

Berest Dance Center

Performance Rules and Etiquette for Levels 5, 6, 6a and 7

The June Show is a time of much anticipation and excitement! Our wish is that you feel and perform your best at Showtime. Accordingly, we have created this guide to help you be as prepared as possible. In order to create a productive, comfortable, and professional environment for all performers, we ask that you respect and adhere to all of the following guidelines.

Rehearsal at Theater:

REQUIRED: costumes, correct tights, correct hair, and clean shoes.

You must sign in and out of rehearsal.

Please arrive at the theater in correct hair (low bun, side part), and “practice” makeup.

You must wear a flesh-colored “base” leotard to rehearsals to facilitate changing in the audience.

Please remove ALL jewelry, and hair elastics from wrists.

To avoid mix-ups, please label all costumes, tights, shoes, etc., with your name before bringing them to the theater for rehearsals.

Please keep your belongings contained in your suitcase and out of the way of other dancers.

Please be courteous, respectful, and compliant to teachers, staff, and volunteers.

It is extremely important that you be attentive for cues and instructions.

It will be up to you to be ready to dance when your piece is up. You must be waiting in the alcoves on either side of the stage before the preceding dance is over.

Dancers must take places quickly. No moseying onto the stage.

No eating or drinking in costume besides water.

Only-non messy, non-smelly, nut-free food will be permitted in the theater.

Shows:

You must sign in and out of the show in your dressing room. You may not leave the building until the show is over.

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Please arrive at the theater in correct hair (low bun, side part), and full stage makeup (see attached diagram).

Please remove ALL jewelry, and hair elastics from wrists.

All costume changes within the same Act are to be set up in the green room or hallway upstairs, before the show, or during intermission. Make sure to bring all parts of your costume with you! (Costume, tights, shoes, hairpieces, props, etc.) You will not be allowed to return to your dressing room to change while an Act is in progress.

It is extremely important that you be attentive for cues and instructions.

When you are not dancing, you must remain in your assigned dressing room.

Cell phones must remain in your dressing room during the show.

Please be courteous and respectful to your fellow dancers.

Some dancers require a quiet dressing room environment, please respect this.

No audible music in the dressing rooms. If you choose to listen to music, use headphones.

Only non-messy and non-smelly food will be permitted in the theater and dressing rooms.

Packing:

All costumes

All hairpieces

All necessary tights and undergarments

All shoes

Extra Hairpins, bobby pins, hairnets (must match your hair color), hair spray/gel

Make-up (must include dark or red lipstick)

Warm-ups (sweater, leg warmers, etc.)

Small sewing kit

Portable mirror

Water bottle

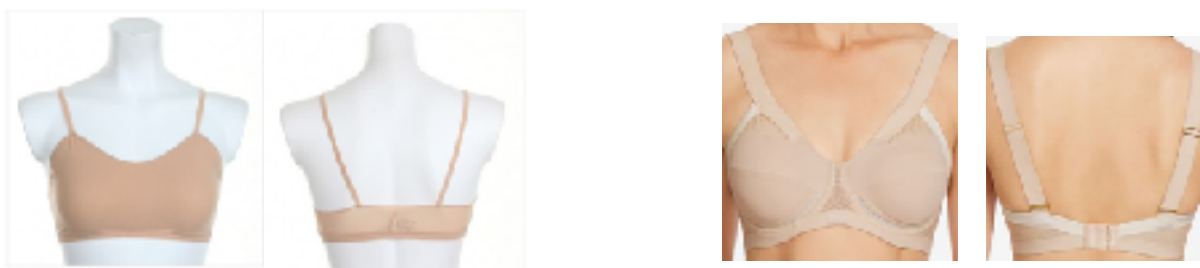
Non-messy snacks (may not be eaten in costume)

Suggested Personal items: deodorant, toothbrush/toothpaste, dental floss, mouthwash, Q-tips, tampons, clear nail polish/for stocking runs, nail polish remover, nail file, headphones, instant ice packs, Advil, etc.

*Berest Dance Center***Undergarment Policy**

Please avoid wearing undergarments as much as possible. However, if you feel the need to wear anything under your costume, you may choose from the following options:

- *Flesh colored leotard*: with fabric straps, which are **covered with your foundation makeup**.
 - **NO CLEAR PLASTIC STRAPS** will be permitted.
 - If your leotard came with clear straps, the straps must be replaced.
 - A preferable solution is to sew on ballet slipper elastic (available for purchase at the studio), which takes makeup well.
 - The leotard must match the line of the costume and not be visible in the front or back.
 - Suggestions:
 - Eurotard Adult Seamless Camisole Euroskins Liner, style 95707 available on eurotard.com \$17.90
 - Chacott Pro Body Foundation, available on freedusa.com. \$45.00
- *Flesh colored bra*: although bras are generally not worn with dancewear, they may be worn for extra support if necessary.
 - Bras should be smooth (no padded cups), sports-type bras with flat, camisole straps and a stretchy back that can be pulled down and tacked (sewn) into costumes so that it is not visible



- **Same rules about straps apply, as with leotards, stated above.**
- Suggestions:
 - Chacott Bra Top Foundation, available of freedusa.com \$22.00
 - Berlei YYRK Shift Extreme Impact Underwire Sports Bra, available on herroom.com \$54.00
- *Flesh-colored thong*: recommended for any of the following situations:
 - If the costume is a unitard.
 - If you have your period.
 - Suggestions:
 - Capezio Adult Seamless Low Rise Thong, available on Discount Dance Supply \$10.50
 - Gap stretch cotton thong, available in Gap stores and gap.com \$10.50

Please keep these requirements in mind when packing your costumes, and plan accordingly.

STAGE MAKEUP FOR DANCE



Base: Apply foundation (should be a shade darker than your own skin).

Apply translucent powder (optional)

Eyes: Apply primer (neutral powder) fully covering eyelid and up under brow and blend. Apply mid-tone to lid, darker shade (contour) in crease of eye as well as outer 1/2 of lid (see closed eye on diagram), and finally lightest shade (highlight) under brow bone and in inner corner of eye.

Apply black liner across upper lashes and lighter liner (brown) across lower lashes.

Use brown pencil to fill in / elongate eyebrows.

Apply waterproof mascara to upper lashes.

Cheeks: Use a darker tone blush to define cheekbones (see shape of shading on diagram).

Lips: Moisten with chapstick of some sort, then apply dark/red lipstick. Use a liner the same color or slightly darker to keep lips neat-looking.