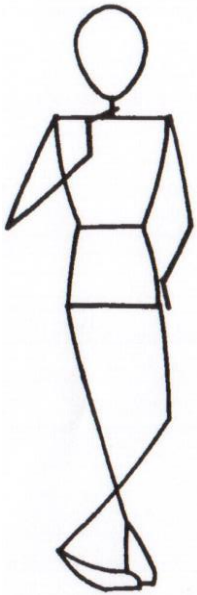
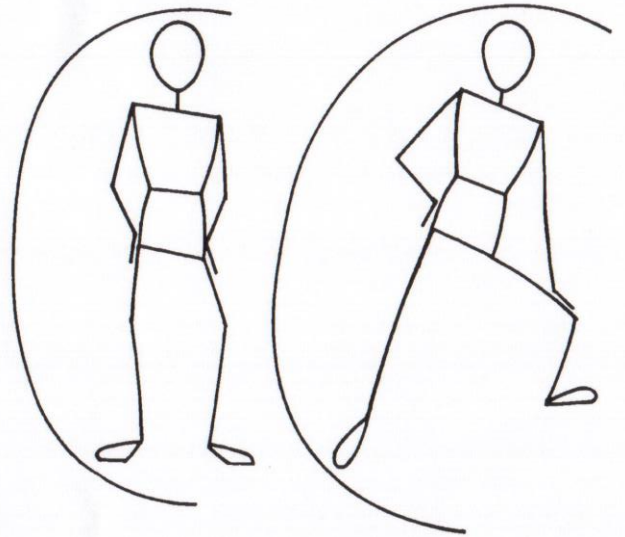


“C” Pose

The “C” pose begins with the sidestep position. Bend at the waist so your body curves—like a “C”—toward the extended foot. The curve can be gentle or extreme, depending on the desired effect. As you bend sideways at the waist, your body weight transfers to the extended foot. Lay the hand above the extended foot on your mid-thigh or knee, depending on the degree of body curvature. Rest your other hand on your hip.



Crossover Pose

The crossover is an easy, attractive pose. Cross one leg either in front of or behind your other leg, with your toe pointed toward the floor and your heel up. Place the hand on the side of your weighted foot in a position higher than the other hand, giving an artistic line to your body.

Walk and Run Poses

Walk and run poses are used to illustrate action. To simulate a walk, begin in the “T” position, keeping your weight on your back foot. Extend your forward foot and point your toe up. A run pose involves shifting your weight to your forward foot and lifting the heel of your back foot off the floor. Try a variety of hand positions to give your body the illusion of movement.



Optional Props

It's fun to add a prop when modeling for an audience. It provides an added flair and sometimes helps tell the story of where you might wear your outfit. It also helps put you, the model, at ease. We're often more comfortable in front of others if we have something in our hands. Here are a few suggestions of props you might carry with you when you're modeling:

sports equipment

books

equestrian riding equipment

umbrella

sunglasses

notebook or clipboard

purse

flowers

backpack



Finishing Touches

Here are some final reminders to help you appear well groomed, fresh, and appropriately accessorized for an attractive, finished you.

Cleanliness

Cleanliness and freshness are of major importance in the impression you make. Below is a grooming checklist for you.

- I am freshly bathed.
- I have freshly shampooed hair.
- My hair is styled and combed.
- My teeth are brushed.
- My nails are filed and clean.

Clothing

You've worked hard on your new garment and you want it to look its very best. Below is a garment prep checklist for you.

- My garment is impeccably clean. (Freshly washed and absent of stains.)
- I have pressed my garment carefully.
- I have clipped any loose threads.

Makeup

The whole point of makeup is to make you look fresh, vital, and capable. 4-H members who usually do not wear makeup need not wear any for Fashion Revue. If you normally wear makeup, apply it as naturally as you can. Do remember, though, that at a distance your makeup fades, so you may want to intensify your blush, lip, and eye colors. Always blend carefully. Be aware that you want to look fresh and vital, not like you're wearing a mask. Below is a makeup checklist for you.

- My makeup has been freshly applied.
- My makeup is well blended.
- My makeup is appropriate for my age.
- My makeup is appropriate for my outfit. (For example, evening wear allows for more makeup than daytime.)



Accessories

Choose accessories that are appropriate for the garment you'll be wearing. Keep them well proportioned to your size, and of complementary colors that either blend or contrast. Ladies may wish to wear neutral panty hose or apply lotion to their legs to pull together a sleek, well put together look. Hosiery can make walking in heels easier, make your legs more attractive, and help garments lay smoother. Remember the lights on stage are brighter than room lighting; make sure you have on appropriate undergarments for your outfit (such as a slip) to prevent a see-through effect. A good rule for shoes is that they be the same color as the hem of the garment or darker: Neutrals (tans, gray, black) are always correct. Wear jewelry if it's appropriate for you garment. Gold and silver are classic, versatile choices. Hats are a fun addition, too, as long as they complement or complete the total look. Study fashion magazines and catalogs to see how professionals put it all together. Below is an accessories checklist for you.

- My accessories are in proportion to my body size.
- My accessories complement my garment.
- The colors of my accessories contrast or blend with my outfit, giving me a total look.
- I am wearing appropriate undergarments (slip, panty hose, dress socks, etc.) to represent a sleek, well put together look.
- My shoes are clean, polished, and fit appropriately.
- I am comfortable standing and walking in my shoes. (Practice your model walk in the shoes you will be wearing for Fashion Revue.)

Remember the most important finishing touch is a positive attitude. Take a couple of deep breaths, relax, and wear a smile!

Developed By Monica L. Brinkley, Liberty County Extension Director; Judith R. Butterfield, Regional 4-H Specialized Agent, retired; Heather M. Janney, Hamilton County 4-H; Becky V. Bennett, Madison County 4-H; Amolsch, S., Duval County; Sarah T. Hensley, Central 4-H RSA; Pamela Phillippe, Charlotte County 4-H; Muriel Turner, Levy County FCS; Stacey Ellison, NE 4-H RSA; and Brenda Williams, Alachua County FCS. August 2011. Revised August 2012. Revised 2015.

The Institute of Food and Agricultural Sciences (IFAS) is an Equal Opportunity Institution authorized to provide research, educational information, and other services only to individuals and institutions that function with non-discrimination with respect to race, creed, color, religion, age, disability, sex, sexual orientation, marital status, national origin, political opinions, or affiliations. U.S. Department of Agriculture, Cooperative Extension Service, University of Florida, IFAS, Florida A&M University Cooperative Extension Program, and Boards of County Commissioners Cooperating.

