

Question

It's good for us to set aside what we do. It's also important to be being taken for growth. It's

Questions for Dance

Note: please replace "ballet" because....." or "I take Hor

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2. My favori
3. My next
4. In ballet
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IN REHEARSAL

Rehearsal is where you are going to spend most of your dance life. It takes the most time and is the place where the magic is made: stay focused, work hard, be kind, connect with your peers, and have fun.

for changes

Sometimes what choreographers think will look good simply doesn't work, so they need to alter it. If the choreographer needs to change the choreography, roll with it. Often casting changes as well. Sometimes it will change it more than once. Let go of the old way and learn the new way quickly and be with it.

Be ready for your part changing within the piece: maybe you have to go left instead of right maybe you have to do a section with a different partner maybe you're in the back instead of the front all the time, be ready and accepting.

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IN CLASS

Arrive on time: at the studio and in the classroom

- Make sure that YOU are ready to leave the pool, work, or other far away place and arrive on time (the teacher may not be waiting for you)
- Be on time

- Then remember ALL corrections in the next class and the next and the next...you get the point. It might be helpful to keep a notebook in your bag or a dedicated "notes" section on your phone. Write down your corrections at the end of each class. You can do it right away, while you are waiting for your ride or on your way home (unless you are driving ☺).
- Make it a goal that your teacher only gives you a correction one time!

Assume you can accomplish what the teacher is asking

- Sometimes it can be done immediately and sometimes it will happen over the course of time.

Self assess/ Take responsibility for your success

- Recognize that your corrections are a gift and are the ingredients to make your goals possible. Know that you are in charge of doing your corrections. It is not your teacher's job to make you do them. And do them even when they aren't looking. You are doing the teacher.

Make-up and Hair

- Make sure to wear makeup that is appropriate for the stage, the lights, your character, and for you personally.
- Sometimes this means wearing very little, sometimes it means much more than you think, and sometimes it means different colors, or different placing of the actual make-up.
- Your teacher or studio might have specific guidelines, so be sure to ask and be sure to follow them.
- Remember it is never safe to share makeup.
- Find out what the choreographer, teacher, or studio owner(s) want for your hair style.
 - practice doing this style,
 - find someone who can help if needed
 - practice your dance at least once in this hairstyle

Warm-up

- Remembering that you usually run your dances after class or after performances there is limited opportunity to warm-up. You need to be ready as possible.
- If your teacher/director offers it, take your warm-up.
- If your teacher/ director can't offer it, you can:
 - You can do your jazz/combo
 - You can do a barre
 - On a clean floor, to the music and bridges;

Let yourself soar

- Take a breath, listen to the music, feel the lights, notice the temperature, observe other sounds in the space, open your eyes to your fellow dancers, and then get lost in your dance.

Being thankful, gracious, and kind

- Remember that your bow is your chance to thank the audience for making the commitment to see you perform, ticket, dressing up, getting a babysitter, taking an airplane, boarding a train, fighting traffic, parking, or whatever else it took to come to watch you.
- And same goes after the show, thank family and friends for coming to the performance.
- If someone gives you a compliment, thank them, no matter what you thought of your performance.
 - This is not your chance to give yourself notes. That will (and should) come now, but not now. If you support team is saying they liked watching you, how nice of them.
- Please say thank you and find a way to mean it.

Clean up after yourself

- Costumes, tissues, water bottles, and wrappers are your responsibility to clean up after yourself.

Thank the crew

- See if you can get the chance to say thank you whoever helped make the rehearsal possible.
- This can include the stage crew, costume coordinator, sound person, etc.

Enjoy the feeling of accomplishment

- The work will come again with notes, class, and rehearsal. But for now, enjoy the feeling of accomplishment.
- Eat some yummy food, drink a lot of water, take a long shower.

PERFORMANCE

Performing is what makes dance more than exercise and a job is to evoke in the audience a feeling, an emotion, and give many benefits from performing, these are just that,

Please take all of your performances as special opportunities. Don't miss any auditorium stage or on a hill at a county fair. You can find profound ways if you approach your performance in this way.

- The audience can walk away smiling from ear to ear. Isn't that

