



Rehearsal, Show, Hair & Makeup Guidelines

Rehearsal & Show Guidelines to Make a JOYful Experience for All:

ALWAYS

- Check to be sure you have everything needed. Designate a “Show Bag” with all your items. We provided a checklist for costume pieces in the Costume Book to make it easier. We recommend making your own checklist for Hip Hop Costumes. Check these lists before coming to the show and when leaving the theater every time.
- Write names on all costume pieces, tights and shoes.
- Please plan ahead and be on time.
- Costumes should be clean and unwrinkled.
- Sewing is always preferred over pinning when making any costume fixes/adjustments.
- Underwear should not be worn under tights if they are visible or show lines. If the audience can't see them under your costume, no one needs to know.
- Please do not wear any jewelry that doesn't go with the costume. Neat nail polish as part of your hip hop style / finale costume is fine, but no nail polish in matching-costumed classes.
- Please plan meals accordingly. Pack a water bottle and small snacks. Please have a wrap or cover up available because it's never a good idea to eat in costume.

REHEARSAL

- Only one parent or guardian per dancer at the Rehearsal please. We will have staff on site but aren't necessarily supervising them between dances and backstage.
- Dancers should come directly into the audience seats in the theatre ready to go in their first costume. We will be calling dances from the audience.
- Videotaping and Flash Photography are not allowed. Non-flash photos at Rehearsal are fine! We want dancers to get to rehearse without the pressure of being videotaped.
- Hair & Makeup should be done at the Dress Rehearsal. We would like to see if a dancer needs more or less of anything. **See the Hair & Makeup Guidelines below for more information.*

SHOW DAYS

- Sign your performer in and out of the dressing room. Only official volunteers are allowed backstage And in dressing rooms during the show due to space constraints.
- Bring entertainment items into the dressing room at your own risk. If it's too precious to lose,

please don't bring it to the show. Playing cards, books, non-messy art such as stickers are good ways to occupy their time backstage.

Hair & Make-Up Tips

Hair

Check the *Costume Book* and *Hip Hop Style Guide* for the hairstyle that is necessary for each dance. In all instances, it's best to have a clean, polished and professional look. Hair normally overdue for a washing is actually easier to work with than clean hair. Slightly dampening hair with water, spritzing with hairspray or other product *before* styling or using any pins can also help.

For all dance styles other than Hip Hop, hair ties and bobby pins should be a close match to the dancer's hair color or be clear. Be sure to check the *Costume Book* to see if there are any hair ties or headbands for your dance.

What if the costume has Hair Accessories?

Any accessories that are worn on the head (head bands, bows, feathers, hats, etc.) should be secure and unable to fall off. It's recommended to use a basic hair band first, then add the decorative one that came with the costume. Use bobby pins ("closed" pins, not the "open" type pins for making buns) to fasten all items to the dancer's hair. A great technique is to use two bobby pins in one spot placed in an "X".

What if a Ponytail is the requested hairstyle?

Start by brushing the hair back until as straight as possible and a little water can help if need be. Brush or comb the back and side towards the crown of the head until there are no bumps and add hair tie. The crown of the head is the best height for a ponytail (unless a low ponytail is requested). Be sure to spray any hair wisps down with hair spray. For those who have thicker hair, gel may also be needed before and/or after making the ponytail.

What if a dancer has bangs or their hair isn't long enough to make a ponytail?

We certainly would like to promote individuality and self-expression. It's perfectly fine if a dancer has bangs, as long as they stop above the eyebrow. If they are longer, pin them back. If shorter hair makes the style requested for a dance impossible, use any style that keeps hair out of the face. A half ponytail or the front portion of hair pinned back at the ears are two suggestions. We want to see the dancer's sparkling eyes and smile when they perform.

What if a Bun is the requested hairstyle?

Here's one way. There are many bun tutorials available on YouTube!

Things You'll Need:

- Hairbrush
- Ponytail holder
- Heavy duty bobby pins or hairpins that match your hair
- Hair net that matches your hair color
- Regular bobby pins that match your hair color
- Hair spray

1. Brush the hair free of tangles and follow the steps above to make a ponytail.
 - The tighter the better. Secure the ponytail with an elastic band. It is important to have a strong foundation so the bun doesn't fall down. A small elastic band will hold the hair in place while you craft it. You can then spray a little hairspray onto the ponytail to give it a little extra hold.
2. Twist the ponytail into a tight rope.
 - Start to tightly wind the strand of hair around the ponytail holder. Follow the direction you twisted in for the best result -- if you twisted clockwise, wrap clockwise. You want to keep the rope of hair close to the ponytail holder. Use bobby pins to start securing everything down.
3. Securely fasten the hair with bobby pins.
 - Place pins at 12 o'clock, 3 o'clock, 6 o'clock, and 9 o'clock, if your bun was a clock face. If the first half of your bun feels a little shaky, put more bobby pins in where desired.
 - Many ballerinas prefer the U-shaped pins, as they capture more hair and hold longer.
4. Lightly spray with hairspray if there are any wisps or frizzy hair. This also helps secure the bun, though it is not strictly necessary. For extra security, cover your bun with a hair net that matches your hair color with small bobby pins.

Makeup

The goal of “stage makeup” is to define a dancer’s facial features when they are a significant distance from the audience and the lights work to wash a dancer’s face out. A light coat of mascara and subtle blush application won’t be visible to the proud family members and friends. Even for little ones, makeup is necessary. **Boys do not have to wear makeup.*

What will dancers’ need?

- Powder or base
- Blush
- Eyeshadow
- Eye Liner
- Mascara
- Lipstick

1. Powder or Base Makeup

Even a minimal amount of powder will set your makeup, smooth your skin, and give you longer wear. Always match your skin and avoid the outer edges of the face. Boost concealer with loose powder and try to create a natural-looking finish.

2. Blush (Don’t be afraid to apply extra)

Apply blush liberally on the apple of your cheek first – smile to make the area more prominent – then sweep the color out and upward toward your temples. This will help you look great head-on as well as from a profile view. A dancer may feel a little clownish, but keep in mind the lights really do drown out their faces. (Use dress rehearsal to check your work!)

3. Eyeshadow

Dancers can simply apply one color or try the “three-eyeshadow method.” They’ll need three colors for this look: *a highlighter, your main color and a dark complementary shade.* To start, sweep a light layer of lid primer over the eyelid. Then apply the highlighter, usually a white or champagne, under the eyebrows and in the inside corners of the eyes. Lightly blend the highlighter toward the center of the eyelid.

Eyeshadow Cont'd

Next, apply the main color, which usually matches the dancer's outfit, to the eyelids. Go ahead and sweep a good amount onto each lid, then blend the color upward into the highlighter. For this application to look its best, keep blending until the lid has an ombre effect. The colors should seamlessly transition from dark to light.

Finally, look straight ahead and dab just a bit of the darkest shade into your crease. This will help your eyes to really pop when you're up on stage. Be sure to blend this color along your crease for a flawless eyeshadow look.

4. Eyeliner

Apply liquid or pencil liner close to the eyelash roots so there is no skin visible between the lashes and the liner. To make eyes look bigger, extend the liner slightly beyond the outer corners. In order to make the eyes appear bigger, do not connect the top and bottom at the outsides of the eyes.

5. Mascara

It's recommended to first use an eyelash curler but isn't necessary. Hold mascara brush as close as possible to base of lashes, and wiggle it as you move it up through lashes. (This motion helps get every lash.) Let mascara dry for 10 seconds, then repeat.

6. Fill in Eyebrows

If a dancer has light or sparse eyebrows, filling in brows is recommended. Use a product that's pretty close to the dancers natural hair color, otherwise the brows might be too prominent.

When in doubt...keep it fun, keep it neat & clean, keep it JOYful!



joy IN MOTION