

DANCE CHALLENGE 2021

# Rx FACTOR

The Healthy Competition Where Every Body Wins

## 12th Annual School Bus Drug Prevention Contest

"ADVENTURE WITH ME ALCOHOL FREE. ADVENTURE WITH ME VAPE FREE"

### Dance contest The Basics

- Film a dance routine to one of the song parodies below. You may choose to enter the contest up to three times by using a different song each time.
  - 'BIG TOBACCO' to the tune of 'HEAD & HEART' by Joel Corry
  - 'RENEGADING' to the tune of 'LEVITATING' by Dua Lipa
  - 'BLOW SMOKE' to the tune of 'BANG BANG' by Jessie J, Ariana Grande & Nicki Minaj
  - Download songs at rxbop.com and explore more SONGS 4 HUMANITY (Helping Unite Mankind Against Nicotine in The Youth)

Earn 10 hours of community service for each entry.

### Who Enters

All students of Palm Beach County K-12 are eligible to enter, including those in home school, charter and private schools.

### Prizes

1ST PLACE - \$500\*

2ND PLACE - \$250

3RD PLACE - \$150

\*Plus Escala Brand high performance leggings (escalasportswear.com) & Invitation to perform live at upcoming community events.

All participants have chance to be featured in a Brights Minds Film Youth Created Music Video PSA

### ENTRY Details

Email entry: [bit.ly/busdance22](https://bit.ly/busdance22)

\*Form 1941 <https://www2.palmbeachschools.org/formssearch/pdf/1941.pdf>  
(Note: form 1941 to be completed only by students of the School District of Palm Beach County)

### Deadline

11:59 p.m. Sunday, January 16, 2022

### Questions

Contact Marie Charleus or Alexa Lee  
Email us at [pbcbusposter@pbcbhc.org](mailto:pbcbusposter@pbcbhc.org)  
[www.pbcbusposter.org](http://www.pbcbusposter.org) | 561-374-7627

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WE ASPIRE TO INSPIRE.

## HOW WILL SUBMISSIONS BE EVALUATED?

- Videos will be judged on creativity, presentation, quality of audio/visual and overall impact.

## HOW TO FILM

- Must hold your phone or camera horizontally/landscape when filming.
- May choose to film either inside or outside.
- Check lighting and sound for best quality.
- Limit all other noise and visual distractions the best you can.

## WHAT TO WEAR?

- Black or white plain top and bottom. No spaghetti strap/sleeveless shirts, shorts or short skirt.
- May opt to visit: [www.rxfundraiser.com](http://www.rxfundraiser.com) and enter code: RXFACTOR to receive 10% OFF YOUR CHOICE OF SELECTED ITEMS to wear in your video or you may order a Luv2Dance embroidered stickyback iron-on patch to affix to your own black or white shirt.

## BONUS

In honor of this year's theme: Adventure With Me, Vape-Free, we ask that each participant in the dance video being submitted, record a one-line separate video saying the following:

"My name is \_\_\_\_\_ (first name only). Adventure with me...vape-free".



## How To's and Tips

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