

Thank you for your interest in taking part in **DANCE:CONNECTS - PULSE! 2.0**

What is **DANCE:CONNECTS - PULSE! 2.0**?

DANCE:CONNECTS - PULSE! 2.0 is a mass isolation flash mob taking place across the UK on **Thursday 2nd July 2020 at 19:30 (GMT)**. It is a choreographic response by our Artistic Director - Joss Arnott, inspired by the Thursday key workers clap. We want to celebrate and continue this new pulse by connecting communities and families through movement – and we want **YOU**, your **FRIENDS** and **FAMILY** to be a part of it!

To participate in **DANCE:CONNECTS - PULSE! 2.0**, follow these 4 easy steps!

1. LEARN: Select your preferred link below to the designated video tutorial

- [ISOLATION CREWS](#)
- [ISOLATION CREWS - \(CAPTIONED\)](#)

Aimed at those fairly new to dance, this 30 second adaptation of the professional choreography is yours to learn at home with friends and family!

Please download the original music for our ISOLATION CREWS [HERE](#)

- [ADVANCED/INTERMEDIATE LEVEL](#)

Aimed at participants who are at college and vocational training who are studying dance.

Please download the original music for our ADVANCED/INTERMEDIATE LEVEL TUTORIAL [HERE](#)

CREATIVE RESPONSE TASK

If you could like to create a choreographic response to either the Isolation Crews or Advanced/Intermediate level repertoire please download the full music link [HERE](#)

Perform your response at the beginning of the music, you'll hear the change in music around 0:28 so be ready to perform the choreography you have learnt in the videos!

THEMES TO CONSIDER – PULSE / CELEBRATING AND EMBRACING YOUR INDIVIDUALITY AND SKILLS / MUSICAL INTERPRETATION

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- [FAMILY DANCE](#)
- [FAMILY DANCE – \(CAPTIONED\)](#)
- [FAMILY DANCE – \(BRITISH SIGN LANGUAGE INTERPRETED\)](#)

Aimed at all family member, learn 3 simple, short phrases and create your own 1-minute dance with your loved ones!

Please download the original music for our FAMILY DANCE [HERE](#)

2. PERFORM & RECORD

1. Perform and record your performance.
2. Send us your recording via the link below. **DEADLINE: Friday 10th July 2020, 18:00 (GMT)**
3. If you are ready in time, perform the choreography you've learnt on **Thursday 2nd July 2020, 19.30 (GMT)** at home. You'll be dancing alongside hundreds of other people around the country at the same time for our *DANCE:CONNECTS - PULSE! 2.0* mass isolation flash mob! Even though we may be apart – we'll be very much united at that time!

You also have the option of going live on your social media – make sure you include #JADPULSE

**With any social media postings please tag us so we can share on our channels
@jossarnottdance, #jossarnottdance**

3. SHARE

Send us your video performance by following the link below to upload your footage. If you would like to be named in the *DANCE:CONNECTS - PULSE! 2.0* film, make sure you include your name in your video file title so we can credit you.

Filming Requirements:

- All videos must be filmed in landscape mode
- Please make sure backgrounds are as clear as possible
- You are to be the only person/people in the video
- No branded clothing must be worn

Upload Your Video Here: <https://driveuploader.com/upload/5emZsr4SFq/>

DEADLINE: Friday 10th July 2020, 18:00 (GMT)

The film will go live on our social media platforms at the beginning of August.

4. TELL YOUR FRIENDS AND FAMILY

Please share this entire document with as many of your friends and family as much as possible!

Please remember the deadline for footage submissions is **Friday 10th July 2020, 18:00 (GMT)**

Important Information: Please Read

PLEASE CLICK [HERE](#) TO READ OUR DISCLAIMER AND RISK ASSESSMENT BEFORE TAKING PART IN ANY ONLINE ACTIVITY

Video Footage

We will gather all the recorded footage and create a *DANCE:CONNECTS - PULSE! 2.0* video, mapping everyone's performances across the UK and celebrating our newfound pulse.

By sending your video footage to us you agree for Joss Arnott Dance (JAD) to view, edit and store the material and include it in our *DANCE:CONNECTS - PULSE! 2.0* film, where possible.

Your original video footage will be stored securely by JAD for four weeks after which time it will be deleted.

Please read our [Safeguarding Policy Statement](#) and [Privacy Policy](#) for further details.

If you have any trouble with the links above please email learn.at.home@jossarnottdance.com

Thank you and we look forward to viewing your recorded performance!

[Website](#)

[Instagram](#) | [Twitter](#) | [Facebook](#)