



DANCE REELS CHEAT SHEET

EDITOR'S NOTE



Imagine what it would feel like when a new audition pops up in your inbox and you have a video that:

- ✓ looks like you
- ✓ accurately represents your movement style
- ✓ is easy and fun to watch

RECORD SCRATCH SOUND

Hold up. I know what you're thinking:

- when will I find time to shoot this?
- how do I know what they are looking for?
- don't I need to show off my credits?

Let me tell it to you straight. The industry (and world) is moving fast. Video is more important than EVER, and if you don't have a bad*ss reel, you might not be considered for the job.

The **dance reels cheat-sheet** is designed to give you a step-by-step system and guide to seamlessly plan and execute your own dance reel.

Now let's get to work!



What You Need Before You Create a Dance Reel

Footage (duh!)

But, first let's go through a checklist.

- Decide whether you are creating a demo reel or visual resume
 - Does it:
- Showcase YOU clearly
- Have good lighting
- Demonstrate what you look and move like NOW?
- Show your best styles AKA "evidence of your greatness"?
- Capture you in high quality footage
- Avoid large group moments

I want all of your footage to have everything above, but of course, there are nuances to this.

IF you have footage in the parameters above, go to section A. If your footage (or lack of) doesn't fit in the boxes above, skip to section B.

SECTION A:

Once you have your footage, then what?

1. Review it all to find the best moments
2. Make your selects (and label or color code them in your files)
3. Research and select music
4. Cut your music to a 1:00-1:30 min in length (*before* editing the reel)
5. Find a software program that you are comfortable with for all post-production.

Then you are ready to edit! HAVE FUN 😊 Go to Section C

SECTION B:

If you don't have any footage, then what?

1. Decide how/when you are going to capture footage (in classes, friend's videos or making your own)
2. If you decide on shooting yourself then:
 - a. Pick 1-3 styles that you need (your best styles, *not* what you're working on)
 - b. Choose wardrobe that corresponds with the styles
 - c. Make sure makeup and hair (if applicable) change with each look
 - d. Set a date to shoot
 - e. Find a friend to capture
 - f. Get lots of angles and perspectives during your shoot
 - g. Don't forget to shoot BTS content during your shoot both vertically and horizontally on your phone
3. Once you have your footage, you can move on to Section A. Happy Reeling!
4. If you are shooting yourself, there are a few pieces of equipment I recommended to make it look as high quality as possible. Here are the elements to the most professional looking shoot:
 - a. **Steadiness.** This is a MUST. A shaky camera will always look amateur. You can use a phone with a stabilizer or gimbal and it will look like it was professionally done.
 - i. These are my 2 picks for ones you can easily [buy on amazon](#) at 2 different price points
 - b. **Great lighting.** Also a MUST. To achieve great lighting, you have to shoot either early or late in the day. This is to ensure you don't have the sun right above you (think interrogation room). You don't need to rent lighting to achieve good lighting, but just be aware of what time of day it is, and do a test shoot in the location you are using beforehand.
 - c. **Depth of location.** It is more cinematic to have depth in your shot. In front of a wall will limit your shooting capabilities and make it look flat. Try and choose locations that are large enough to create range and texture.

SECTION C: Post-Production Musts

Now that you have your footage, then what?

- Make sure to start and end your video with your name
- Start with a close-up shot (preferred) OR headshot
- End with your contact info, website or handle
- Credit all choreographers in video using the description section of wherever your reel is going to live (youtube, instagram, dropbox, etc)

As always, I'm here to answer any questions you may have about this.

Ways to connect with me about your reel:

1. Inside the [mntrU Crew](#) (monthly group-coaching membership)
2. Private, personalized [career-coaching calls](#) where we will review footage, share screens, and have the potential to plan out all of your pre and post production
3. Done-for-you services: reel editing

Send me a DM @mntr.mgmt or email me mntr.mgmt@gmail.com to get started

NOTES:
