



Dance Etiquette

The Tradition of Ballet

Ballet is a graceful type of dance that began in the Italian courts of the 15th century. Princes put on lavish spectacles that included poetry, music, singing, and dancing. The style you see today was developed by the French. King Louis XIV of France started the first ballet school of 1661. The basic steps, jumps, and technique of the first French school are still used today, which is why many of them have French names. They are also the foundation of almost every movement in classical dance.

Dance Etiquette

Dance etiquette or 'rules' have been laid down over many centuries. It has been developed over generations to give your body and mind the right preparation for dancing. These rules are innate to all dance forms. Dance studios all over the world adhere to the same basic Dance Etiquette.

Dancing is an art that will make extreme demands on your body. To be a dancer you must be supple, strong, and well-coordinated. You need to be able to jump, have good turnout, and the strength to lift your legs up lightly and easily. To be a dancer you must also be respectful, gracious, and positive in attitude. You need to show respect for the teacher and other students, be on time, wear suitable attire, and be open minded.

1. Respect

A dancer strives to be artistic, intelligent, musical, and graceful. A dancer strives for perfection and self-control. This begins 'inside'.

In other words: Listen carefully to your teacher and pay attention, follow directions, do not disturb others, be kind with your words and actions. Part of the fun of dance class is the interaction with others, but there are limits. Don't chat incessantly. Keep talking and giggling to a minimum. Keep your attention focused. Do not complain, whine, gossip, or voice negative opinions. Encourage and support your fellow dancers!

Be on time and attend class regularly: Being late disrupts other students and the teacher. You forego essential warm-up stretches and could injure yourself later. The teacher reserves the right to have the student observe the class if essential warm-ups have been missed. Arrive early and begin stretching in the hall or the studio. This allows the teacher to spend more time on routines and technical work. Be sure to use the restroom, get a drink of water, and eat a nutritious snack before or after class – never during class! Come ready to go and ready to dance! Remain in the dance studio at all times. Do not wander in and out of the class space while the teacher is teaching. If for some reason you cannot continue, quietly apologize and go to the side.

Attitude is Everything: Be responsible. Be safe. Be respectful. Work hard; strive to do your best. Only you can make yourself a true dancer 'within!'

2. Dance Attire

On stage costumes are full and lavish, but daily practice clothes are quite different. In dance class, where you study and practice before going on to perform, you will concentrate on form, line, and movement. The clothes that you wear are designed with this in mind. They are practical and uncluttered. You must be able to move and stretch easily, and your teacher must be able to see that all muscles are working correctly when students are learning the movements. Wearing improper dance attire can be very dangerous to the student or other students. Jeans and 'street and school' clothing can restrict movement hindering the development of strength and flexibility.

*No jeans, sweatpants, street clothing, street shoes, jazz pants longer than the heel of the foot or shoe, or jewelry (small stud earrings are acceptable)

3. Hair

Make sure your hair is tidy and off your face for your class. For girls, it is ideal if hair is long enough to put up – about shoulder length – into a tight bun or ponytail. If your hair is too short to put up, just pin or tie. It is important to keep hair up and out of the way, so that it does not distract the student or others when rehearsing. *ALL Academy performances will require ALL students to wear hair in a bun. NO EXCEPTIONS.

4. Food and Drink

Dancers need nutritious food and healthy drinks. It is important for your physical development as a dancer to have good nutrition. Your brain also needs the right foods in order to concentrate, focus, and learn. Avoid candy and pop before class.

Food and drinks are not allowed in the dance studio. This includes water bottles. Please eat at the tables and throw away any garbage. Respect our shared space and clean up after yourself. Students are discouraged to leave class and go into the hall to get a drink from their water bottle or the drinking fountain.

Ballet, Pointe, & Lyrical: Black leotard, pink tights, and pink ballet shoes or Pointe shoes. Hair is to be pulled back. Intermediate and Senior ballet girls should have their hair pulled back into a bun that is securely fastened with bobby pins. If the student's hair is too short, use clips or a head-band.

Jazz: Leotard, black jazz pants (must come above the bottom of the student's shoe), jazz shorts or tights, and tan jazz shoes. Hair pulled back out of face.

Tap: Leotard, black jazz pants (must come above the bottom of the student's shoe), jazz shorts or tights, and black tap shoes. Hair pulled back out of face.

Hip-Hop: Leotard, dance shirt, black jazz pants (must come above the bottom of the student's shoe), jazz shorts or tights, and Hip-Hop shoes. Hair pulled back out of face.

Acrobatics/Tumbling: Leotard, footless tights and bare feet, hair pulled back.

Cabaret: Leotard, tights, skirt or shorts, tan character or ballet shoes. Hair pulled back.

I wish to be a dancer inside and out! I agree to do my very best to adhere to Dance Etiquette at all times. I understand that it is my dedication and my attitude that will allow me to grow positively in mind and body.

Student Signature

*Promise to yourself... Sign and put on your bulletin board.

- **NOTE:** If students show up to class without proper dance attire more than three times, a letter will be sent to the parents. If you receive a letter, please ensure that your child has proper dance wear for their class. Dance wear can be purchased from Second Skin in Marquette. 1-800-906-7546, or secondskinshop.com.