

Intermediate Performing Arts

Costume, Hair & Make-Up Checklist



Intermediate Ballet: "Toxic"

Costume: mulberry dresses

Tights: pink ballet tights

Hair: sleek low bun at nape of neck with a center part in front *see photo below*

Shoes: pink ballet slippers

Make-up: standard

Intermediate Jazz: "Fireball"

Costume: black bodysuit, red fringe shorts

Tights: beige footless

Hair: sleek low bun at nape of neck with a center part in front. Red flower clipped to right side of bun.

Shoes: beige Foot Undeez

Make-up: standard

Intermediate Lyrical: "Million to One"

Costume: purple dress

Tights: beige footless

Hair: sleek low bun at nape of neck with a center part in front

Shoes: beige Foot Undeez

Make-up: standard

Intermediate Modern: "Sail"

Costume: white romper

Tights: no tights

Hair: sleek low bun at nape of neck with a center part in front

Shoes: bare feet

Make-up: standard

Intermediate Contemporary: "People Help the People"

Costume: beige dress, shorts, bra top

Tights: beige footless

Hair: sleek low bun at nape of neck with a center part in front

Shoes: bare feet

Make-up: standard

INT/SR Acro: "Rescue"

Costume: white dress

Tights: beige footless

Hair: sleek low bun at nape of neck with a center part in front

Shoes: bare feet

Make-up: standard

INT/SR Hip Hop: "Levels"

Costume: green sweats, white shirt, green bandana

Tights: none

Hair: low, sleek, straight ponytail with center part

Shoes: any style of white runners (these need to be purchased on your own)

Make-up: standard

Variety: "Groovy Baby"

Costumes:

- 60s dresses
- Austin Powers: velvet blue suit & wig
- Dr. Evil: grey suit & bald cap
- Mini Me: grey suit & bald cap

Tights: beige footless

Hair: sleek low bun at nape of neck with a center part in front

Shoes: beige Foot Undeez

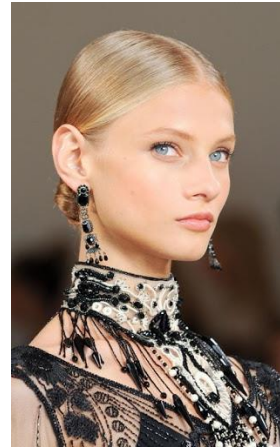
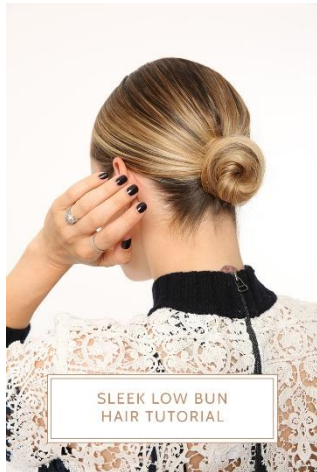
Make-up: standard

Sleek low bun with center part

This year our main studio hairstyle for all JR, INT and SR dancers will be a sleek low bun with a center part. This is a clean, professional and sophisticated look that will look polished on stage. Hair gel and hairspray will be key for making this style come together! We don't want to see fly away hairs or falling apart buns.

Messy hair distracts from the performance onstage, both for the dancer and the adjudicator, and can result in marks being deducted from a routine. Please see below for photo examples and a link to an online picture tutorial. The bun should not be a donut bun, but a small twist bun secured with bobby pins. Hair nets should be used and be the same colour as the hair and not visible from off stage.

Online picture tutorial: <https://www.brooklynblonde.com/2016/10/sleek-low-bun-hair-tutorial>



Standard stage make-up

Stage make-up is essential in brightening the face for the stage! When dancers are under stage lights, their features become darkened and aren't as visible to the audience. Dance tells a story and facial expression is a huge part of that story, which is why stage make-up is a requirement for all dancers. For those new to the make-up routine, check out this video link:

<https://www.youtube.com/watch?v=0kDvftN7to0>

Additional reminders:

The goal of group routines is to achieve a consistent look and cohesiveness among all group members. This allows the adjudicator and audience to view the routine as a whole, and not focus in on one individual dancer. Keeping that in mind, some additional tips for our dance parents:

- ♥ A nude bra with clear straps and a clear back is required for any dancers needing bras, when the bra will be visible underneath the costume (ie. open backs, spaghetti strap tops or dresses). These can be found on Amazon: <https://www.amazon.ca/Capezio-Womens-Seamless-Transition-Straps/dp/B0040L3QSE>
- ♥ Nude coloured underwear is best! We don't want to see underwear sticking out from underneath costumes, as it can be distracting to both the dancer and the audience.
- ♥ No jewellery allowed on stage. Dancers who show up in earrings, bracelets, rings, necklaces, etc. will be asked to remove it. Teachers will not be responsible for holding onto valuable items and you run the risk of losing it! Please leave all jewellery at home.

- ♥ No hair accessories (unless part of your costume). No bright hair nets, hair clips, head bands or other items. If your dancer has bangs, they will need to be slicked back off the face to prevent shadows. Hair gel is your best friend! 😊
- ♥ No temporary tattoos or nail polish.
- ♥ No crazy hair colours (pink, purple, blue, etc.)
- ♥ No gum.
- ♥ No holes in tights. G2D has extra tights available for purchase. Please contact us if your dancer requires a new pair.

Make-up and hair are just as important as your costume in achieving your overall look on stage. Please respect the above guidelines to ensure you have the best experience possible on stage!