



## WRITING A 4-H FASHION SHOW NARRATION

The following are guidelines for writing an imaginative and informative 4-H fashion show narration. A fashion show narration helps both the model and the audience. It cues the model when to appear on stage, what fashion details to highlight and when to leave the stage. The narration tells the audience the 4-H'ers name, information about the garment, special features of the garment and other information that can help the audience identify with the model or garment.

**Please keep the narration brief. A script of 30 seconds is great for most outfits.** One word of caution – the commentaries should not be longer than the length of time the model is on stage.

In preparing the narration, **write light and lively descriptions that are highly informative.** Active words such as “stepping out ...”, “in the spotlight is ...”, and “ready for...” help keep the interest high.

**Point out one or two highlights** such as “detailed top stitching” or “combination of textures”, and leave the rest to the eyes. An audience can easily see that the model is wearing a navy dress with navy shoes and navy bracelet. One can tell the accessory story by using phrases like, “...worn with matching accessories” or “... a mono-chromatic look.”

**Use descriptive and exciting coloring terms** ... they vary from season to season, but blueberry, midnight, raspberry, wineberry, nutmeg, and cinnamon are lively terms for blue, black, red, wine, gold and brown.

### What to put in the Commentary (\*optional)

1. Lead sentence should introduce the model by name, town or 4-H club, and describe the outfit in general.
2. A brief outfit description. Analyze the garment. Give the details of the garment following a logical sequence such as the top of the garment to the bottom, front to back, outside to inside.
3. One new learning experience while selecting, constructing, or modeling the outfit
4. \*Accessories selected.
5. \*Original ideas the model has used, techniques, trim, etc.
6. \*How the garment reflects the current fashion scene.
7. \*Amount of money saved or why he/she decided to make this outfit or buy it.
8. \*Special advantages or features of this particular garment such as where it will be worn, versatility, and ease of care.
9. \*The 4-H background and special interests of the model.
10. \*School and grade this fall.
11. \*Awards won (school and 4-H).
12. \*Other 4-H projects the 4-H'er enjoys.
13. Closing sentence.



## 4-H FASHION SHOW NARRATION EXAMPLES

### Example 1:

Picnic baskets and straw-brimmed hats come to mind upon seeing Dunbar's Lisa Smith in this confectionary colored delight. Lisa's loose fitting dress of polyester and cotton features top stitching, a new skill learned for Lisa. An elasticized waistline is hidden by a self-belt that buttons in the back, which completes the "cake and frosting" appearance of this lovely outfit. Lisa is a member of the Lucky Clovers 4-H Club.

### Example 2:

Dan White wears this grey European-cut, double-breasted suit he made from 100% wool. Dan sewed with wool for the first time this year and learned how to press the seams. The fuller-cut, athletic fit is perfect for this high school junior, who will be a starter on the Palmyra football team this fall.

### Example 3:

When Jennifer Snow goes to garage sales and auctions, she likes to collect handkerchiefs and old linens. For less than \$10, she gather enough 1930's and 1940's hankies to piece the fabric for this vest. Jennifer fused the handkerchiefs to the muslin vest pieces and then stitched along the edges to hold them permanently in place. Finally she assembled the vest. Isn't Jennifer's vintage vest a great heirloom treasure?

### Example 4:

When the cold wind blows, Eric Jones will be warm and snug in these cozy clothes. The red sweatshirt and sweatpants are made of cotton. Eric enjoyed working for the first time with the heavier and thicker fabric. This will make a great outfit for those cool Nebraska football games!

### Example 5:

"Plum-crazy!" might describe the reaction of Maria Gonzales's friends to her picture perfect pullover, poly-cotton print dress. Side skirt pockets, a ruffled bodice and full, banded, elbow-length sleeves accent this 4-H'ers creation. Maria of Talmage created balance in her outfit with a self-styled wrap belt for that "just right" finishing touch.

### Example 6:

Short and sweet - that's the cool summery look of Otoe County's Wendy Moore. Wendy chose khaki sports-cloth for these elasticized shorts. The red-orange jungle print top looks cute and cool with its open neck and cap sleeves. Keeping things cool. . . that is what Wendy is all about!



## Fashion Show Modeling

When your sewing project is finished, you are ready to show others what you have made. If you have good posture, poise, and confidence, you'll do a better job of showing others your finished projects.

Good posture is the first step in effective modeling. Standing with good posture, you should be able to "see" an imaginary straight line from the bottom of your ear down to your ankle. It's important to stand tall with your head erect, chest and rib cage high, stomach flat and knees relaxed. Keep your weight balanced on both feet. Relax your arms at your sides.

### Modeling for the Judges

#### Walk

- ✓ Your walk reveals shyness or confidence.
- ✓ Practice with the shoes that you will wear for the Fashion Show.
- ✓ Walk with poise. Reach with your front foot; push with your back foot.

#### Arms

- ✓ Keep arms loose and easy, hanging close to the body.
- ✓ To give an uncluttered view of the garment, keep your hands away from the front and back of your body.

#### Smile

- ✓ Smile! A warm, happy smile can make you feel better and can be a personal greeting to the people you meet.

**Pivot** – a turn models use when walking the runway to show all sides of the garment  
"T" POSITION



Back Foot      Forward Foot

**Half Pivot** – begin with your feet in a "T" position, lift heels slightly, pivot in the direction of the back foot. Pause. Pivot back to the original position. Toes never leave the floor.

**Full Pivot** – begin with feet in the "T" position. (1) Lead with the forward foot, and take a small step placing one foot in front of the other and lifting heels slightly; (2) pivot around on the balls of the feet in the direction of the back foot; (3) pull the heel of the front foot into the other foot, resuming your stance. (4) Pause.



### Interviewing with the Fashion Show Judge

Stand far enough away from the judges' table so that the judge can see your total look. Let your hands rest at your side when talking to the judge. Hands in pockets or folded in front or back may cause the garment to hang unevenly. Be confident. Look as though you believe that your outfit is the world's finest. Show the front, back and sides of the outfit.

### Modeling for the Public

Listen to the commentator for your cue to start movement.

Listen to what the commentator says about your outfit. When he/she describes your outfit, turn slightly to each side so the audience can see the details. Keep eye contact with at least some of the audience.

**Reminder:** Lights also show through clothing. Be sure to choose appropriate undergarments.

### Highlighting Fashion Details

Hand gestures may be used to highlight features.

- ✓ Accent a pretty sleeve by placing your hand on your hip.
- ✓ Emphasize a pocket by placing your fingertips in it, thumb out, keeping your hand flat. Do not push your hand into the pocket.
- ✓ Show off garment lining, if it is interesting, by holding open the front edge of the garment.
- ✓ Practice these gestures until they are natural and casual looking; otherwise, it is better not to use them.

### Shoes

- ✓ Wear shoes that are comfortable, appropriate to the outfit and in which you feel at ease. **Practice modeling wearing the shoes.**
- ✓ Shoes should be polished and in good condition. They do not need to be new shoes.
- ✓ Flip-flops are okay, **but not encouraged. It is difficult to pivot without backs on shoes.**

### Coats/Jackets

When taking off a coat or jacket:

- ✓ Unbutton from the bottom up.
- ✓ Grab a lapel with each hand and slide coat or jacket off your shoulders.
- ✓ Place coat over a slightly bent arm with open edges toward the elbow. Take care not to hide the remaining garments being shown.
- ✓ Practice removing a coat or jacket until it is an easy and natural movement, done quickly and smoothly.
- ✓ When you are finished modeling, you should put the coat or jacket back on so the judge(s) can see how it fits you.



## REMEMBER TO . . .

- ★ Double check that you have everything you need before coming to the modeling event –
  - Your garment, clean and pressed,
  - Shoes that are cleaned and polished,
  - If you are wearing hose - two pairs, just in case,
  - Accessories:
    - Jewelry – a necklace and/or bracelet as appropriate,
    - Scarf – needs to add to outfit, not distract,
    - Purse – skip the purse when modeling for both the judge and the public,
  - Curling iron for touch ups,
  - Hairspray, and
  - Deodorant.
- ★ Shampoo and brush your hair. Style your hair appropriately for outfit.
- ★ Brush your teeth.
- ★ Apply makeup appropriate for age and outfit; sometimes lip gloss only is perfect.
- ★ Have your hands clean, and fingernails clean or polished.
- ★ Spit out any gum before you model before the judge.
- ★ Keep standing - once you have your garment on, do not sit down! You want your clothes to stay wrinkle free!
- ★ Have FUN!

## Questions 4-H Fashion Show Judges Might Ask:

- Where do you plan to wear this outfit?
- What is one thing you learned?
- What sewing experiences have you had?
- Why do you sew? Fit? Originality? Cost?
- What was a new technique for you in sewing this garment?
- Where did you purchase the fabric?
- What alterations if any did you have to make to the pattern?  
(Some alterations are advanced level.)
- What have you sewn before?
- What surprised you about making this?
- Which technique did you find the easiest?
- Which technique did you find the most difficult?
- What is your next sewing project?
- How do you think your constructed garment compares with purchased garments? (Answers may go back to the three criteria listed above in bullet 4)