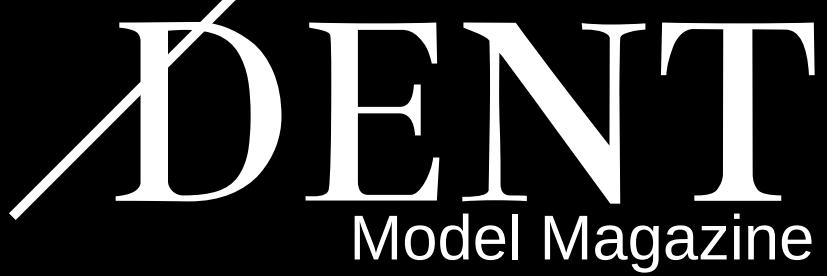


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**2026 Caption Writing Playbook**

**Hook > Story > CTA language model  
for engaging posts.**



## ABOUT THIS GUIDE

**Dancers and models aren't "selling a service",** so your captions can't sound like a business pitch.

BUT – they *still* need to follow the **Hook → Story → CTA** format because:

- It increases engagement
- It feeds IG's new "topic relevance" model
- It keeps people on the post longer (which boosts ranking)
- It builds their personal brand
- It helps them stand out to agencies, choreographers, and collaborators

**The trick is adjusting the formula so it works for *personal* content instead of business content.**

Lets break this down with examples, so you can implement this on your posts.

Dent provides a suite of resources to help you! You're working toward big things – and you don't have to do it alone. **So, if you've got goals, we've got a path.** Your growth is our mission – let's talk about how we can help you move to the next level. Send us a DM and lets chat!



## HOW A MODEL OR DANCER USES HOOK → STORY → CTA

### ✓ 1. THE HOOK

This is NOT salesy for dancers/models.

It's a vibe, a feeling, or a statement that draws people in.

Examples dancers/models can use:

Dance Hooks:

- “The moment everything clicked.”
- “This part of the routine owns me every time.”
- “Today’s improvement >>> yesterday’s doubts.”
- “This one made me feel unstoppable.”

Model Hooks:

- “The shot that almost didn’t happen...”
- “A reminder to take up space.”
- “This one feels like me.”
- “The confidence didn’t come first – the camera did.”

These grab attention emotionally – not professionally.

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## HOW A MODEL OR DANCER USES HOOK → STORY → CTA

### ✓ 2. THE STORY (1-2 sentences max)

This isn't a long narrative – it's a short personal moment.

Examples:

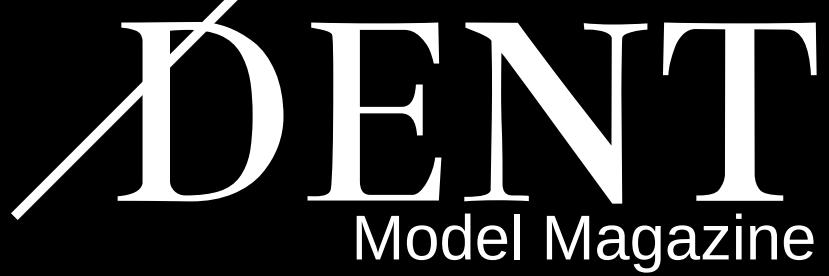
Dance Story Examples:

- “We ran this combo five times before I finally hit the timing.”
- “I’ve been working on my lines for weeks – finally seeing progress.”
- “This costume feels like home to me.”
- “I was exhausted but somehow found one more jump.”

Model Story Examples:

- “The light hit just right and we ran with it.”
- “This was the first time I tried this pose and now it’s my favorite.”
- “Shot this after a long week – sometimes the best photos come when you least expect them.”
- “I was so nervous, but the photographer made it easy.”

This builds connection + authenticity → algorithm likes dwell time.



## HOW A MODEL OR DANCER USES HOOK → STORY → CTA

### ✓ 3. CTA (NOT marketing – a gentle engagement cue)

The CTA is NOT “buy” or “book” – it’s:

#### **Engagement boosting CTAs for dancers/models:**

- “Which version should I post next?”
- “Save this if you want to try the pose.”
- “Should I do a breakdown/tutorial?”
- “Tell me your favorite shot.”
- “Want to see the bloopers?”
- “More from this gallery?”
- “Comment your favorite color and I’ll post a look in it.”

#### **Subtle CTAs for portfolio growth:**

- “Full gallery in my link in bio.”
- “More photos like this on my website.”
- “Digitals are up on my Sitelink page.”

These CTAs increase saves, comments, link clicks – all ranking signals in the new algorithm framework.

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## PUTTING IT ALL TOGETHER (REAL EXAMPLES)

### 👉 Dance Example Caption

#### Hook:

“The moment everything finally lined up.”

#### Story:

“I've been working on getting my arms and timing cleaner — this was the first time it felt effortless.”

#### CTA:

“Should I post the full combo next? 🤔”

### 🌟 Model Example Caption

#### Hook:

“The shot that almost didn't happen...”

#### Story:

“We were losing light so fast — but somehow the last 10 minutes were the best of the whole shoot.”

#### CTA:

“Which photo from this set should I post next?”

### 👉 Teen Dancer Example

#### Hook:

“This routine owns me every week 😂”

#### Story:

“My arms were SO tired today but we got through cleaning and finished strong.”

#### CTA:

“Drop ❤️ if you want to see the full run!”

### 🌟 Aspiring Model Example

#### Hook:

“This one feels like art.”

#### Story:

“I've been trying to get more comfortable in front of the camera — today felt like a step forward.”

#### CTA:

“Save this pose for your next shoot 🤔”



1. Hook keeps people on the post longer (Instagram ranks posts based on “dwell time”)
2. Story increases authenticity (Instagram ranks posts based on relevance and depth)
3. CTA increases engagement  
(Saves + comments + shares = viral signals)  
They’re not selling – they’re “inviting interaction.”

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## PUTTING IT ALL TOGETHER (REAL EXAMPLES)

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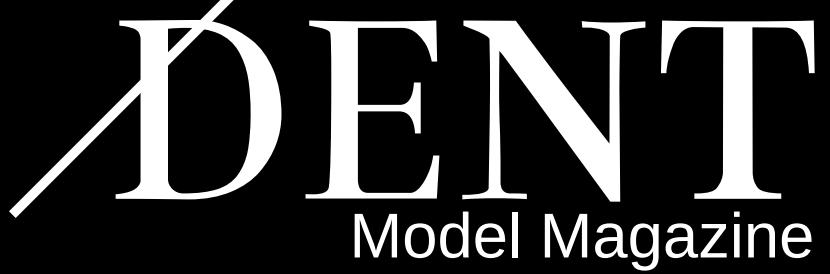
#### CTA:

“Save this pose for your next shoot 🤔”

## Caption Pack for Dancers (30 Captions)

Short, safe, engaging, IG-algorithm friendly.

- “The moment everything finally clicked ✨”
- “Practicing until this feels effortless.”
- “Stronger than yesterday — in every way.”
- “This part of the routine still owns me 😂”
- “One take. One chance. Nailed it.”
- “Working on cleaner lines this week!”
- “Point EVERYTHING — toes included 😊”
- “Not perfect, but definitely progress.”
- “This costume feels like home.”
- “My favorite 8-count right now 🔥”
- “Just dancing it out today.”
- “Hold → Breathe → Push through.”
- “When the timing finally matches the energy 💪”
- “Today’s improvement >>> yesterday’s doubts.”
- “This jump owes me nothing.”
- “Training hard. Loving harder.”
- “Dance is my reset button.”
- “The face you make when you hit the turn 😊”
- “More moments like this, please.”
- “Peak pose? Hit it and HOLD.”
- “Proof that the work is working.”
- “Every rep brings you closer.”
- “Trying to dance softer without losing power.”
- “This angle is everything.”
- “Little wins are still wins.”
- “Clean arms. Strong core. Committed energy.”
- “This rehearsal humbled me but in the best way.”
- “A little messy today — but we get up anyway.”
- “Comp season incoming... I’m ready.”
- “Save this as proof that progress looks like this 👏”



## Caption Pack for Models (30 Captions)

Confidence-building, safe, aesthetic, and portfolio-friendly.

- “The shot that almost didn’t happen...”
- “This one feels like me.”
- “A reminder to take up space.”
- “Confidence didn’t come first — the camera did.”
- “The light was perfect and so was the moment ✨”
- “Still learning. Still growing.”
- “Comfort zone: officially left.”
- “Working on softer hands + stronger lines.”
- “Neutral face > everything else.”
- “Digitals loading...”
- “This pose surprised me.”
- “Trust the process + trust the angles.”
- “The last 10 minutes of the shoot always hit different.”
- “I almost didn’t post this — glad I did.”
- “This outfit deserved its own moment.”
- “Trying something new... thoughts?”
- “Angles. Lines. Confidence.”
- “Caught in the good light.”
- “Natural-light queen tbh.”
- “Giving editorial without even trying.”
- “Clean. Simple. Professional.”
- “Reminder: you don’t need heavy edits.”
- “New favorite pose unlocked.”
- “Warm-up shots > planned shots sometimes.”
- “Yes, this is your sign to book your photos.”
- “This location?? Perfection.”
- “When the energy matches the vision ✨”
- “Bold and soft at the same time.”
- “Pinning this one to my portfolio.”
- “Save this pose for your next shoot 💪”

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## Universal Caption Template System (Super Easy for Parents)

Write a good caption in 30 seconds.

### HOOK (Choose 1)

- “The moment I’ve been working toward.”
- “This one made me feel unstoppable.”
- “Didn’t expect this to turn out... but wow.”
- “The shot that surprised me.”

### STORY (Choose 1)

- “I’ve been practicing this for weeks.”
- “This was taken after a long day, but it was worth it.”
- “Trying something new and loving the result.”
- “This routine/piece/pose challenged me today.”

### CTA (Choose 1)

- “Which photo should I post next?”
- “Save this pose for your next shoot!”
- “Want to see the behind-the-scenes?”
- “Drop a ❤️ if you want the full combo!”

### Full Example Caption:

“The shot that surprised me. I’ve been practicing this combo for weeks — this was the first time it felt clean. Which one should I post next?”

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## How to Caption Your Kid's Content Safely + Effectively

### ✓ 1. Avoid personal details

No age  
No school  
No location  
No schedule  
No times you'll be away from home

### ✓ 2. Keep captions positive + skill-focused

Examples:

- “So proud of her technique progress!”
- “She’s been working hard on this leap.”
- “Another rehearsal, more improvement.”

### ✓ 3. Use safe CTAs

- “Cheer her on!”
- “Which costume should she wear next?”
- “Save this moment!”

These avoid creepy engagement while boosting algorithm ranking.

### ✓ 4. Use the Hook → Story → CTA system (but make it parent-friendly)

#### HOOK:

“A moment she’s proud of...”  
“One of her strongest combos this month...”

#### STORY:

“She worked so hard for this.”  
“She cleaned this part 5 times before it clicked.”

#### CTA:

“Send her some love.”  
“Save this to see her progress over time.”

### ✓ 5. Never write anything overly personal, emotional, or vulnerable

Predators look for emotional softness in captions — we avoid this.

### ✓ 6. If posting dance costumes or model photos: add context

- “Taken at media day.”
- “Filmed at her dance studio with coaches present.”
- “This was for a modeling portfolio shoot.”

This reduces chances of IG flagging the post.