

## Dance Dress Code.

The Importance of a Dress Code for Dance: Wearing the proper attire enhances freedom of movement. You are a "Dancer" before you even enter the studio! Everyone is in the same colors. You will dance better if you are in proper attire. Unsuitable clothing (light colors, patterns, bright colors, sparkle etc.) makes it difficult to properly observe & correct posture & alignment of the dance student. If a student is all in pale colors, the ability to make corrections is very hard to do as everything is the same color. This observance is necessary to ensure correct execution of technique in doing the exercises and use of correct muscles in order to prevent injuries.

**Tights:** Color accepted- a Ballet Pink (they may be transition- hole on the bottom of sole). L3-5 should be transition. Most students wear transition tights from L1-5 due to all the sweat their feet produce and it is cooling to roll them out of the way at the end of class.

Before buying tights: 1- Measure the waistline of dancer and don't tell them to inhale as we don't dance in a full inhale all the time. Also measure the outer leg line from natural waist to heel on floor and the inseam from groin to top of ankle. Also, know the actual weight. Don't guess or assume you know their measurements. When in doubt go up a size. Tights should not be sheer once on the body- they should still be ballet pink. The more stretched thin they are the easier they are to tear, due to finger nails, Velcro and etc. Also, the crotch should fully be fitted to the body's crotch. If the crotch of the tight has pulled away from the body then it is too small, it will tear and or hinder movement.

We have used the Dancing Fair tights at Ronnings because the tick off a lot of boxes for wear. I realize that it is a name you are probably not used to. But they are good at being run resistant, are soft, have a stretchy & soft waist line to accommodate many different body shapes and they hold up well after many wearings. They also look ballet pink under the harsh LED lights on stage. So they tick a lot of boxes off of my list. If they are ever out of your size the next option is a Capezio 1816C (child) or 1816 (adult) "Ultra Soft Transition tight". It is a good tight, but it is on some more constricting on the waist if you have a tummy & can require better nail care on your end. I would never purchase off brand or from chain stores as even if they have the same "name" the item is usually crap which is why it is a cheaper price. You get what you pay for.

Tights should NEVER be shiny or have a shine/sparkle to them....as shiny tights on stage and in pictures make the legs appear larger and under strong lighting a gross reddish purple color as well. Which is never a good look on anyone.

**Care of Dance Wear**----Wash tights & leotard after EVERY WEARING (no matter the age of the dancer- everyone sweats under the arms, back, crotch area and feet). Just because they are kids doesn't mean they don't sweat. Hand wash in sink for best care as heat will wear the elastic out quick both wash and dryer. To dry- lay towel out flat and place tights or leotard out on top (smooth them out), then roll up the towel and twist both right and left. Your tights will now be mostly dry. The leotard will have some moisture left in it but it will dry much faster by doing this first. Hang over towel bar or shower rod /hanger to dry. The fastest way to destroy your garments is the heat of the dryer and washer. As it will cause your garments to break down faster as it dries the elastic woven into the "stretch" of the fabric. Hand washing prevents this. While they get ready for bed they could both be washed and rung out to dry. DO NOT use fabric softener as this also break down the fiber.

**Leotards:** Color accepted is- Black

Styles: tank, highneck leotard, sweetheart style, princess seam, boatneck, full sleeve,  $\frac{3}{4}$  sleeve or cap sleeve. I really don't like spaghetti straps and they do not provide support at all and they allow

the neckline to show more than what should be seen when they get stretched out in the straps. I prefer a short sleeve, ¾ sleeve or long sleeve as helps to see & square off the shoulders for alignment. Shelf bras, lined fronts and non-see through material are signs of better quality. No thongs or any leotards that turns into a thong while your dancing. Check the length of the girth for a proper fitting leotard as the chest and tush must be covered. Constantly pulling the leotard out of the tush is a sign of the leotard not fitting properly. When you try on a leotard have them bend over and touch the floor, when they up right if automatically grab and the buttocks to adjust the leotard –that is a sign it doesn't fit their body correctly. I prefer a cotton blend as they are typically warmer to the skin where the spandex/Lycra can feel cold and is very shiny. So I will let the student pick their fabric blend. The more expensive the leotard the better the fit, stretch, retention and quality (softer) the fabric will be. Check reviews on fit and be sure to actually measure rather than guess on fit.

No sparkle, No Pale colors (pink, white, lavender, peach, yellow etc), No skirts, No funky designs, bright colors and stuff on them. No gymnastic leotards, No color leotards. I know I just crushed everyone who wants to wear a color or sparkles and etc. But NO. Let them wear that stuff at home.

It is a black leotard plain and simple. Don't bother to tell me that Grandma thought it was cute or etc.....I had to do the same thing with my daughter and I let her prance around at home in them.

**Bra's:** If you have breasts that move then get a bra to wear at Dance class. If you have to hold your hands over your breasts when you jump then get a better bra for dance. YES this happens!

**Wrap around waist Dance sweaters** can be worn when the weather gets chilly in any level. They should be BLACK in color and fitted.

**Ballet pink Legwarmers** (so they blend in with the legs) can be worn when the weather gets chilly in levels L3-5. The last legwarmer's I bought my daughter were a silk, bamboo and spandex blend. They are amazing (I still have them and use them now over a decade old—cause I bought great quality).

The Sansha Stirrup leg warmers MULBERRY2 KS004 are pretty close to the ones I bought. **REF:** 10-8950004. These stirrup leg warmers are made of silk, cotton and spandex. They have a length of 61 cm. Ribbed material. The MULBERRY 2 model is perfect for warming up. Just make sure to get pink. These are not a fashion statement for dance, but for warmth. No more sweat pants and the like. The fit of a legwarmer starts at the top of the thigh by groin and goes to stirrup under the feet. If it goes to the knee area it is not made for keeping thigh muscles warm in dance.

**Ballet Shoes** are Capezio 205 Daisy- Pink color for females and Black for males. Full sole leather shoe. There is a reason for the full leather shoe. Flake leather, gymnastic shoes or pleather shouldn't be in a proper dance class. **Pointe shoes**- Gaynor Minden

**Tan Tap Shoes by Bloch for Females:** Adult tap on buckle tap shoes –Style # S0302L, Child tap on buckle tap shoe –Style #S0302G. Male tap shoes are black and should lace up like a proper leather male adult dress shoe in matt finish.

**Jazz shoes** are Tan/Caramel in color for females and Black for males. There are so many different styles of jazz shoes that I let the dancer's pick the fit they like the best. Certain brands are better for different shaped feet. So feel free to ask me for help.

If you have arrived on time to dance you are late & a bad habit to get into. No more sweats worn to warm up in or allowed to be worn in class. The quicker you start moving in your dance attire the quicker you will warm up.