

Performance Rules and Etiquette for Levels 4, 4a, and 5

The annual showcase is a time of much anticipation and excitement. Our wish is that you feel and perform your best at Showtime. For this to happen, it is important that you feel as prepared as possible. We have created this guide so that you know what to expect at your rehearsals and shows. In order to create a productive, comfortable, and professional environment for all performers, please respect and follow the guidelines below.

Rehearsal at Theater:

This means costumes, correct tights, and correct hair.

You must sign in and out of rehearsal.

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

You must wear a flesh-colored “base” leotard to rehearsals 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.

Berest Dance Center

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, clear nail polish/for stocking runs, nail polish remover, nail file, headphones, instant ice packs, etc.

*Berest Dance Center***Undergarment Policy**

Please avoid wearing undergarments as much as possible, as they are not usually worn with dancewear. However, if you feel the need to wear something under your costume, you may wear a FLESH-COLORED LEOTARD.

- Your flesh-colored leotard must have fabric straps which must be **covered in foundation makeup** to match the tone of your skin.
- **NO CLEAR PLASTIC STRAPS** will be permitted.
- If your leotard came with clear plastic straps, the straps must be replaced.
- A recommended solution is to sew on ballet slipper elastic (available for purchase at Berest), which takes makeup well.
- The leotard must match the line of your costume and not be visible in the front or back.
- Suggestions:
 - Capezio Child Camisole Undergarment, style 3532C available on Discount Dance Supply. \$17.88 (Comes with clear straps that must be replaced.)
 - Capezio Adult Camisole Undergarment, style 3532 available on Discount Dance Supply. \$ 18.52 (Comes with clear straps that must be replaced.)
 - Chacott Pro Body Foundation, available on freedusa.com. \$45.00

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.