



Session Toolkit

GOING DIGITAL

Moving your dance performance
online



OTTAWA ARTS
COUNCIL | CONSEIL DES
ARTS D'OTTAWA

SESSION OVERVIEW

The COVID-19 pandemic spurred on many challenges for performing artists. It also created some new opportunities for audiences to access artistic programming.

The following toolkit summarizes **Allison Elizabeth Burns'** video session lending her expertise in launching your movement practice online and creating content that will engage with wider audiences.



Adaptation

Reframing your dance work for the screen



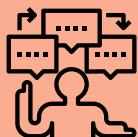
Live-stream

Considerations for a real-time digital performance



Filming

Considerations for creating screen-dance



Sharing content

Sharing and protecting your content online

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Adaptation

Reframing your dance work for the screen

When filming your dance performance take on a film-oriented approach to capturing your choreography, meaning, shoot close ups of the dancers' bodies and at several angles. Keeping the dancers close in the camera frame is key to a compelling performance!

TIP #1 Close ups can be a helpful tool in highlighting specific movements giving a sense of intimacy and connection with the audience.



VS



TIP #2 When filming your performance, think about the sequence of shots to create a cohesive video. Keep it varied. If you choose to have many short shots in succession, this can create a sense of energy and dynamism.

Choosing where the camera is located when filming can greatly affect your filmed performance experience; for example, shooting dancers from below aimed upward toward the dancer will make the dancer appear taller and more statuesque while doing the opposite, shooting dancers from above looking down, can make them appear smaller and more vulnerable.

The lighting chosen for your performance will convey the mood or atmosphere portrayed on camera. Is your performance mysterious or sinister? Try dramatic high-contrasting light. But remember, the darker the lighting the less the audience can see so when in doubt use more light!



Live-stream

Considerations for a real-time digital performance

To ensure a smooth performance stream, use a wired internet connection to prevent lag, the ideal speed is 1MB per second; don't go with the Wifi for this one. If choosing between your phone or your laptop/desktop computer camera, phone cameras are the recommended choice.

Test everything before going live. And if you can, have someone else film while the performance is live if you are performing.

Consider wardrobe, contrasting you/ the dancer from their surroundings can be very effective. Bold solid colours are especially compelling.



VS



TIP #3 To keep audiences engaged online- consider hosting a post-performance Q&A with the live chat features in your streaming platform or have a friend moderate a chat.



Filming

Considerations for creating screen-dance

Create a shot-list. It is important to plan your shoot, planning all the shots, angles and length of your film is very helpful. You will also want to rehearse and adapt choreography based on this plan.

TIP #4 While producing a dance film, doing it solo is totally possible, but you may want to collaborate with experts in specific fields: directors, choreographers, performers, director of photography, or makeup, lighting, and sound designers for example are just a few.

TIP #5 Try to use the same camera throughout your entire shoot for ease of editing and production value.

TIP #6 When cutting/ editing your performance, stick to moments of movement to cut to your next clip instead of a moment of the dancer's being still, giving a better flow to the production.

Shotlist Example:



Shot #	Location	Camera Angle	Camera Move	Audio	Subject	Shot Description
1	Outside	Eye level	Static	Voice Over	Jessica	Close up of Jessica by tree
2	Outside	High Angle	Pan	Voice Over	Jessica	Jessica moves away from tree
3	Studio	Eye level	Static	Voice Over	Jessica and Sandra	Jessica and Sandra interlock choreography



Sharing content & resource links

Sharing and protecting your content online

There are a variety of ways and channels you can share your dance film such as social media, dance festivals, and your website.

TIP #7 Create a Film Freeway account!

TIP #8 Consider accessibility options like providing alt text for images posted online, closed captions for audio, or description tracks.

Be sure to keep a record of your video work ownership, any collaborations, co-producer agreements to safeguard the ownership of your work. Add copyright and credits when posting your dance video.

Resource links

Instructor: <https://www.allisoneb.com/>

Testing internet speed for live stream: <https://www.speedtest.net/>

Live streaming resources:

<https://zoom.us/>

<https://www.facebook.com/>

<https://www.twitch.tv/>

Canadian Alliance of Dance Artists: <https://www.speedtest.net/>

Film editing app recommendations:

Imovie, Da Vinci Resolve

Dance opportunities listings:

<https://dancingopportunities.com/>

<https://www.ottawaartscouncil.ca/>

<https://digitalartsresourcecentre.ca/>

<https://thedancecurrent.com/>

<https://danceumbrella.net/>

Film Feeway:

<https://filmfreeway.com/>