

Unity Women's Desk Global Dance Party Instructions



Welcome to the Moravian Unity Women's desk Global Dance Party's "Instruction to Submit Dance Video Guide." We want YOU to help us celebrate the 10th Anniversary of UWD's hard work, sisterhood, and women's empowerment!

Step One in our UWD Anniversary Celebration: We are making a dance demo video to share with Moravians throughout the world: "Global Dance Party – Show up and Show out."

We invite YOU and a group of your sisters to teach us a specific traditional, contemporary or one-of-a-kind dance. Just imagine, all our sisters from around the globe teaching us different dances! What a global cultural exchange and experience this will be. When you send us your 7-minute dance instruction video, we will edit them all together and then send them out for you to learn the dances from other provinces. That is just part one of our celebration. When we send out the edited Show up and Show Out video, we'll send instructions for the next step! We hope you will join us! Here are the instructions for submitting your "Show up and Show Out video:"

Time allocated for this video: 7 Minutes Maximum

Due Date: 1 March 2021

Dancers: 1 lead instructor and 3-5 others is ideal

Submit video to: judyrosecyster@gmail.com via www.wetransfer.com

How to select your dance and music:

Music can be contemporary, traditional, or made up. Keep it clean please! This is a celebration of Moravian women – we are inviting girls and women of all ages to join us!

Dance sequence should be a line dance format (not with a partner). This will make it is easier to see and learn the steps. People learning it might need to be socially distant in these COVID times!

The dance should be uncomplicated and easy to for all ages to learn.

Music should be something people can find online (YouTube, Spotify, etc)

What should you wear? Something interesting! (Can be mix of traditional + contemporary)

How to start your video: One dancer should introduce the group and dance – just 2 minutes! Example: "My name is Judy-Rose and we've named our group the "Dancing Fairies. We're from Cape Town, South Africa and dancing on top of Table Mountain, which is 1 of the 7 Wonders of the World. We've chosen to do a really popular dance amongst young people called the "Wikkel" by RJay x LIL LK & AG-B."

If you don't speak English, you can speak in your own language! We will add English subtitles.

1. My name is _____ and I'm here today with my sisters from (include country/province/congregation)
2. We are here today at (Describe location (typical home, Moravian cultural site, or unique landscape)
3. The dance we want to teach you is called _____. We chose this dance because _____.
4. Name of the song and artist

Sample Instruction Time Sequence: (see sample on our video)

00:00 – 02:00 Introduction (see over: How to start your video)

02:00 - 02:46 Basic step instruction

02:46 - 03:60 Repeat steps - no music (4x)

03:60 - 07:00 Instructions and music

Information to include upon forwarding your video to the UWD:

Group name, country/province, dancing location/landmark, name of artist+song and where to download the music from.

Please see the Video Send in Guide for how to record your video in the best possible format and submit.



VIDEO INVITATION TO SUBMIT YOUR DANCE VIDEO!

https://youtu.be/a1fTKgBF8_c

Click on the picture to watch a sample video!!