

WHEN YOU ARE GIVEN A TIME TO BE AT COMPETITION, THAT IS WHEN YOU SHOULD BE COMPLETELY READY TO DANCE. Please arrive earlier if you plan to get ready there! These times are usually at least 2 hours before you are scheduled to perform, and arrival at the time given is not optional. Dancers who arrive later than the given time may not be able to perform.

Hair Checklist

Having the proper tools for competition hair will make your life much easier! Here's a list of what you will need:

- Hairbrush- one that will work to smooth your hair well
- Comb with pointed handle- one that can be used to part hair and smooth it down
- Max hold hairspray- I prefer Freeze-It Extra Hold in the gold can, it holds well but doesn't dry too fast so you can still comb through it as it is wet
- At least two pony holders that match your hair color- make sure they are the thick, good quality ones
- Bobby pins that match your hair color- again, good quality ones
- Spin pins if you need to pin up your braids

IF YOU ARE REQUIRED TO HAVE JUST A BUN FOR ANY ROUTINE YOU WILL ALSO NEED:

- Small bun form
- Hairpins that match your hair color- the best ones are the bun heads brand (sold at the studio), don't try to use the cheap ones that just bend when you flex them
- Hairnet that matches your hair color

YOU MAY ALSO NEED:

- Diagonal rhinestone pony clip
- Other hair accessory- some hair accessories may require you to have a curved upholstery needle and thread to match the accessory
- Matte finish hair gel- if you have bangs, fine wispy hair or lots of layers you may need this

General Competition Checklist

Here's a list of other items it's smart to have with you on competition day:

- Safety pins in a variety of sizes/colors
- Double stick tape (the regular kind works fine – no need to get “body” tape)
- Kleenex
- Baby wipes
- Deodorant
- Pen and highlighter to mark your program
- Extra tights
- Contact solution/eye drops
- Band-Aids (nude colored)
- Tampons (for teenagers)
- All your dance shoes, even styles you don't compete in (just in case!)

Additional Notes for Solo/Duo/Trio Routines

If time permits, you may choose to do your hair and make-up differently than our standard hair/make-up. Please have all hair styles and make-up choices approved by your instructor or Miss Suzy prior to performing (even prior to applying make-up or fixing hair is better). We know what will work best on stage and want you to look great under the stage lights.

Those with solo/duo/trios may **ONLY** wear the costume, tights color and shoes that have been approved by your instructor. Please do not make last minute changes to these items without checking with your instructor or Miss Suzy. Again, this is so that you look your best on stage and are safe while dancing.

Make-Up Checklist

Make-Up Needed-

- Face primer- this can be any primer of your choosing and will help make-up stay on all day and go on smooth
- Matte Foundation- recommend a hypo-allergenic, non-comedogenic, mineral oil free, water/sweat resistant, full coverage matte foundation that is warm-toned and one shade darker than your natural skin tone. Warm toned colors- yellow, orange or brown based- look better on stage than cool toned colors- pink based. Use a triangle shaped make-up sponge for application. This can be the brand of your choosing.
- Concealer- one shade lighter than your foundation. This will be used to hide blemishes and prevent skin from getting red when dancers get warm.
- Matte Pressed Powder- should be fairly translucent and sheer to not look cakey on the skin. This is a MUST to help avoid shine on stage. Apply with a brush to keep it from looking too thick. This can be the brand of your choosing.
- Matte Bronzer- this should be one shade darker than your foundation and will be used to help contour the face and avoid looking flat and washed out on stage. Do NOT use anything with any sort of shimmer to it as it makes you look sweaty and washed out on stage. Purchase a matte pressed powder in a shade 2-3 shades darker than your skin tone if you can't find matte bronzer.
- Blush- we use a nice mauve blush that should be purchased at the studio. Please do not use any colors/brands other than the one sold at the studio.
- Eyebrow pencil or gel- use a shade that matches your eyebrow color.
- Eye Primer- white eye primer really helps eye shadow last. Purchase at the studio. Please do not use any colors/brands other than the one sold at the studio.
- Eye Shadows- we use a black/silver/white combo or a cream/brown combo that should be purchased at the studio. Please do not use any colors/brands other than the one sold at the studio. Different brands will have a different amount of pigment in the colors.
- Black eyeliner- preferably the liquid or marker kind, any brand you choose.
- LEVELS 8 & UP ONLY- False Eyelashes (at least 2 pair!)- black lashes with rhinestones on the outer corner that should be purchased at the studio.
- LEVELS 8 & UP ONLY- Eyelash Adhesive- we have DUO Brush-on adhesive for sale at the studio. Revlon brush-on is good too. I highly recommend a brush-on and not the type you need to squeeze out of the tube.
- Black Water-Resistant mascara- any brand you choose, but must be pitch black. Water-resistant is less clumpy and sticky than waterproof and will help extend the life of your false eyelashes.
- Lip primer- will help your lipstick last longer. Available at the studio but any brand is fine.
- CHEEKY COLOR LIPSTICK ONLY- Lip Stain- we use a nude lip stain underneath our lipstick to help the color last longer. Purchase at the studio. Please do not use any colors/brands other than the one sold at the studio.
- Lip Stick- we use a cranberry or neutral brown/pink lipstick for most routines and sometimes a cherry red. Purchase at the studio. Please do not use any colors/brands other than the one sold at the studio.
- Make-up finisher and setter- this will help your make-up stay on and look great all day!

Tools Needed-

- Q-tips- great for cleaning up make-up mistakes. Works for applying make-up if your brush is lost too!
- Make-up brushes of your choice. Be sure to have one large brush for pressed powder and bronzer, a medium brush for blush and a couple good eye shadow brushes.
- Sponge applicators- the wedge shape work great for applying foundation and the teardrop shaped ones work great for blending concealer.
- Small piece of cardstock or plastic (credit card size or smaller) to help with eye shadow placement.
- We may incorporate a few rhinestones, glitter or additional colors into our make-up at times. These will be to match our costumes and they can be applied with eyelash adhesive or your eye shadow brush.
- Make-up Remover Wipes- I love Pond's, but you can use any brand you like. It is incredibly important for dancers to remove their make-up completely after a long day under the stage lights!







Tips for Making Eyelashes Last Longer

- ★ When removing eyelashes, never pull from the side with the rhinestones. Pull gently from the inner corners of the eye and always return them to the crescent shaped container immediately.
- ★ Remove all glue from the lashes each time you wear them. This will also make it easier to apply them next time.
- ★ Use a clean toothbrush to brush them and remove any mascara flakes in them.
- ★ They can be washed gently with warm soapy water and then re-shaped to dry.

Make-Up Application Instructions

Looking uniform as a team starts with our make-up application. Please follow these instructions as exactly as possible.

1. Begin with a clean, dry face. Make sure you wash your eyelids too as they can be very oily. Pat dry with a towel or let air dry.
2. Apply your face primer over your entire face.
3. Apply foundation by dotting onto the face and then blending it in. Pay special attention to blending into the hairline and down onto the neck.
4. Apply concealer under your eyes in an upside-down triangle shape, on your chin, nose and forehead. Blend well with a blending sponge.
5. Apply pressed powder lightly over entire face with a brush in a patting motion. Put a little extra powder right under the eyes. This will be brushed off later and will take any stray eye shadow with it.
6. Apply bronzer lightly under the cheekbones, at the hairline on the sides of your face and along the jawline. Start very light and build up the color as needed. Less is more for this step. DO NOT use bronzer with a shimmer to it, only a matte bronzer.
7. Apply blush to the apples of the cheeks (smile to find the roundest part of the cheek- that is where you start) and blend up towards the hairline. Do not let blush go lower than your lip line or higher than the corner of your eye and avoid a circle at the apple of the cheek. You should be able to clearly tell that the blush is being worn from up close. Again, start with less and build up the color as needed.
8. Define the eyebrows with the eyebrow pencil or gel and a small brush. Create the shape of the eyebrow first and fill in completely with color. If using a gel, set with a setting powder.
9. Apply the eye primer to the entire eyelid and crease and blend towards the eyebrows. This should be blended so that it is barely seen.
10. EYESHADOW APPLICATION-

	 <p>Apply the lightest #1 shadow just below the eyebrows along the brow bone.</p>	 <p>Apply the light silver #2 shadow to the crease of the eye in a wide stripe using a windshield wiper motion.</p>
 <p>Apply the medium silver #3 shadow to the crease directly on top of the light silver in a slightly narrower line still using the windshield wiper motion.</p> <p>Also apply this same color in a narrow line under the lower lashes about halfway across.</p>	 <p>Apply the black #4 shadow in a more defined line at the crease not quite to the inner corner of the eye. Define a triangular shape at the outside of the eye by using a straight edge and lining it up with the outside angle of the lower lashes to create an upward slant. Apply the shadow over your straightedge to avoid getting shadow too far down on the outer eye. Blend this line after removing the straightedge.</p>	 <p>Apply the lightest #1 shadow over the lid and reapply just below the brow bone. Also highlight the inner corner of the eye with this color.</p>

11. LEVELS 8 & UP ONLY- Carefully remove your false lashes from their container being sure not to pull from the edge with the rhinestones. Apply a thin coat of glue to the eyelash and blow on it until it is tacky. Do not try to put an eyelash with very wet glue on! It will just slide around and make a mess before coming off. Once glue is tacky, apply the eyelash as close to your real eyelashes as possible beginning with the outside corner and working your way in. Eyelashes may have to be trimmed the first time you use them. If you don't place them right, pull them off, peel off the glue and start all over from the beginning. This takes practice! ☺ If any of the rhinestones fall off they can be reattached with eyelash glue.
12. Apply a thin line of eyeliner from the inner corner of the eye to the line made with your straightedge at the outer corner and continue at an upwards angle following your straightedge line about ¼ to ½ inch past the actual eye. If you have false lashes, be sure to fill in any space between your false lash and your actual lashes if there is any.
13. Apply 2 coats of black mascara to your eyelashes. Yes, you need this! It will help your false eyelashes stick better and remove any bits of eye shadow that has fallen onto your lashes. Be sure to coat both the top and bottom lashes.
14. Using a large brush, brush off the excess powder and any bits of eye shadow that aren't supposed to be under your eye.
15. Apply lip primer and stain by starting at the outer corner of the lip and tracing the edge of the lip into the center then repeating from the other side. Fill in the ENTIRE lip in with primer/stain and let it dry for a few minutes. This is the foundation for your lipstick. Do both the top and bottom lips.
16. Apply lipstick over the primer/stain. Again, start from the outer corners and work to the center. Use a lip brush for a more even application.
17. Apply a very light coat of pressed powder over your lipstick with a brush. This will set that layer of lipstick. Then reapply another coat of lipstick. Putting on 2 coats of lipstick helps it last longer. As the top coat wears off you still have color underneath.
18. Spray your face with a make-up finisher/setter to keep the look all day! We recommend the ELF Make-up Mist and Set (sold at the studio).

What if Some of my Routines Need Silver Make-up and Some Need Brown?

This is the number one question I get asked! This can depend highly on the competition schedule. In a perfect world, where time permits, you will change your eye shadow and lipstick colors in between routines. You can leave the rest of your make-up intact and just use a make-up wipe to wipe off the eye shadow and lipstick and redo them with the correct colors. If you have quick changes, this may not be possible. Here is what to do in the following quick change situations:

- ★ If eyelashes are required for any of your routines wear them for everything.
- ★ If your team that wears brown dances first- wear the complete brown make-up and layer the silver/black over it after you perform. Use the nude lip stain and just change the color of the lipstick on top.
- ★ If your team that wears black dances first- wear the black make-up and then lighten it by wiping some off with a tissue and layering the brown over it. Use the nude lip stain and just change the color of the lipstick on top.
- ★ If your teams go back and forth between colors- wear the color that more of your teams wear. If you have 2 teams that wear brown and 1 that wears silver, wear brown. If you have 2 teams that wear silver and one that wears brown, wear silver. Use the nude lip stain and just change the color of the lipstick on top.

What About Special Colors and Accents?

If you need special make-up colors or accents, these will be shown to you individually (or done by your instructor at each competition). These will be AS TIME PERMITS and will not be utilized if quick changes will not permit them. The same goes for special hairstyles.