

# dancer

# COMMUNITIES

magazine

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Take it to the next level —

Options to continue your Dancing Career

Warm Up and Awareness

**Exercises For Pointe in Adult Ballet Classes**

**October Studio calendar**

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**DANCE TIPS:**

What you should know before you buy your dance clothing and gear

how to stand out!

in a sea of ambitious dancers





# Before You Buy Dance Gear and Dance Clothing

By Treva Bedinghaus, About.com Guide

**I**F YOU HAVE SHOPPED for dance gear or dance clothing lately, you have seen the great variety of dancewear and dance shoes available for all kinds of dance. Dance shops sell all sorts of dance clothing and supplies, or you can find what you need online. Before you go shopping for dance gear or dance clothing, take a look at these guidelines.

## Dance Clothing

Dance clothing varies for different styles of dance, but basic tights and leotards will work for just about any class. Some dance teachers do enforce dress codes, especially for ballet, so ask before you buy anything. Besides tights and leotards, many dancers today opt for the ease and comfort of dance clothing such as jazz pants. Jazz pants are often worn in classes of jazz, modern, tap and hip-hop.

## Dance Shoes

Perhaps the most important element of a dance clothing, dance shoes must be bought with great care. Each style of dance has a specific shoe designed for optimal performance and injury prevention. When picking out shoes for dancing, proper fit is of utmost importance, as wearing the wrong size shoes can damage the feet as well as the legs and ankles. If you purchase your shoes at a dance

store, a professional should be on hand to help you decide which shoes best fit your feet. Take your time when trying them on. Be sure to ask if they are returnable, as they might not fit as well in the studio as they did in the store.

## Dance Bags

Every dancer needs a bag of some sort for transporting shoes and other supplies. Most teachers will insist that young dancers wear street shoes to and from the studio, in order to keep their dance shoes in tip-top shape. Dance bags are available in many different styles and sizes, from giant duffel bags to tiny drawstring bags. Consider how much gear you will be toting before choosing a bag.

## Fun Extras

Whether you are young or old, every dancer likes to show off the fact that they are, indeed, a dancer. Dance charms have become popular, showing up on necklaces, bracelets and key rings. For the tiny dancers, stuffed animals dressed up like dancers are delightful, as are music boxes with spinning ballerinas. Clothing with images of dancers or dance shoes are popular, especially comfy sweat shirts and pajamas. It's fun to dance, but it's also fun to be a dancer. Have fun and be proud to be a part of the wonderful world of dance.

# How to stand out! in a sea of ambitious dancers



**IN A WORLD WHERE EVERY DANCER** is reaching for the same goal and trying to climb on top, it can be difficult to find your niche; it can be difficult to stand out. You may ask yourself, "How can I stand out from the rest?" "What makes me different/unique?" With all due respect to any religion and faith, I personally believe that God made everybody in His own image and created each individual differently for a reason. Neither of us is like the other and although it may be easy to get lost in the sea of ambitious dancers surrounding you, there are definitely ways to stand out and find your own place in this cutthroat world.

## #1 – Be Yourself

God created you exactly how He intended to create you. This is the first and most essential step to finding your own niche and standing out from the crowd. Nobody likes somebody who comes across as fake or "trying too hard," and unfortunately, I see a lot of that in not just the dance world, but in every other walk of life as well. Being yourself got you to where you are today and brought you into the world of dance to pursue your dreams, so there's no reason why it shouldn't be able to take you even further.

## #2 – Be An Individual

This kind of goes hand in hand with rule number one, however, I have a bit more to add to this point. What I mean by being an individual is that it is easy to get sucked into the so-called "trends" of the dance world, without realizing that you are slowly conforming and losing a bit of yourself along the

way. The easiest way to get lost in the crowd is to conform. I understand some trends (hairstyles, fashion, lingo, etc.) are exciting to try and some may even work for you, but you have to make whatever trends you decide to try, work for yourself without compromising your individuality. It's far too easy to try a trend and instantly get lost in the sea of others doing the same exact thing...everyone starts to look like each other. So, I'm not saying don't try a trend simply because if you think you do, that you're not being yourself. It's okay to experiment with a new hairstyle or color or new fashion fad, but be sure to keep your own individuality within that trend. The most important rule of thumb to being an individual is making sure you're comfortable. If you're not comfortable, people can tell that you're trying to be something/someone you're not and you've simultaneously lost your individuality. Bookers want somebody who is not afraid to be his/herself and who can be comfortable in his/her own skin, while standing out from the rest.

## #3 – Educate Yourself

I will admit, I find myself falling victim every once in awhile to the dance "lingo" I hear constantly around studios and auditions (i.e. "YES," "WERK," "I CAN'T," "LIVE," etc.) but this lingo is also a trend and un-

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