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# 4-H Fashion Revue

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## **A Note to Leaders and Parents**

Fashion revue is a 4-H activity designed to support the clothing, knitting, and crocheting projects. It provides youth with opportunities to develop:

- Skills in planning, selecting, and constructing clothing
- Tasteful use of accessories
- Awareness and interpretation of current fashions
- Poise, posture, and good grooming habits

In its simplest form, a fashion revue involves members modeling garments they may or may not have made, for competitive or noncompetitive purposes, before any size of audience.

Considered as a specific 4-H contest, fashion revue is an activity in which members are asked to model a garment as part of the clothing, knitting, or crocheting projects. The modeling is conducted before a judge and as part of a public program. Members are judged by considering the items on the fashion revue score sheet on page 15. Note that garment construction is judged only as it affects the appearance of the garment when it's worn.

This publication describes some of the modeling positions, turns, and poses members may want to use. Since there's more than one way for members to model their garments in a fashion revue, it's suggested that members try these and other modeling styles, then choose those that best suit their garment, personal style, and comfort level.

## 4-H Fashion Revue

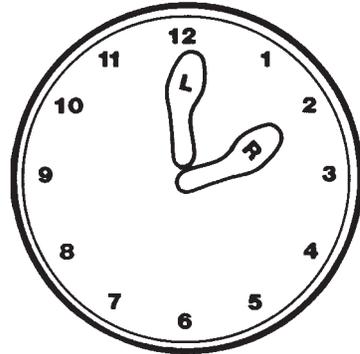
4-H fashion revue gives you a chance to show others what you've accomplished in your project. You'll want to practice the following positions, turns, poses, and finishing touches so you become familiar with them. When you show your garment in a fashion revue, choose from these (or other) modeling positions, turns, and poses. Use comfortable, natural movements that suit your garment and your personal style.

### "T" Position

The "T" position is the base position for most models and everyone else who wants to stand correctly and attractively. It allows natural alignment of muscles, bones, and organs while giving the body a pleasing visual dimension.

For a "T" pose, place your left foot with your toe pointing straight ahead as though it were the large hand on the clock. Your right foot should be drawn back with the inside of your instep touching the heel of your left foot and your right toe pointing as though it were the small hand of the clock at the 2 o'clock position.

You also can reverse the position of your feet and place them in the 10 o'clock position.



2 o'clock position



10 o'clock position

### Score Card for 4-H Fashion Revue

Name \_\_\_\_\_  
 or No. \_\_\_\_\_ Class No. \_\_\_\_\_ Placing \_\_\_\_\_

	Well done	Could improve	Comments
<b>1. The Model (30 points)</b>			
Posture			
Poise			
Grooming			
Modeling skills/Presentation			
<b>2. The Outfit on the Model (50 points)</b>			
Attractiveness: choice of texture, color, and style			
Fit—neck, shoulders, sleeves, waist, side seams			
Coordinated total look— includes accessories			
Suitability for age and activities of participant			
<b>3. Garment Appearance (20 points)</b>			
Quality of work as seen when the garment is worn— such as correct pressing, smooth seams and edges, invisible hems, straight topstitching, and matched designs			

Additional comments:

- My makeup is appropriate for my age.
- My makeup is appropriate for my outfit (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. 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 your garment. Gold and silver are classic, versatile choices. Hats are a fun addition, too, as long as they complement or complete the total look. Consider borrowing needed accessories to complete your look; take time to study fashion magazines and catalogs to see how professionals put it all together.

- 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.
- My shoes are clean and polished.

### **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 styling.

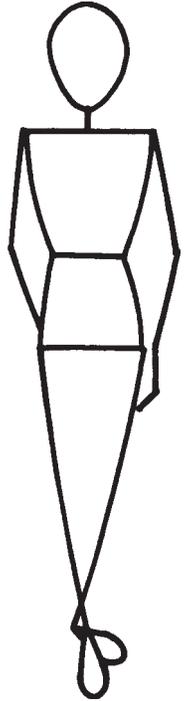
sports equipment	books
umbrella	sunglasses
purse	stuffed animal
flowers	backpack

The most important finishing touch is a positive attitude. You're totally prepared. Your big moment has arrived. Take a couple of deep breaths, relax, and wear a smile... Your image is impressive!

Settle your weight on your back foot, relax and slightly bend the knee of the forward foot. Your posture should be natural and easy. Take a deep breath and let it out to relax. Then pull your stomach muscles tight and in as you raise your diaphragm up. Your shoulders will fall in line naturally.

You can pose your hands in a variety of ways. Try clasping them behind your back or letting your fingertips rest at your side seams. You can cup your hands together in front of you at your waistline or put one hand on your hip or in your pocket. Be careful not to throw your weight to one side and put your hips off balance. The hip line should always be even for a healthful, becoming posture.

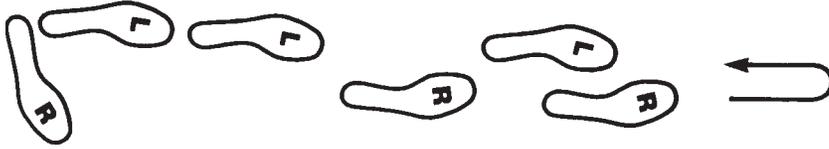
Settle your weight on your back foot. You are in model stance. You can practice in front of a mirror until you find the positions that are most attractive for you. Soon these positions will become familiar to you and you'll find yourself very comfortable and relaxed. Your posture will contribute to your overall fitness and poise, whether you're visiting with a friend or giving a speech.



## Modeling Turns

### Half Turn

Beginning in the 2 o'clock "T" position, step off with your left foot, walk forward until you're ready to turn, and take a half step with your right foot:



Raise your heels slightly off the floor and pivot a half turn to your left. You'll end up in this position:



To begin in the 10 o'clock position, step off with your right foot, walk forward until you're ready to turn, and take a half step with your left foot:



## Finishing Touches

Your new garment is nearly finished and you've written your commentary. By now you've learned some mannequin poses and practiced some modeling steps, but you recognize there still are some finishing touches you need to consider before you're ready for your big debut at fashion revue. 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.

- My garment is impeccably clean.
- 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. Young 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.

- My makeup has been freshly applied.
- My makeup is well blended.

*Continued*

*Jill is a 6th-year 4-H'er with other projects in drama and photography. Her future plans include college, where she plans on majoring in liberal arts.*

Or:

*The navy warm-up suit that Tom is modeling for us today is a cotton polyester blend. Tom, a 6th grader at McKinley School in Salem, plays goalie for the Parks and Recreation soccer team.*

*His jacket has raglan sleeves and a front zipper closing. The pants have an elastic waistband and side pockets. He has chosen red braid to trim the legs and sleeves of his outfit. Tom says that even though getting the braid sewn on straight was a real challenge, he feels it was worth it.*

*He also has 4-H projects in gardening and livestock.*

Fill in the blanks on the following commentary to help you get started:

Looking \_\_\_\_\_ in this \_\_\_\_\_  
(adjective) (color)

\_\_\_\_\_ is \_\_\_\_\_  
(garment) (name)

from \_\_\_\_\_.  
(town)

She/he has chosen \_\_\_\_\_ for her/his  
(fabric)

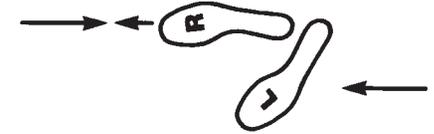
\_\_\_\_\_. Special details include \_\_\_\_\_  
(type of garment) (patch pockets, trim, etc.)

and are \_\_\_\_\_ by her/his accessories.  
(emphasized or coordinated)

\_\_\_\_\_ is a \_\_\_\_\_ 4-H'er.  
(name) (year)

Doesn't she/he look ready for \_\_\_\_\_!  
(activity, place)

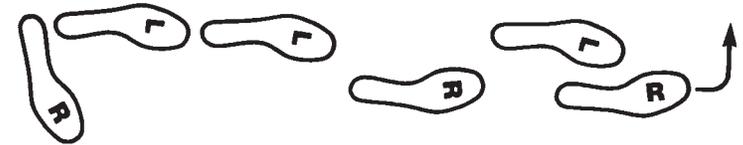
Lift up on your toes and pivot a half turn to the right. You'll finish in this position:



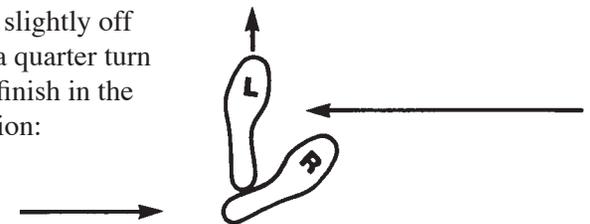
Settle your weight on your back foot. You're in model stance. You can hold your pose and when you're ready, step off with your front foot.

### Quarter Turn

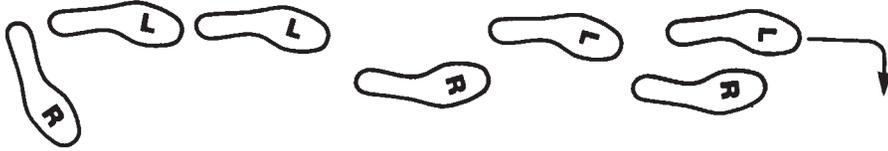
Beginning in the "T" position, step off with your front foot, walk forward until you're ready to turn, and take a regular step with your left foot and a half step with your right foot:



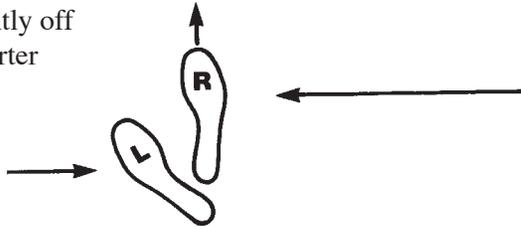
Raise your heels slightly off the floor and pivot a quarter turn to your left. You'll finish in the 2 o'clock "T" position:



If you wish to make a turn to the right, take a regular step with your right foot and a half step with your left foot:



Raise your heels slightly off the floor and pivot a quarter turn to your right. You'll finish in the 10 o'clock "T" position:



Settle your weight on your back foot. You are in model stance. You can pause for a moment, and when you're ready, step off with your front foot first. With practice, you'll no longer even think about what your feet are doing. You're on your way to modeling with ease.

## Fashion Revue Commentary

The dictionary describes "commentary" as *a series or body of comments, an explanation*. A commentary for fashion revue, therefore, is a series of comments about the model and his or her total outfit.

Every garment is made up of three components: design (line), color, and fabric. Your commentary should emphasize each of these areas.

You have chosen accessories to enhance your garment and create a total look. Comments that point out how your accessories complete the look will be of interest to your audience. If your garment can be worn with different accessories, you can describe them. Additional remarks about your outfit might include the cost, the time involved in creating your look, a new sewing skill you learned while creating your garment, and occasions when you plan to wear it.

A 4-H commentary needs some personal information about the model, too. Here are a few facts you could include:

- Your home town
- Your grade in school
- Number of years you've been in 4-H
- Other 4-H projects
- Additional interests and activities
- A fun or frustrating experience you had while making your outfit

Below are some sample commentaries. Study the samples, then practice writing your own. Vary your wording to make it interesting.

*Tennis is Jill's favorite sport and she's ready for an afternoon match at South Salem High, where she's a sophomore this year.*

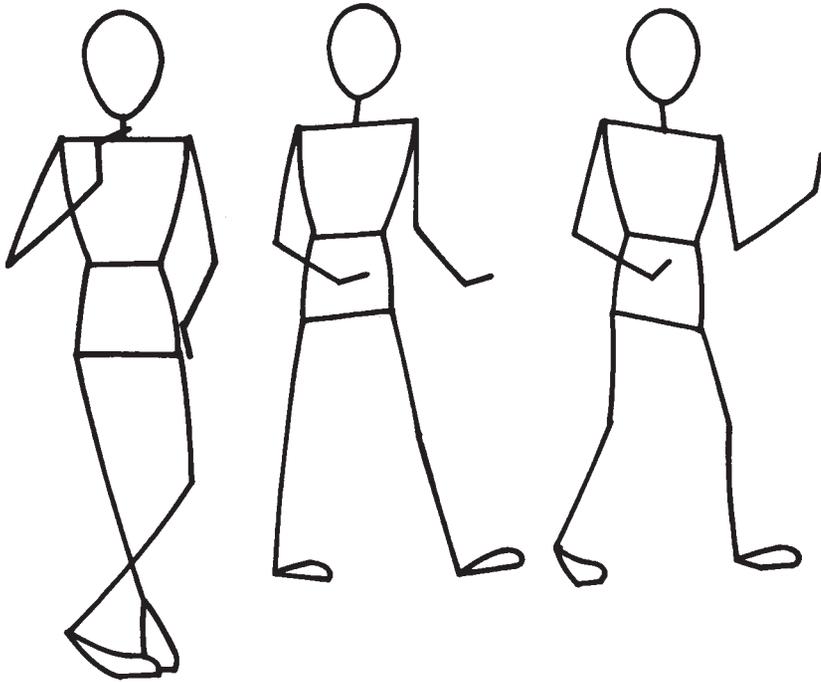
*Her powder-blue cotton outfit, trimmed in white, is sleeveless with a shallow scooped neck and softly flared skirt. Jill has chosen a white headband and shoes to repeat the white trim of her dress.*

### **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.



### **Mannequin Poses**

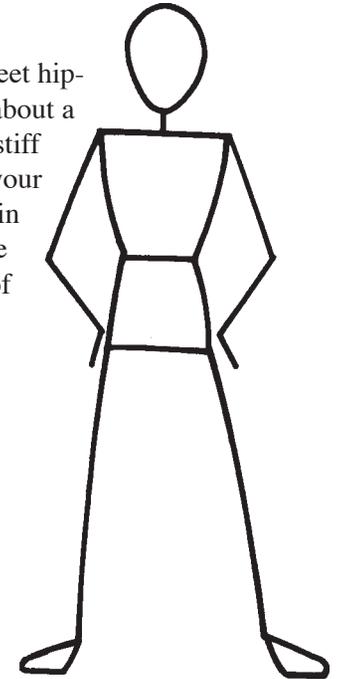
The “T” position is a basic mannequin pose and is appropriate for all types of clothing.

The other mannequin poses you’ll learn are not as versatile as the “T” but are attractive when modeling garments for fashion revue. They can add variety and interest to a show or photo and enhance both the model and the outfit. Alter these standing positions by varying your hand positions.

The positions described and illustrated on the following pages are frozen positions in which the model looks like a store mannequin. Often, a fashion revue begins with four or five models walking on stage, posing in a mannequin position, and holding that position until their names are called and the commentary is read. At that time, the models “come to life” and show the garments.

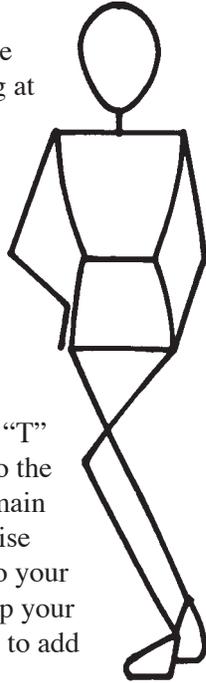
### **“A” Pose**

In the “A” pose, you stand with your feet hip-width apart and your toes pointed out at about a 45-degree angle. Keep your knees fairly stiff and your ankles “cracked inward.” Rest your hands on your hipbone or slightly below in a relaxed position. Turn your hands so the audience sees a side view (outside edge of hands and little fingers).



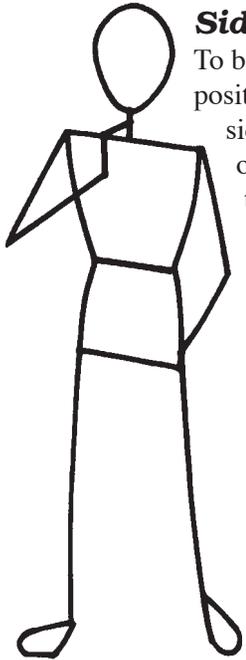
### ***“I” Pose***

The “I” position is a very slenderizing pose. Place your weight on your right leg with your toe pointing at a 45-degree angle to the right. Bend your left knee, swing to the right, and squeeze against your right knee. Your left toe points straight ahead and your left heel is lifted off the floor. You can rest your right hand on your hip as in the “A” position. Your left hand can brush along the seam line. Try changing hand positions for varied looks.



### ***Sidestep Pose***

To begin a sidestep pose, stand in a “T” position and move your front foot to the side, allowing your weight to remain on the opposite foot. You can raise the hand of the weighted foot to your hips, waist, collar, or hair. Keep your other hand in a lower position to add interest and aesthetic appeal.



### ***“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.

