

DRESS FOR DANCE GUIDE

2018-2019

PROPER ATTIRE IS MANDATORY

- **DANCE BAG**

In an effort to reduce the number of lost and found items, and better prepare students for class we ask that all students have a designated **dance bag** for all classes. Any sports style nylon zip or drawstring bag will do. Not only should this bag contain their dance shoes, but several other necessary items that are found to be invaluable to students of all ages as defined below:

Child-Youth Dance Bag

- ◆ All dance shoes that currently fit with their **name** inside each shoe
- ◆ Class uniform for the day
- ◆ All hair accessories required to keep hair up and off the face and neck - comb and/or a brush, ponytail holders, barrettes, bobby pins
- ◆ Dance sweater or a similar form fitting sweater.
- ◆ An old pair of socks., long sleeve shirt and a spare pair of leggings

Teen-Adult Dance Bag

- ◆ All dance shoes that currently fit with their name inside each shoe.
- ◆ All hair accessories required to keep hair up and off the face and neck and hair nets.
- ◆ A dance sweater and/or sweater tights.
- ◆ Band-aids, foot tape, small sewing kit with scissors
- ◆ Disposable Ice Pack
- ◆ Personal hygiene products

All items listed above should remain in the dance bag year round. Washable items will need to be cleaned as necessary and replaced immediately.

- **HAIR**

To allow for correction of head, neck, and should alignment, and clarity of focus, hair must be out of the way. Acceptable styles are those pulled up and away from the face in a clip, chignon (bun), or french braid. Dance is an expressive as well as physical art, and the face needs to be open and animated.

- **UNSUITABLE ATTIRE**

We ask that students avoid wearing the following items which tend to obscure the body and hinder vital alignment correction.

1. Sweats and baggy* clothes
2. Leg warmers* (Older students should consult the instructor if they feel leg warmers are needed, as in the case of an over-worked muscle.) *Dance sweaters and sweater tights may be worn in cold weather, but only at the beginning of classes.

**PLEASE ALLOW TIME TO PREPARE FOR CLASS. STREET CLOTHES ARE NOT ACCEPTABLE!
STUDENTS WHO DO NOT DRESS PROPERLY,
WILL BE ASKED TO OBSERVE**

The Cinnamon Tree in Herndon (703.435.3255) will be stocking all required items.

School of Theatrical Dance Uniforms 2018

BALLET:

Creative Movement (Sat)	Pastel Leotard, Footless Tights or Leggings, Pink Ballet Slippers, Party or Tap Shoes
Pre-K Ballet	Pink Danz n Motion Wave Dress, Pink Footed Tights, Pink Ballet Slippers
Primary I (M 5:30 pm)	Purple Short Sleeve Leotard, Purple Chiffon Skirt, Pink Footed Tights, Pink Ballet Slippers -Tan Tap Shoes w Buckle (Purchase in 2nd Semester)
Primary II (W 4:30 pm)	Capezio 201c Royal Blue Short Sleeve Leotard, White Chiffon Skirt, Pink Footed Tights, Pink Ballet Slippers -Tan Tap Shoes w Buckle (Purchase in 2nd Semester)
Ballet I (M 4:30 pm)	Capezio Light Pink Short Sleeve Cotton Leotard, White 3/4" Elastic Belt, Pink Footed Tights, Pink Ballet Slippers
Ballet II (W 5:15 pm)	Eurotard Bow Back Lilac Tactel Leotard, White 3/4" Elastic Belt, Pink Footed Tights, Pink Split Sole Ballet Slippers
Ballet III	n/a
CB4 (T 4:30/S 12:30)	Eurotard 44822/44822c Navy Adj Conv Racerback Leotard, Pink Tights, Pink Split Sole Slippers
CB5 (T 5:45/S 1:30)	Eurotard 44822/44822c Eggplant Adj Conv Racerback Leotard, Pink Tights, Pink Split Sole Slippers
CB7/8 (T/Th 7 pm)	Black Leotard of Choice, Pink Tights, Pink Split Sole Slippers
Pre-Pointe & Pointe	Seafoam Mirella Cap (M515), Forest Theatricals Camisole (N5501)
Ballet Basics	Black Leotard of Choice, Pink Footed Tights, Pink Ballet Slippers

JAZZ:

*All female students will need to purchase Tan Split Sole Jazz Shoes- Capezio EJ2/Bloch 499/Neoflex 495

*Boot Leg and Flare Jazz Pants are only acceptable in the Int/Advanced Class

Jazz I/II (F 6:15 pm)	Eurotard 4489 Fuchsia Tank Leotard, Eurotard Black Capris
Jazz III/IV (F 5:15 pm)	Capezio TC0048(c/w) Scarlet Leotard, Eurotard Black Capris and Eurotard Black Dance Shorts
Int/Adv (W 7:00 pm)	Leotard TBA, Black Leggings, Capris or Shorts, Black Dance Sneakers, Knee Pads

HIP HOP:

Dance Sneakers with comfortable street clothes (ex: sweat pants or shorts with camisole top or tee)

TAP:

*Consult the instructor regarding tap shoe styles for each class level. All tap shoes should be tan.

Tap I/II (W 6:15 pm)	Eurotard Bow Back Lilac Tactel Leotard, Tan Footed Tights, Eurotard Black Dance Shorts, Tan Buckle Shoes
Tap IV (F 4:30 pm)	Capezio TC0048 (c/w) Scarlet Leotard, Eurotard Black Capris, Eurotard Black Dance Shorts, Tan Footed Tights, Tan Buckle Shoes
Int./Adv. (S 10 am)	Any Solid Color Leotard, Black Dance Shorts, Capris or Leggings, Tan Footed Tights

MODERN: Int./Adv. (M 6:15 pm) Leotard TBD, Balera Stirrup Tights-Black & Tan