



# *Wings of Time*

## **a 20 year metamorphosis**

Dragonfly Dance  
Student Showcase 2024



## Performer Guide

Welcome to your **Student Showcase 2024 Performer's Guide**! Inside, you'll find everything you need to get stage-ready—from hair and makeup to tights, shoes, costumes, and more. This guide is designed to help you feel confident and prepared as we count down to our big performance on **5 October**.

Please take the time to read through the details carefully, so you know exactly what's needed. Don't forget to check the **Costumes by Class** section at the end for any specific requirements for your group, including special instructions for hairstyles, tights, shoes, or makeup.

# Contents

Hair .....	3
Ballet hair .....	3
Jazz & tap hair .....	3
Contemporary .....	3
Makeup .....	4
Tights .....	6
Recommended brand .....	6
Where to purchase .....	6
Ballet .....	7
Contemporary .....	7
Jazz and tap .....	7
Foot wear .....	8
Underwear .....	9
Useful things to pack .....	9
Nails, jewellery and tattoos.....	10
Costumes at the venue.....	10
Class specific guidelines .....	11
Ballet .....	11
Contemporary.....	14
Jazz .....	15
Tap.....	18

# Hair

Below are some standard guidelines for hair for each dance style. Please also check the **Class Specific Guidelines** (at the end of this guide) to see if there is anything different or specific for your classes.

For all dance styles, please ensure you spray with plenty of hair spray to keep it neat, prevent fuzz and wispy bits.

## Ballet hair

For ballet, the classic low bun is the way to go! The key is to keep your hair neat and securely off your face.. Here are some tips based on your hair length and thickness:

- **Short Hair:** If your hair is too short for a bun, you can either attach a fake bun or simply ensure your hair is neatly off your face and secured with plenty of hairspray.
- **Thin or Medium-Length Hair:** A bun donut can work wonders for creating a full, elegant bun. Check out [this tutorial](#) for a step-by-step guide.
- **Long and/or Thick Hair:** Simply twist your hair and wrap it around your elastic, securing it with bobby pins for a sleek, secure bun.

No matter your hair type, remember to spray generously to keep everything smooth and neat!

## Jazz & tap hair

For jazz and tap, there's room for personal flair! Any hairstyle is acceptable as long as it's neat and off your face. Feel free to choose a ponytail, side ponytail, braid, or even a half-ponytail—whatever makes you feel confident and comfortable on stage.

Be sure to check the **Class-Specific Guidelines** section to see if your teacher has any specific requests for your class, and remember to make sure your hairstyle is secure and performance-ready!

## Contemporary

For contemporary, the goal is a natural, flowing look while keeping your hair off your face. If you have long hair, go for a half-up style that allows your hair to hang down in the back. Here are a few options:

- Two side braids or twists pulled back
- A simple half ponytail
- A central braid
- Or, pull two small sections of hair from the front and tie them at the back.

For shorter hair, just make sure it's neat, well-sprayed, and kept out of your face.

Be sure to check the **Class-Specific Guidelines** section in case your teacher has requested something different for your class.

# Makeup

Stage makeup is different to street makeup. It needs to make your eyes look a lot bigger so that you don't look washed out on stage.

Below I've written some tips. You can also watch the following tutorial

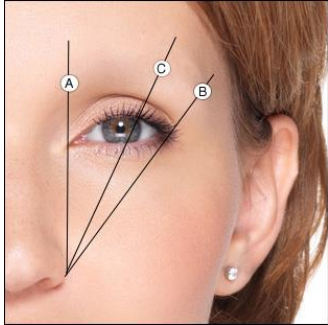
<https://www.youtube.com/watch?v=HYc85V4dOrM>

For male dancers, you will still need to wear stage makeup except:

- Colours will be more neutral
- Eyebrows will be heavier
- No fake eyelashes required

Don't panic if you don't feel confident with makeup. I will find some volunteers to help with makeup for those who are unsure.

Skin	Foundation that matches your skin
Eyelid and brow bone	<ul style="list-style-type: none"><li>• Dust the whole lid with a fairly light coloured shadow</li><li>• Blend a highlight (very pale) into the inner corners of the eye and just under the brow from the arch (outside edge)</li><li>• Apply a dark colour into the crease and blend</li></ul>
Lashes and eyeliner	<ul style="list-style-type: none"><li>• Apply a dark colour to the upper and lower lash lines (no further than halfway in from the outer edge from the lower lash line)</li><li>• Use a dark eyeliner (preferably liquid) to the upper lash line, and wing them (extend beyond the outside edge of the eye) to make your eyes look bigger</li><li>• Apply dark eyeliner under the eyes as well, winging them out, and aiming to leave a space between the eyeliner and the lower lashline</li><li>• Apply a white liquid eyeliner above the dark lower lash line to make eyes appear larger (this may not be suitable for older eyes)</li><li>• Apply mascara to the lashes (preferably an extending mascara) or apply false eye lashes</li><li>•</li></ul>

<p>Eyebrows</p> 	<ul style="list-style-type: none"><li>• Use a pencil or brow brush to darken your eyebrows</li><li>• Use your pencil or brush to find the three points shown in the image below, which tells you the length and height of your brow</li><li>• Here is a good description of how to get your eyebrows just right</li></ul> <p><a href="https://www.headcovers.com/resources/beauty/how-to-draw-eyebrows/">https://www.headcovers.com/resources/beauty/how-to-draw-eyebrows/</a></p>
<p>Cheeks and lips</p>	<ul style="list-style-type: none"><li>• Apply blush across cheekbones</li><li>• Apply a bright lipstick (red works well under stage lights)</li></ul>

# Tights

If you are wearing a skirt, tutu or shorts, you will need to wear tights.

If you are wearing long pants or legging you will not need tights.

## Recommended brand

We generally recommend the brand Fiesta tights, Matt Microbasics, and range between \$14.95 and \$18.95, which are generally available from the suppliers below.

If the size and skin colour is not available in Fiesta tights, you can choose another brand, but ensure it matches the Fiesta Flesh Pink colour.

Fishnets can be purchased from the suppliers listed below, or from your local supermarket or hosiery supplier, and can be any brand.

## Where to purchase

### Online purchase

Energetiks [www.energetiks.com.au](http://www.energetiks.com.au)

Bloch [www.bloch.com.au](http://www.bloch.com.au)

Capezio [www.capezio.au](http://www.capezio.au)

Snag [www.snagtights.com.au/collections/dance-tights](http://www.snagtights.com.au/collections/dance-tights) (these are great for a larger range of sizes and colours to match various skin tones)

### In person purchase

#### **Fusion Dancewear**

296 Brighton Road, North Brighton phone 8296 9292

#### **The Stage Shop**

55 Sir Donald Bradman Drive, Mile End phone 8231 9554

email [hello@thestageshop.com.au](mailto:hello@thestageshop.com.au) website [www.thestageshop.com.au](http://www.thestageshop.com.au)

#### **Dance FX**

Shop 2/227 Unley Road, Malvern, phone: 0434 468 665

Shop 4/650 North East Road, Holden Hill, phone: 8266 0666

Email: [info@dancefx.com.au](mailto:info@dancefx.com.au) website: [www.dancefx.com.au](http://www.dancefx.com.au)

#### **Dance Zone**

7/88 Glynburn Road, Hectorville

Phone: 8337 6737

website: [www.dancezoneaustralia.com](http://www.dancezoneaustralia.com)


#### **Razzle Dazzle**

Shop 1, 364 Main South Road, Morphett Vale

phone: 8326 9799

website: [www.razzledazzledancewear.com.au](http://www.razzledazzledancewear.com.au)

## Ballet

<p>Colour</p>	<p>For most dancers will be 'flesh pink'</p> <p>We recommend this specific colour of pink as ballet tights come in a range of pinks that can vary significantly and it looks strange to have a motley array of pink. See the chart below to see the difference between flesh and theatrical pink.</p> <p>If you have darker skin tone, you may choose tights and shoes that match your skin tone rather than flesh pink. If you have pink shoes, then wear pink tights, or apply pancake to your shoes to match your tights. Snag has a great chocolate brown colour for ballet tights.</p>  <p>The chart consists of five colored squares arranged horizontally. From left to right, they are: a solid black square, a light peach square labeled 'Flesh Pink', a medium brown square labeled 'Skin Tone', a darker brown square labeled 'Sun Tan', and a light pink square labeled 'Theatrical Pink'.</p>
<p>Foot</p>	<p>Ballet tights that are either 'footed' or 'convertible' (the latter has a hole under the foot so you can roll them up and make them footless)</p>

## Contemporary

<p>Colour</p>	<p>Flesh coloured</p>
<p>Foot</p>	<p>If you are wearing shoes, either footed or convertible If you have bare feet or contemporary foot thong, stirrups are more suitable</p>

## Jazz and tap

<p>Colour</p>	<p>Depending on your costume, the tights will be either:</p> <ul style="list-style-type: none"> <li>• Flesh coloured (if you are wearing flesh coloured shoes)</li> <li>• Black fishnets (if you are wearing black shoes). You can wear flesh coloured tights under the fishnets if that is more comfortable for you.</li> <li>• Black opaque tights if wearing black shoes</li> </ul>
<p>Foot</p>	<p>Footed or convertible</p>

## Foot wear

Dance style	Shoe type	Colour
Ballet	Canvas or leather Single wide elastic strap or two cross elastics (no ribbon)# Pointe for pointe shoes	Pink (unless you have darker skin tone and have chosen tights to match your skin, in which case your shoe should match your tights or you can apply pancake makeup to the shoes to change the colour).
Jazz	Jazz shoe (not jazz sneaker, but any jazz shoe is fine)	Black for most classes
Tap	Tap shoes (Mary Janes or laced)	Black
Contemporary	Ballet or jazz or contemporary canvas or leather eclipse (see image below) or 'foot undies' which provide a pad underneath the ball of your foot, and stretchy material around your toes	Tan / skintone to match tights





# Underwear

You don't have to wear specific underwear, but the idea is to ensure it is not visible, and provides appropriate support.

Underwear type	Type	Colour
Bra	Depends on your costume. Choose a bra style where straps are not visible, which may mean a racerback, crossed straps or strapless. Do not wear clear plastic straps if they are at all visible as these catch the light and are more obvious than skintone.	Either skintone, or the same colour as your top (eg black bras will work with a black top)
Underpants (most relevant for skirts)	Generally low cut legs and high waisted (unless you are wearing a high cut leotard, in which case we recommend no underwear)	If skirt flairs out and underwear may be seen, ensure it matches your skirt. Otherwise, either skin tone or the same colour as your skirt. Wear over tights (although you may also like to wear a pair under your tights)

## Useful things to pack

- |   |  |
|---|--|
| Tights  | Cotton balls and cotton buds   |
| Shoes   | Deodorant  |
| Underwear   | Tampons  |
| Hair pieces / accessories   | Clear nail varnish (perfect to stop a snag in your tights becoming a ladder) |
| Safety pins of various sizes  | Small scissors   |
| Bobby pins  | Needle and thread  |
| Hair spray  | Band aids  |
| Brush and/or comb   | Panadol  |
| Makeup and makeup brushes   | Water  |
| Makeup remover (especially for your eyes in case you make a mistake or smudge it) | Phone charger  |
| Tissues   | Snacks   |

## Nails, jewellery and tattoos

Nail polish	Please remove any chipped or brightly coloured nail polish (shellac or false nails are okay, as we recognise you will have paid money for these) Nail polish on your toes is fine as long as you are wearing shoes
Jewellery	Please remove jewellery unless it is part of your costume. This includes rings, earrings, necklaces, watches, and bracelets. If you have piercings that are difficult to remove, that is okay. You can leave them in or cover them with a skin tone bandaid. We want to minimise jewellery as it catches the stage lights and can be problematic
Tattoos	If you have tattoos, that is okay. As we value individuality at Dragonfly Dance, we don't require you to cover them up.

## Costumes at the venue

There are no hanging racks for costumes. If you have a clothes rack of some kind that you could bring, please let us know via email ([support@movethroughlife.com.au](mailto:support@movethroughlife.com.au))

If you have to change costumes between dances in the same section, you may need to do a side stage change. This means bringing your second costume (including accessories) with you. It is best to organise with someone from your group to be available to help you with the quick change.

# Class specific guidelines

## Ballet

<b>Class</b>	<b>Ballet Level 1</b>
<b>Teacher</b>	<b>Owen Gray</b>
Costume	All black ballet wear with black skirt

<b>Class</b>	<b>Ballet Level 1</b>
<b>Teacher</b>	<b>Jo McDonald</b>
Costume	Leotard and ballet skirt – dancers choose own colour
Other	Flowers in hair - colour to match costume

<b>Class</b>	<b>Ballet Level 2 (Monday)</b>
<b>Teacher</b>	<b>Millie Garard</b>
Costume	<p>Kmart lace trim comfort cami, white marle</p> <p>Kmart 3/4 comfort pants, silver marle</p> <p>Kmart long sleeve curved hem top, blue dye</p> <p>2 x grey scarves:</p> <p>1 x cut into 3 and tacked on as a hanky hem top the top, empire line</p> <p>1 x attached to the back of the neckline of the top, to wear as a veil.</p>

<b>Class</b>	<b>Ballet Level 2 (Saturday)</b>
<b>Teacher</b>	<b>Owen Gray</b>
Costume	Emerald romantic tutus from showcase 2023
Other	Flower/vine crown

<b>Class</b>	<b>Ballet Level 3</b>
<b>Teacher</b>	<b>Jo McDonald</b>
Costume	Maroon leotard and ballet skirt
Other	Silver tiara

<b>Class</b>	<b>Ballet Level 3 (Mature)</b>
<b>Teacher</b>	<b>Jo McDonald</b>
Costume	Black long sleeve or ¾ length leotard Black ballet wrap skirt, knee length

<b>Class</b>	<b>Ballet Level 4 and Level 4/5</b>
<b>Teacher</b>	<b>Jo McDonald</b>
Costume	Silver dresses from Windswept
Other	Some kind of silver headpiece

<b>Class</b>	<b>Ballet Level 4/5</b>
<b>Teacher</b>	<b>Jo McDonald</b>
Costume	Their own leotard and skirt, with a mix of black, red, and maroon.
Other	Red or maroon flower

<b>Class</b>	<b>Ballet Level 6</b>
<b>Teacher</b>	<b>Jo McDonald</b>
Costume	Black top and pants
Other	To be confirmed

<b>Class</b>	<b>Ballet Repertoire</b>
<b>Teacher</b>	<b>Jo McDonald</b>
Costume	Black leotard, pink or purple flared skirt (from Bloom)
Other	Matching flower (red, pink, purple)

<b>Class</b>	<b>Pointe Saturday</b>
<b>Teacher</b>	<b>Jo McDonald</b>
Costume	Black leotard, Black pancake tutu
Other	To be confirmed

<b>Class</b>	<b>Pointe Tuesday</b>
<b>Teacher</b>	<b>Jo McDonald</b>
Costume	Black leotard, white shorts
Accessories	5 Cocktail glasses (plastic), 2 deck chairs, 1 beach ball
Other	Black and white striped sun hat

## Contemporary

<b>Class</b>	<b>Contemporary Level 1</b>
<b>Teacher</b>	<b>Belinda Cooper</b>
Costume	Black midi length skirt with built in bike pant. Feather wrist bracelets For Reece Black pants and black singlet with red/black feather shoulder cape Dancers to wear own tight fitting black top or leotard
Legs	Tan tights (footless) / stirrup
Footwear	bare feet with 'foot undies'
Hair style	Low ponytail
Other	Feather wrist bracelets

<b>Class</b>	<b>Contemporary Level 2</b>
<b>Teacher</b>	<b>Belinda Cooper</b>
Costume	Silver Windswept dresses over navy blue leggings. Navy/Silver shirt and pant combo from my 2022 choreography
Legs	Navy leggings for 2 people. Pants part of other costume
Footwear	Nude jazz shoe or bare feet
Hair style	Long hair but off the face

<b>Class</b>	<b>Contemporary Level 3</b>
<b>Teacher</b>	<b>Jo McDonald</b>
Costume	All white, mix of types of clothes. I have leggings and singlet tops and some skirts.
Footwear	Tan jazz shoe

## Jazz

<b>Class</b>	<b>Jazz Level 1</b>
<b>Teacher</b>	<b>Jo McDonald</b>
Costume	Short black dress with fringing
Legs	Fishnet stockings
Footwear	Black jazz shoes

<b>Class</b>	<b>Jazz Level 2</b>
<b>Teacher</b>	<b>Diana Scalzi</b>
Costume	Blue Aline skirt White shirt
Footwear	Skin colour Jazz shoes
Accessories	Blue hat
Other	Blue tie

<b>Class</b>	<b>Jazz Level 2</b>
<b>Teacher</b>	<b>Jo McDonald</b>
Costume	Gold sparkly dresses, short, halter neck. Francisco black pants, gold waistcoat, black long sleeved top
Legs	Fishnet stockings, black socks for Francisco
Underwear	Halter neck bra, skin tone or black, black pants up to waist over fishnets
Footwear	Black jazz shoes
Hair style	Low pony tail or bun
Accessories	Hat (gold or black)
Other	Long black 'gloves' (but not with fingers, just elastic around middle finger)

<b>Class</b>	<b>Jazz Level 2 (Mature)</b>
<b>Teacher</b>	<b>Diana Scalzi</b>
Costume	Black flare jazz pants Black long sleeve top funky retro head scarf <a href="https://www.etsy.com/au/listing/1106419259/hot-pink-ornate-paisley-bandana-bright?gpla=1&amp;gao=1&amp;">https://www.etsy.com/au/listing/1106419259/hot-pink-ornate-paisley-bandana-bright?gpla=1&amp;gao=1&amp;</a>
Legs	Yoga pants
Underwear	Seamless or g-string
Footwear	Black Jazz shoes
Hair style	head scarf

<b>Class</b>	<b>Jazz Level 2 (Mature)</b>
<b>Teacher</b>	<b>Jo McDonald</b>
Costume	Black top, black leggings or fishnet tights, white collar, white cuffs, sparkly box tie
Legs	Black leggings or fishnets
Underwear	Black
Footwear	Black tbone shoes (heel or flat
Accessories	Black bowler hat
Other	collar / cuffs, bow tie

<b>Class</b>	<b>Jazz Level 3 (Dance 1 – What A Man)</b>
<b>Teacher</b>	<b>Jo McDonald</b>
Costume	Mix of black and leopard print - dancers choose own items
Legs	Up to dancers. If they have nothing, skin tone tights
Underwear	Black or skin tone
Footwear	Black or tan jazz shoes
Hair style	Low bun or ponytail



<b>Class</b>	<b>Jazz Level 3 (Dance 2 – Come Fly With Me)</b>
<b>Teacher</b>	<b>Jo McDonald</b>
Costume	Royal Blue skirt, short, with bike shorts White shirt Blue or red neck scarf
Legs	Fishnets
Footwear	Black jazz shoes
Hair style	Low bun or pony tail
Accessories	Flight attendant hat
Other	Blue or red neck scarf

<b>Class</b>	<b>Lyrical jazz Level 3</b>
<b>Teacher</b>	<b>Jo McDonald</b>
Costume	Short chiffon dress in black/pink/blue, with biketard underneath
Legs	Black opaque tights
Underwear	Black socks
Footwear	Black jazz shoes

## Tap

<b>Class</b>	<b>Tap Level 1 and 2</b>
<b>Teacher</b>	<b>Krystal Venables</b>
Costume	Green velvet jumpsuit (full length legs) <a href="https://m.shopcider.com/product/detail?pid=102646796">https://m.shopcider.com/product/detail?pid=102646796</a> jumpsuit in green
Legs	Black socks or opaque knee high stockings
Footwear	Black tap shoes, can be either style as wearing socks
Hair style	Slicked low ponytail is preference but can change if needed for others
Accessories	Possibly sunglasses, will confirm later
Other	Long Black gloves, still sourcing these

<b>Class</b>	<b>Tap Level 3</b>
<b>Teacher</b>	<b>Owen Gray</b>
Costume	Red and black party attire. 20's themed, dancers are working in collaboration to bring in choices some are set others are close to completion.
Legs	Pants, fishnets
Footwear	Tap shoes - black
Hair style	Neat and unique
Accessories	Some hats, boas (not feathers)
Other	Gloves, 20's head pieces

<b>Class</b>	<b>Tap Level 3</b>
<b>Teacher</b>	<b>Krystal Venables</b>
Costume	Gold jackets - sourced from peers Black flare leggings <a href="https://www.kmart.com.au/product/active-womens-flare-leggings-s165866/">https://www.kmart.com.au/product/active-womens-flare-leggings-s165866/</a>
Legs	Black socks or opaque knee high stockings
Footwear	Black tap shoes, any style
Hair style	Low bun, centre part
Accessories	Canes

<b>Class</b>	<b>Tap Level 3 (Mature)</b>
<b>Teacher</b>	<b>Krystal Venables</b>
Costume	Coat- <a href="https://www.kmart.com.au/product/lightweight-trench-coat-s164175/?sku=72667286&amp;region_id=800002&amp;&amp;gad_source=1&amp;gclid=CjwKC AjwlbU2BhA3EiwA3yXyuxZ-hThx8vmhjlwhbzdQ3hxTiUNj75TxcpCLAZiufTvPvuvS-89PZR0CQSUQAvD_BwE&amp;gclsrc=aw.ds">https://www.kmart.com.au/product/lightweight-trench-coat-s164175/?sku=72667286&amp;region_id=800002&amp;&amp;gad_source=1&amp;gclid=CjwKC AjwlbU2BhA3EiwA3yXyuxZ-hThx8vmhjlwhbzdQ3hxTiUNj75TxcpCLAZiufTvPvuvS-89PZR0CQSUQAvD_BwE&amp;gclsrc=aw.ds</a> Pants- <a href="https://www.kmart.com.au/product/active-womens-flare-leggings-s165866/">https://www.kmart.com.au/product/active-womens-flare-leggings-s165866/</a>
Legs	Black socks/ opaque knee high stockings
Footwear	Black tap shoes, any style
Hair style	Low bun
Accessories	Hats -ordered, will have elastic do they don't come off
Other	This routine includes props - 2 stiffened newspapers and a silver briefcase