

Modeling Tips

When you show your garment in a fashion revue, choose from these (or other) modeling positions, turns, and poses. Use comfortable, natural movements that show off 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

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.

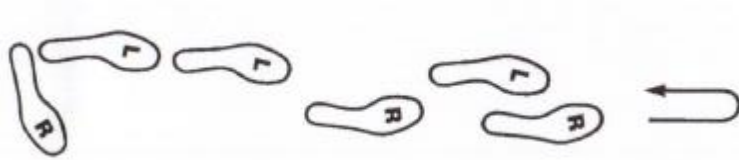
Settle your weight on your back foot. You are in model stance. You can practice in front of a mirror until you find the positions that are most attractive for you. Soon these positions will become familiar to you and you’ll find yourself very comfortable and relaxed. Your posture will contribute to your 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, take a half step with your right foot:



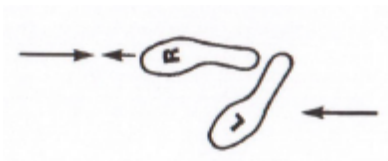
Raise your heels slightly off the floor and pivot a half turn to your left. You'll end up in this position:



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:



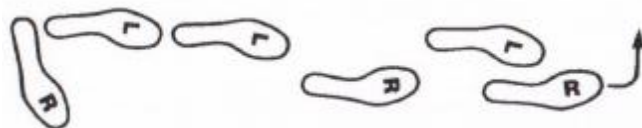
Lift up on your toes and pivot a half turn to the right. You'll finish in this position:



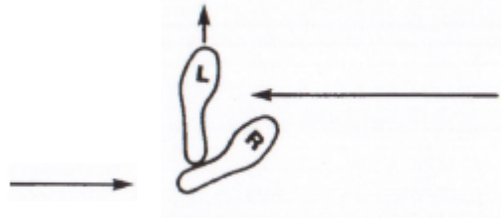
Settle your weight on your back foot. You're in model stance. You can hold your pose and when you're ready, step off with your front foot.

Quarter Turn

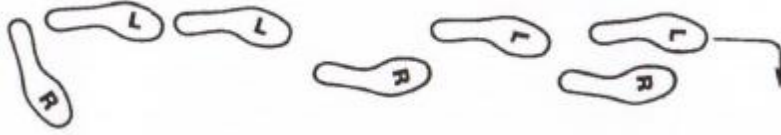
Beginning in the "T" position, step off with your front foot, walk forward until you're ready to turn, and take a regular step with your left foot and a half step with your right foot:



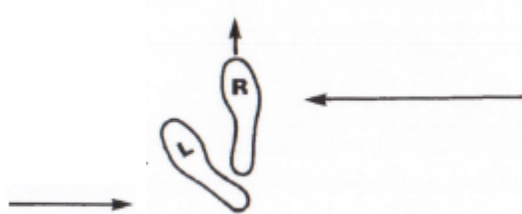
Raise your heels slightly off the floor and pivot a quarter turn to your left. You'll finish in the 2 o'clock "T" position:



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.

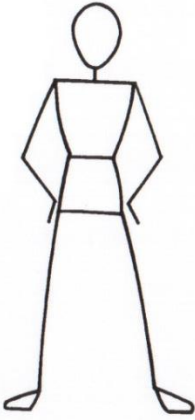
Mannequin Poses

The "T" position is the 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 position described and illustrated are frozen positions in which the model looks like a store mannequin. Sometimes, 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.



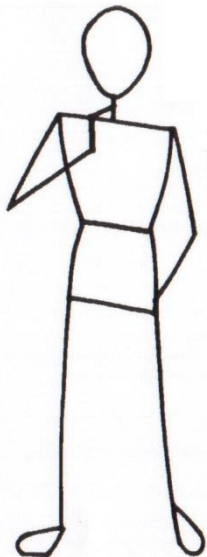
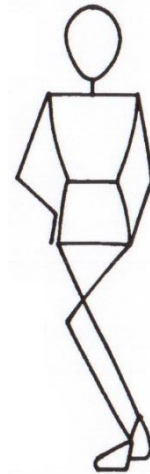


“A” Pose

In the “A” pose, you stand with your feet hip-width apart and your toes pointed out at about a 45° 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° 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.



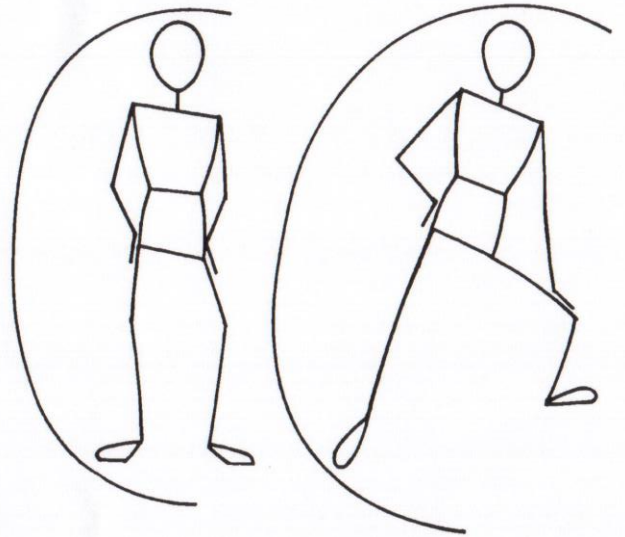
Sidestep Pose

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.



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.



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 modeling:

sports equipment

books

equestrian riding equipment

umbrella

sunglasses

notebook or clipboard

purse

flowers

backpack



Finishing Touches

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. Below is a garment prep checklist for you.

- My garment is impeccably clean. (Freshly washed and absent of stains.)
- 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. 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. Below is a makeup checklist for you.

- My makeup has been freshly applied.
- My makeup is well blended.
- My makeup is appropriate for my age.
- My makeup is appropriate for my outfit. (For example, 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. Ladies may wish to wear neutral panty hose or apply lotion to their legs to pull together a sleek, well put together look. Hosiery can make walking in heels easier, make your legs more attractive, and help garments lay smoother. Remember the lights on stage are brighter than room lighting; make sure you have on appropriate undergarments for your outfit (such as a slip) to prevent a see-through effect. 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 you garment. Gold and silver are classic, versatile choices. Hats are a fun addition, too, as long as they complement or complete the total look. Study fashion magazines and catalogs to see how professionals put it all together. Below is an accessories checklist for you.

- 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.
- I am wearing appropriate undergarments (slip, panty hose, dress socks, etc.) to represent a sleek, well put together look.
- My shoes are clean, polished, and fit appropriately.
- I am comfortable standing and walking in my shoes. (Practice your model walk in the shoes you will be wearing for Fashion Revue.)

Remember the most important finishing touch is a positive attitude. Take a couple of deep breaths, relax, and wear a smile!

Developed By Monica L. Brinkley, Liberty County Extension Director; Judith R. Butterfield, Regional 4-H Specialized Agent, retired; Heather M. Janney, Hamilton County 4-H; Becky V. Bennett, Madison County 4-H; Amolsch, S., Duval County; Sarah T. Hensley, Central 4-H RSA; Pamela Phillippe, Charlotte County 4-H; Muriel Turner, Levy County FCS; Stacey Ellison, NE 4-H RSA; and Brenda Williams, Alachua County FCS. August 2011. Revised August 2012. Revised 2015.

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