor County 4-H Extension Agent II, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida. March, 2010. Please visit the 4-H Website at <http://florida4H.org>.
2. Resource: Ohio State University Extension "Clue Yourself into Modeling", 1996 Ohio 4-H State Fashion Board, 4-H 422.
3. Reviewed by Judith Butterfield, Central Region Specialized 4-H Agent IV.
4. Layout by Julie Wilson, Senior Secretary, Regional 4-H Agents.

COOPERATIVE EXTENSION SERVICE, UNIVERSITY OF FLORIDA, INSTITUTE OF FOOD AND AGRICULTURAL SCIENCES, Larry R. Arrington, Director, in cooperation with the United States Department of Agriculture, publishes this information to further the purpose of the May 8 and June 30, 1914 Acts of Congress; and is authorized to provide research, educational information, and other services only to individuals and institutions that function without discrimination with respect to race, creed, color, religion, age, disability, sex, sexual orientation, marital status, national origin, political opinions, or affiliations. Single copies of extension publications (excluding 4-H and youth publications) are available free to Florida residents from county extension offices. Information about alternate formats is available from IFAS Communication Services, University of Florida, PO Box 110810, Gainesville, FL 32611-0810. The 4-H Name and Emblem are protected under 18 U.S.C. 707. This information was published as 4H GC 00 was created November 2007, revised December 2009.