

# ICTHEATRE BRIGHTON

## DANCE UNIFORM AND KIT LIST

### MUSICAL THEATRE

#### General notes for dance classes:

- > Have a filled water bottle for every class (water only)
- > No jewellery
- > Minimal make-up – no false eyelashes or excessive eye/face makeup
- > NO NAIL EXTENSIONS (HEALTH & SAFETY REQUIREMENT)
- > No branded clothing
- > A non-slip exercise or yoga mat is helpful.
- > Appropriate dance underwear is required for all dance training – for example, dance bra, dance belt, sports bra, etc.

**All dance classes at ICTheatre require black or coloured form-fitting dance wear. Please find some examples of proper dance attire below that can be worn in combination for all classes:**

- > Leotard
- > Unitard
- > Shorts
- > Jazz Pants
- > Form-Fitting T-Shirt (not baggy) - short sleeved / long sleeved
- > Form-Fitting Vest (not baggy)
- > Leggings - full length / ankle length / 3/4 length
- > Tights - convertible / cut off / full length when worn with dance shoes
- > Comfortable loose clothes such as a tracksuit to put on over dancewear between classes

#### Footwear:

- > Ballet Shoes (Split sole, canvas ballet shoes, not pointe shoes)
- > Tap Shoes
- > Jazz Shoes
- > Character Shoes (New Yorkers)
- > Indoor-only Trainers for commercial
- > Foot thongs optional for contemporary

#### Additional compulsory/optional genre specific requirements:

- > Hair up, secured and off the face / short hair off the face / long dreadlocks up / short dreadlocks off the face – compulsory. For ballet classes, long hair should be in a bun. [How to make a bun tutorial](#) or long dreadlocks secured

#### Ballet:

For ballet classes, you should have a black leotard with flesh-coloured tights. Dancewear in various flesh tones is available from: [Shades Dancewear](#).

Male presenting students should wear a vest and shorts, or a unitard in black with ballet socks and a dance belt.