



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!