REDROCK International

LipDub

The whole group creates a single-shot music video across several locations.



The whole group creates a music video in one continuous shot that travels through different locations. It is about collaboration, not competition.

Duration	Setting	Participants
1 hour	**Indoor or outdoor**	**50–200+**

How it works

1

Your scene

Each participant is given a location in the video, plus props and costumes.

2

Rehearse

Teams rehearse their lip-syncing, dancing, acting and the handovers between scenes.

3

One take

The whole song is filmed in a single shot. No editing, no filters.

4

Together

Every participant and every team appears in one finished video, created together.

What LipDub develops in your team

In every Red Rock team build

- **Teamwork and collaboration**
- **Relationships and trust**
- **Communication**

LipDub also develops

Cross-department working
Groups in different locations must hand over seamlessly.

Creativity and innovation
Teams design the costumes, moves and props for their scene.

Inclusion and diversity
Everyone appears in the video, whatever their role.

Trainer-led review

LipDub ends with a review led by our trainers. We agree the focus with you beforehand and build the review around it.

Teams talk through what happened, link it to how they work together day to day, and agree what they will do differently back at work.

We can also organise

- **Venue**
- **Catering**
- **Travel**
- **Branding**
- **Giveaways**

Book LipDub

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