



show some MOVES Challenge

November 1, 2016
#ShowSomeMovesCFC

The third of four *Show Some Love* days takes place on Nov. 1, and challenges Federal employees to Show Some Moves in support of the campaign, and share a video of their best dance moves on social media using #ShowSomeMovesCFC.

How to Get Involved

- Pull out your best dance moves and encourage others to do the same.
- Record and share a short video of yourself showing off your best spin, strut or shimmy on social media using #ShowSomeMovesCFC. Be sure to tag your department or agency and the CFCNCA in the post!
- To submit your video to the Show Some Moves contest, follow the instructions below.

Sharing Your Post

- Use #ShowSomeMovesCFC. Here's an example of what to say: It's Show Some Love Day #3 and I'm excited to #ShowSomeMovesCFC for the 2016 #CFCNCA – now it's your turn!
- Be sure your post privacy is set to "public."
- Tag @CFCNCA in your posts on Facebook and Twitter, and @theCFCNCA on Instagram.

Entering your video in the contest

The CFCNCA will host a friendly Show Some Moves contest to celebrate the third Show Some Love Day. Learn more about entering your video by visiting the [Show Some Moves Challenge](#) page.

Please note that the file size limit is 150MB, so videos less than 30 seconds are strongly encouraged. In submitting your video, you give consent for your video to be used by the CFCNCA for promotional purposes in any media whatsoever, without restriction and in conjunction with your name. You also waive all rights to compensation and any right to inspect or approve the finished product image, regardless of format.

Tips for Taking your Video

- Good lighting is key – try to take your video somewhere with natural light, but avoid having the light behind your subject.
- Include CFC or Show Some Love branding in your video (e.g. hold the Thank You card or dance next to a poster).
- Shoot your video in landscape and get close to your subject – this helps with both image and sound quality.
- Get creative with time-lapse, slow motion or Boomerang videos.
- Hold the phone or camera steady.

