

# Clue Yourself into Modeling

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**W**hether you are modeling in a style revue or interacting with others, being well-dressed can be a part of your everyday life. Personable qualities give the finishing touch to your outfit. A pleasant expression and confidence about your appearance put you in the fashion spotlight. Here are clues to help you present yourself with ease.

### **When You Stand**

Place your feet in a "Y" position to appear graceful and slender. Place a little more of your weight on your back foot to maintain your balance.

Relax your arms at your sides, with palms toward your body. You may also bend your arms at the elbows and curl your fingers lightly. Keep your arms close to your body to avoid looking like an octopus!



### **When You Walk**

Imagine you are following a line. Place one foot ahead of the other on either side, staying close to this imaginary line.

Point your feet straight ahead as you walk. Toes that point out or in are for the birds (mostly ducks)!

Step forward briskly, confident of where you are going, yet keeping your steps a ladylike or gentlemanly size. If the distance between your steps is much more than the length of your foot, you are striding, not walking. Walk smoothly.



### **When You Turn**

A pivot is a turn in which you face the opposite direction. Pivot gracefully with your weight on the balls of both feet. Do this from the standing "Y" position by taking a short step forward with your front foot.

Keep both feet on floor, then lift your heels and pivot on the balls of your feet so your toes are pointing in the opposite direction. Finish turn by sliding your front foot back to the "Y" position. To return to your original position, pivot back.

Another possibility, if you have room, is to take a step before you pivot, and another before you pivot again. This lets you turn in a full circle.



## Purses

When carrying a small purse without a handle, keep it close to your side with your arm slightly bent.

Carry a purse with a handle over your arm. Grip a small handle with ease so it lies flat against your side.

Place the shoulder bag strap of a purse over your shoulder and hold the bag close to your side, with the strap between your thumb and fingers.



## Gloves

If gloves are part of your outfit, then wear them—don't carry them! To remove a glove, loosen each finger slightly so you may pull the glove off gracefully. Hold it in your other hand with the fingers of the glove in the your palm.



## Posture

Stay relaxed as you stand straight. Your head should be back in a straight line with your shoulders (only turkey necks bobble forward). To keep your knees from locking, bend them slightly.



## Modeling Garments

Show the full frontal view of an outfit by keeping your hands at your side or slightly to the back as you face an audience. You may bend your arms and bring your hands to the front as you pivot to show the back of your garment.



To accent a pocket, place your fingertips into it while keeping your hand flat.

## Jackets or Vests

To show an attractive blouse without removing your jacket, hold one front edge of your jacket open loosely with your hand, resting this hand lightly on your hip.

To show an unusual lining, hold one front edge of your jacket out to the side.

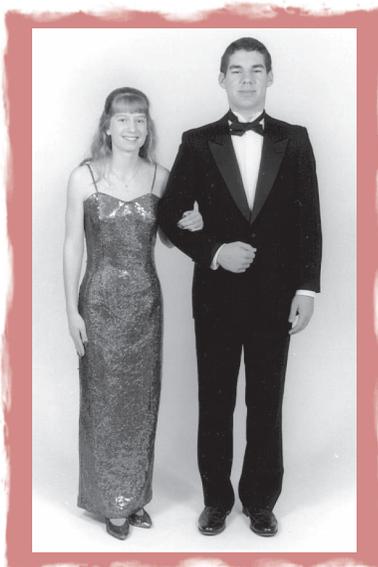
When removing a jacket, follow the procedure described in the next section for coats.



## Wearing a Coat

- When you take off a coat, place both hands on the front lapels, then push the coat back on your shoulders.
- Next, place both hands behind you, take hold of one sleeve, and slip that arm out.
- Bring this sleeve up to your other arm and use your free hand to hold the ends of both sleeves while you slip your second arm out.
- Finally, as this hand comes out, take hold of the center back collar, lift coat, and fold it over your arm. Place your coat hem side out or folded over your arm with the top out.

If you have an escort, push coat back on shoulders as before, place arms behind you, and allow him to take your coat as it slides off.



## Escort

If you have an escort, he will offer his arm to you. Place your hand lightly, but firmly, on the inside of his arm (no clutching please)!

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