

This “How To” guide will help those creating events or parties get the most out of it in a safe and professional setting. It will also help dancers become more skillful and entertaining as shadow dancers. One thing people love about Shadow Dancers is that it leaves something to the imagination!

You may think it is simple to do, I guarantee after you read this - it will be!

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DISCLAIMER

The information herein is for reference purposes only. Please consult a professional before building a staging area. Get professional advice regarding lighting and consult with your physician before commencing any physical activity including Shadow Dancing.

Shadow Dancers TM and GCG are not Liabile for any injuries that may be caused by your engaging in these activities and all the advice herein is to be used with common sense and with the advice of professionals.

If you do not wish to be held to this disclaimer do not reference this document. Otherwise enjoy yourself!

Foreword.

The beautiful, sensual and fun art of shadow dancing is an entertainment option for bars, pubs, clubs and party planners around the world. If you are participating or watching, shadow dancers events create a celebrative vibe that captivates any audience.

From the iconic Shadow Bar in Las Vegas to home parties, this sensory candy art form is being enthusiastically embraced.

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Segments.

- Introduction to Shadow Dancing
- Building Your Own Shadow Dancing Set Up
- Lighting Set Up & Options For Live Shadow Dancing
- Dance Techniques Behind The Screen
- Costumes and Props
- Safety
- Using Projectors To Project Shadow Dancers
- Shadow Dancers DVDs



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Introduction to Shadow Dancing.

Welcome to this How To Guide to the beautiful, sensual and fun art of shadow dancing. It has become an entertainment option for bars, pubs, clubs and party planners around the world.

In this presentation you will learn how to:

- Build your own shadow dancing set up in your place of business or in your own home.
- We will discuss lighting set up & options for live shadow dancing
- Dancers will learn techniques to make the most out of their routine behind the screen
- We will discuss costumes and props and give tips on things that work and things that don't.
- Safety for dancers and for event planners to lessen the danger of injury, fire and general safety.
- If you simply want to get the best results using projectors to project Shadow Dancers we will discuss that too.



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Building Your Own Home or Business Shadow Dancing Set Up.

So you want to set up to host a shadow dancing party or event. There are many ways to build your stage from the simplest set up to a professionally built out set. We are going to present three different ways to do it.

1. Working with a simple white sheet
2. Building a custom DIY set up
3. Working with professional rear projection screens.

The first thing you want to think about before purchasing materials is “What size do you want your screens to be based on?” Your dancers heights and the physical setting are factors you have to work with. If you want your dancers to be seen in windows, then that will give you the dimensions for your screen. If it is in a home setting in a living room or bedroom then think about what you will attach your screen to and provide enough room for safe lighting behind you. If it is on a stage then the size of your stage is going to be a critical factor, you don't want to buy a 10-foot wide screen if your stage is under that width as the professional rear projection screens are not adjustable.

(In our next section we cover lighting options in depth.)



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Working With a Simple White Sheet.

Let's first look at home use using a simple white sheet. In this house we have an arch which is 7 feet wide that we will use as our staging area, our sheet measures 6'x6' it is made out of 100% cotton. Our audience will watch from over there. We are going to suspend the sheet in a simple yet effective way using two very inexpensive microphone boom stands that can be purchased from any music store. We want to suspend the sheet so it will not fall over easily and will not damage the walls, ceiling or anything surrounding it.

Now if you have the ability to hang the sheet from rafters you can use rope tied to the corners to get it at the right height and use a broom handle or something with a little weight in it to hold the bottom of the sheet on the floor. Extend your stands straight up as high as the sheet is long, taking care not to reach the ceiling, lights, chandeliers or fans attached above. Using a safe step stool, attach one corner of the sheet to the stand with your choice of fastener, we are going to use bag clips, most households have them kicking around in the kitchen, clothes pins or large bull clips will work also. Attached the other top corner to the top of the other stand. Adjust the stands so that they are just wide enough apart for your area being used or the width of your sheet and make sure one leg runs horizontally under the sheet on either side, this way you won't trip on it while dancing.



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Add more clips on each stand to make the sheet somewhat taught. Now remember with a set up like this, your dancers are going to have to be careful not to push on your screen or it may fall down.

Add your light behind you. We are going to use a utility clip light and attach it to the back of a chair.

Turn out the room lights, put on your dancers favorite music, turn it up and let the show begin.

Building a Custom DIY Set Up.

Now lets say you want to build your own custom set up to go into a very specific space say 8 feet high by 15 feet wide, like this example (see pic). There are materials out there that you can pick up easily and quite affordably that will complete your custom setup. From a fabric store purchase



'curtain backing', now there are quite a few options but test for light penetration, you want material that lets a moderate amount of light through. The best material captures and disperses the light. Take a piece 9 feet long by 5 feet wide. From a lumber yard or hardware store purchase pieces of wood 8' long by 2" wide by 3/4" these will make your frame.



Make sure they are as straight as you can find. You will also need a staple gun with 1/8" wood staples with the angled head. Take 2 of your 8' lengths of wood and cut them to fit the across the frame. Lay out your frame on a flat even surface and button them together with a nail gun and a small amount of wood glue (or use corner angle brackets). Once the frame is fixed, lay out your material over the frame and staple once in the middle of the end piece. Lightly stretch your material and staple either corner. Then pulling slightly, staple in the middle on the opposite end, Next go to the middle of the long side and be careful not to pull the material so it will warp the long side of the wood, put one staple either side and check for warping. Then pull the corners and staple each corner removing some creases. Then add a few staples in between, about a couple of inches apart evenly gently pulling out creases, trim the edges of the fabric and your screen is ready for action!



Dancer behind Rear Projection Screen



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Nightclub Projecting Shadow Dancers in Portugal

Working with Professional Rear Projection Screens.

Here is a professional rear projection screen it is 10' wide by 7' tall, it comes with a folding and locking aluminum frame and side stands. Most come in a hard case with casters. It takes 2 people to safely set this up. Be careful of overhead lights and fixtures when expanding the frame. When it is set up and in place, these screens are very durable and a dancer can really use them the rub up against and keep close to the screen without it falling over.



Dancer behind the Rear Projection Screen



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Lighting Set Up & Options For Live Shadow Dancing.

When it comes to lighting there are many options, things to keep in mind are, safety, as lights get hot and will burn you or surrounding materials if you are not careful. Wattage of your bulbs, only use the power you need. Too higher wattage creates more light and heat than you need. Having Uni-Directional light, light that can be focused will create a better silhouette image. Most importantly though, you are only going to use just one light source. If you use more than one light source you will get multiple shadows and that's no good.

Position and height wise, mount the light source around mid torso to spread the light across the entire body. Every light spreads its corona a different size so try to have it about a minimum 6 feet behind the dancer.

Here are some easy lighting options.

At home, you can use a desk lamp with a directional head, check with the manufacturer for maximum safe wattage bulbs that can be used in these lamps.

Utility lights can be purchased at stores like Home Depot and work great and can provide enough light to do the job. They do get hot though so be careful when turning them off after long use and watch materials around them, they come with a clip so they can attach to the back of a chair for easy use.



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On a more professional level mini-cyc lights with barn doors are the way to go and usually come with a stand. A lighting store may stock them or they can be easily ordered online. The barn doors help you focus the light onto the screen. They come in many different wattage's with halogen bulbs, some are interchangeable, some are not, but beware, these lights get extremely hot. I would only recommend these in professional situations with people who understand how to use them properly and safely.



Metal Utility Light with Clip



Mini Cyc Light with halogen Bulb



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Screen grabs from Family Friendly Club Visuals DVD Release.

Dance Techniques Behind The Screen

In this section we are going to educate dancers on how to get the most out of their routine behind the screen and cast the sharpest and most effective silhouette for the viewers to watch, enjoy and in turn, have some fun.

It is not as easy as just getting behind the screen and doing your thing -- there are many ways you can make yourself look bad but also techniques to make you self look fantastic.

When shadow dancing, where possible, no shiny clothes or jewelry should be used as the light dances and creates reflections that don't enhance the image. Some work just fine. So test your items prior to show time.

A dancer has to understand the restrictions that they are now under when shadow dancing. If you dance too far back from the screen, the light amplifies your shadow making you fatter and less appealing. So certain moves on the dance floor no longer work. If you bend away from the screen towards the light it won't look as you may imagine, the light hitting you upper torso will amplify the entire shadow creating more of a blob than the image you would think.



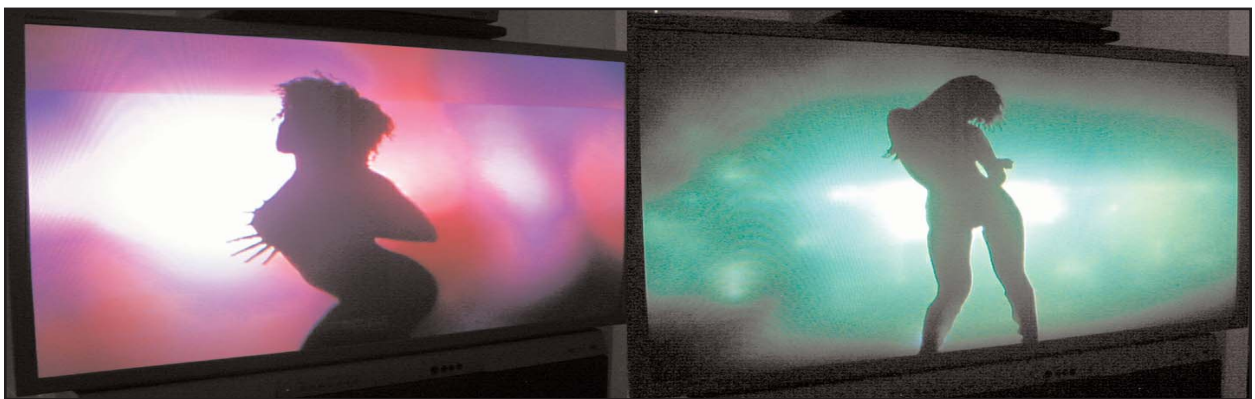
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So when doing bends, do them to the side so that your figure stays crisp and in proportion.

You have got to understand with shadow dancing that it is not necessarily the part of your body next to the screen that is the silhouette that viewers see, but the combination of the first part of your figure that light hits and all the following parts up to the screen, so if make a shape with your hand but your torso is in the way the viewer does not see it.

Use tape, like blue painters tape to mark out an area where you will try to limit yourself as a dancer to. This will make sure you have a mark you can always look down at to make sure you are in the sweet spot. Make love to your screen!

Try to be creative with your arms as they will really be a critical element in making sure your routine is effective. If you are taller and can reach above the screen be conscious of not raising your hands too far and having them leave the screen above you. Make mental notes before you get going. Remember to stay in character.



Shadow Dancers Vol 1 on screens at house party in Los Angeles



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Avoid being too repetitive, I'll say that again, don't do the same move over and over and over again, you will lose your audience. To make sure your routine is interesting and you don't get stuck on a few moves, a combination of front and back and profiles should be used to get the best effect. Try and keep a mental note of which direction you have been facing, groove with the music and listen for music cues like a change of song or even every chorus to change what you have been doing. If you find you have moves that people love you doing, they can become your signature moves.

Just because the audience cannot see your face does not mean that the viewer cannot tell if you are into it, they are watching your every move and deciding whether to come back again. For you as a dancer that is your fastest way to lose your paying gig.

Remember a good shadow dancer paints a picture on the screen with their silhouette. The viewer enhances that in their own imagination. Be alluring, exciting and let the viewers fill in the blanks.



Costumes and Props

When you decide to add costumes or props to your dance routine think it through. Don't use things that may tear the screen, nothing too shiny as the light will reflect heavily off it, nothing too thin as the light will make it invisible, make your props like a cane, a whip, devil horns, a feather duster or such, larger than normal, shop for the oversized items. Then when using your props to make a point, hold them close to the screen and be aware of the shadow they are casting.

When using chairs, tables, stools etc, a tip to not have your audience asking, "what the hell is that?" is to have these items close to and square-on to the screen, thick legs work better.

You wouldn't think that in shadow the audience could make out exactly what you are wearing, but you will be happily surprised. If you wear costumes like a French Maid, Bondage, or even Go-Go outfits get in character with who you are trying to be don't just wear the outfit and go behind the screen, think about being exaggerated with your moves as this will be much more effective. If your costume has frills like on a skirt or tassels like on chaps, the bigger the better and don't make it all too tight fitting, as it will just disappear.



Safety

In this section we are going to cover in depth the pitfalls and dangers that can occur if you do not follow safety procedures when presenting an evening of Shadow Dancing.

Firstly we should talk about materials. If this is for a business application there are certain codes that cover your city and state that you need to check up on regarding use of materials, fire retardant's and dancing licenses. You may be somewhere that these issues are not relevant, in that case we ask that you follow your own safety guidelines and take some tips from us.

When you are dealing with a dancer who is behind a screen with little visibility of what is happening in the rest of the club, in the unthinkable case of a fire breaking out safety procedures need to be in place to alert dancers quickly. Also, if the screen is made out of materials that are flammable, a fire extinguisher should be nearby with someone who knows how to use it. Most materials can be rated for fire retardant, and again your local laws will guide you. If you are making your own screens out of your own materials, again check with your code compliance situation and test burn outside some of the material to see how quickly it burns. If it goes up in flames too easily then that is a no-no in a business or in-home application.



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When you are presenting shadow dancing at home, care really does need to be taken with materials as you have the same dangers as in a club but with less people around to act in the case of something going wrong, so really think about safety when doing an in-home setup.

For Dancers, if you are on any kind of stage, no matter how small, use glow in the dark tape on the edges of the stage so you will have less chance of tripping and twisting ankles. It is easily done after a stint behind the screen dancing to just step away without thinking. Another really critical safety aspect is the light, make sure you don't get too close to the light as the heat generated is pretty intense and can burn you quickly and really badly.

Lights are the #1 safety concern and let's look at some dos and don'ts when it comes to lights.

Firstly, use a light with the minimum amount of wattage to get the job done. Don't just use whatever you have handy as this can cause real problems. Test low-level lighting like 60w or 100w bulbs first and if you need more light increase the bulb to get the effect you are after.

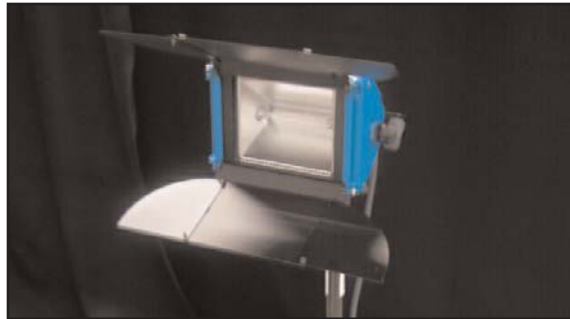
If you are using Halogen light these lights generate a massive amount of heat and it conducts to the casing around the light. Many PA's on sets have tried to adjust barn doors without leather utility gloves and been severely burned. The heat conducts down the stands and into accessories attached to the stands including screws and wing nuts for adjustment.



Halogens should only be used in professionally monitored situations.

If you are wondering what 'barn doors' are and what they have to do with lights, below is an example. By adjusting the barn doors you can focus the light on a specific area, very useful but containing the light but also the heat so remember that they get HOT!

You can also use soft boxes to create an even light, if you have the space, with soft boxes you do not get a too powerful corona, the area of the light in the middle where it is most powerful. Soft boxes again come in various sizes and are rated for their use so checking with the manufacturers specs is key.



Barn Doors on Mini Cyc Light



Projecting Shadow Dancers DVDs

So when your live dancers want to take a break but you don't want the vibe to evaporate then it is time to project Shadow Dancers onto your screens. You can pick the style and event vibe that works best for you. Using a basic DVD player, play the DVD of your choice.

Shadow Dancers DVD's have music on them, but most users mute the sound and DJ their own music mix, you will be amazed by the way the dancers look like they are dancing along to your mix, it's very cool. The auto-looping feature will play the DVD until you turn it off for hassle free events.

So now it is time to pick a projector. Depending on how much money you want to spend, projectors can range from a couple of hundred bucks to tens of thousands. There is a great site called Projectorpeople.com that can help you find a projector that suits your needs.

Things to keep in mind are the 'throw distance' that you need to fill the screen. Throw distance is the distance the projector needs to be from the screen to project the size image you want. If you don't have too much room you can purchase a short throw lens that will let you project large images with a projector a fraction of the distance away from the screen. Consult your dealer for these options as they do not fit all projectors so plan ahead.



Find a steady surface to place your projector for temporary use or mount it with a pro mount on the ceiling or wall. If you have limited mounting options you need to look into purchasing a projector that will have advanced keystoneing ability to project your image on the screen from an odd angle. (Keystoneing is the process of skewing the image both horizontally and or vertically to make your image look natural.)

Your projector has many setting here are a few that will be important to you.

Lumens: The Brightness of the Projector.

Resolution: The amount of pixels - 720, 1080.

Throw Distance: How far you can project an image.

Keystoneing: Correcting your image shape.

Aspect Ratio: 4:3 Squarish or 16:9 Widescreen

Contrast: The sharpness and detail of the picture.

Weight: How heavy the projector is.

Lamp Life: How long of use before changing the Bulb.

Inputs and Connections: Connecting to your DVD Player.

Projection Methods: Front, Rear, Ceiling.

Remote Control: for mounted unit adjustment.

For more info: www.projectorpeople.com



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Shadow Dancers DVDs

Shadow Dancers are a mega brand that sells in over 60 countries of the world. They make long form auto looping DVDs that Clubs, Bars, Parties, Events, DJs, VJs and home entertainers use to enhance the vibe on their screens. They make DVDs for all themes and occasions for super sexy to family friendly. You can see Shadow Dancers in use on the Las Vegas strip as well as in every major casino bar.

The DVDs can be purchased on the web at the following etailers – Shadowdancers.tv - VJWorld.com and Amazon.com

Find titles that work for your event, use multiple titles to create a larger than life club feel on multiple screens. Whatever way you use them, you will have more fun by adding Shadow Dancers to your next event.

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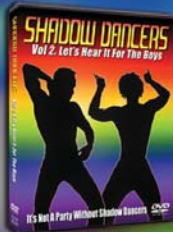
SHADOW DANCERS

Entertainment Series

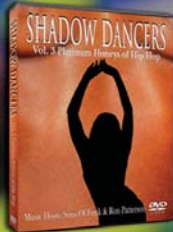
All Shadow Dancers and VJWorld Content Come With An Automatic Local Business Broadcast License - For Indoor Use Up To 5000 People - See Website For More Details. Tel Orders or Info 800-884-4553



Vol 1
Let's Get The Party Started
Audience
Top 40 - General



Vol 2
Let's Hear It For The Boys
Audience
Gay - Bachelorette - General



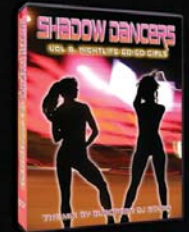
Vol 3
Platinum Honeys of Hip Hop
Audience
Top 40 - Urban - General



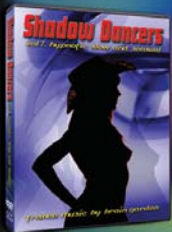
Vol 4
Mistress Kiki's Fetish Temptation
Audience
Gothic - Leather - Erotic Ball



Vol 5
Modern Day Lava Lamp
Audience
All Ages - Top 40 - Bars



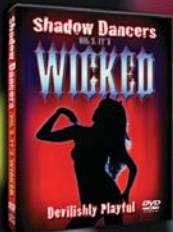
Vol 6
Nightlife Go-Go Girls
Audience
General - Dance Club - Bars



Vol 7
Hypnotic, Slow & Sensual
Audience
Lounge - Chill - General



Vol 8
Busty Babes
Audience
Gentlemen's Clubs - General



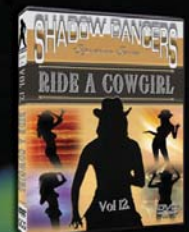
Vol 9
It's Wicked
Audience
Gothic - Halloween Costume



Vol 10
Girls Who Love Girls
Audience
Top 40 - Dance Club - General



Vol 11
Las Vegas Party Girls
Audience
Top 40 - Dance Club - General



Vol 12
Ride A Cowgirl
Audience
Country - General

