Dress Guidelines For All Classes

EASTSIDE DANCE

Why Do We Have A Dress Code?

Our dress code is designed to keep dancers safe and distraction-free by having proper, well-fitting footwear and attire. The selected attire is designed to allow our instructors to ensure proper and safe alignment when dancing. Our studio aims to make dance welcoming and accessible for everyone, so our dress code is gender-agnostic. Dancers may choose from any option listed for their class. Please email office@eastside-dance.com or text/call 425.636.8494 with any questions.

General Guidelines

1. **Hair**
   Long hair must be secured back (e.g. ponytail, braids, etc.). Ballet dancers ages 6+ must wear their hair in a bun.

2. **Dance Shoes**
   Specific shoes are selected for each style of dance to ensure the proper friction and support when dancing. Dancers will not be allowed in class without the correct footwear. All dance shoes should only be worn in the studio and NOT outside. Dirty dance shoes can ruin our specialized Marley dance floors.

3. **For Dancers Wearing Leotards & Tights**
   Leotards are designed to be worn without undergarments, like a swimsuit. Leotards should provide proper upper body support and tights have a built-in gusset that serves as underwear. Please do not wear undergarments under a leotard as they are visible in class and on stage.

4. **Bring A Water Bottle**
   Dancers should bring their water into class to avoid needing to leaving during class to use the water fountain.

5. **No Jewelry / Watches /Phones**
   No jewelry, watches, or phones in class. Dancers may leave these items in their bag.

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Ballet: How to Select Tights and Ballet Shoe Colors

EASTSIDE DANCE

FIRST:
First select your tights

For leotard & tights:
Select the tights color that matches your skin tone the closest

Recommend Styles: *Color-Flow Footed Tights (Ages 3-6) OR Color-Flow Convertible Tights (Ages 6+)*

For black leggings:

Pink or Prima Pink	Warm Sand	Suntan	Hazelnut	Deep Bronze	Sable	Black Leggings
						

NEXT:
Order this color shoe to go with it

Style: Stretch Canvas Ballet Shoe

Classic Pink	Warm Sand	Suntan	Toast	Chestnut	Deep Bronze	Match Skin Tone *(Black for Ballet Level 2+)*
						

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Ballet & Ballet/Tap Classes Ages 3-4, 4-5, 5-6

EASTSIDE DANCE

TOP & BOTTOM



Leotard: Dancers may choose any leotard. Their leotard may have an attached skirt or tutu. NO separate or tie-on tutus or skirts.



Tights: Must be matte (not shiny), footed tights. Tights should match your skin tone. Tights are worn UNDER the leotard.

OR



Top: Dancers may choose any color t-shirt or fitted top that is easy/safe to move in. No sweatshirts or baggy tops.







Bottoms: Dancers my choose any color athletic bottoms. (e.g. Bike shorts, leggings, athletic shorts. Dancers cannot wear baggy bottoms or street clothes (e.g. jeans, shorts, skirts, chinos). Pants cannot be longer than ankle length, so dancers do not trip.

SHOES

Ballet Classes:



Ballet Shoe: Ballet shoes with no ties.

- **Recommended Style:** Stretch Canvas Ballet Shoe
- **Mandatory Color:** Shoes MUST match the color of the dancer's tights. If wearing bottoms instead of tights, dancers should choose shoes that match their skin tone. Please see our shoe guide to match.

Ballet & Tap Classes:



Tap Shoe: In addition to ballet shoes, dancers in a ballet & tap class must also bring black tap shoes. Shoes must have Velcro straps or be slip on. No ties or laces.

- **Recommended Style:** Easy-on Student Tap Shoe or Intro Stretch Tap Boot
- **Mandatory Color:** Black

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Ballet Levels 2-7, Pre-Pro & Pointe

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Leotard: Dancers may choose any plum color leotard offered by Revolution (sold in our online store).

- **Mandatory Color:** Plum
- **Foundations:** No undergarments should be worn (like a swimsuit.)



Tights: Tights must be matte (not shiny), convertible footed tights.

- **Recommended Style:** Color-Flow Convertible Tights
- **Accepted Colors:** Tights should match your skin tone.



Ballet Shoe: Canvas, split-sole ballet shoe

- **Recommended Style:** Stretch Canvas Ballet Shoe
- **Mandatory Color:** Shoes MUST match the color of the dancer's tights. Please see our shoe guide to match.



Optional for Level 4+: Black or Plum Dance Shorts or skirt

- **Dance Shorts:** Must be form fitting, black and no longer than mid-thigh. Worn over tights.
- **Skirt:** Must be sheer (e.g. mesh or chiffon), black or plum, and no longer than mid-thigh. Worn over tights.

OR



Top:

- **Mandatory Style:** Fitted Performance T-Shirt
- **Mandatory Color:** White

Tights : Must be full length, opaque, footed tights.

- **Mandatory Style:** Opaque Convertible Performance Tights
- **Mandatory Color:** Black
- **Mandatory Foundations:** Dance Belt for male-identifying students ages 10yrs+

Ballet Shoe:

- **Mandatory Style:** Stretch Canvas Ballet Shoe
- **Mandatory Colors:** Black

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Ballet & Ballet/Tap (Ages 6-11)

EASTSIDE DANCE

TOP & BOTTOM



Leotard: Dancers can any choose any color and style leotard. No leotards with shorts attached.



Optional Skirts: Dancers may choose a mesh or chiffon skirt that is no longer than mid-thigh. Skirt may be attached to the leotard or separate. No tutus.



Tights: Must be matte (not shiny), footed tights. Tights are worn UNDER the leotard.

- **Recommended Style:** Color-Flow Footed Tights
- **Mandatory Color:** Tights should match your skin tone.

OR



Top: Dancers can choose a fitted ballet t-shirt. No regular t-shirts.

- **Recommended Style:** Fitted Performance T-shirt
- **Mandatory Color:** White



Leggings: Ankle length or footed opaque, matte

- **Recommended Style:** Performance Leggings
- **Mandatory Color:** Skin Tone

SHOES

Ballet Classes:



Ballet Shoe: Canvas, split-sole ballet shoe

- **Recommended Style:** Stretch Canvas Ballet Shoe
- **Mandatory Color:** Shoes MUST match the color of the dancer's tights. If wearing black leggings, dancers should choose shoes that match their skin tone. Please see our shoe guide to match.

Ballet & Tap Classes:



Tap Shoe: In addition to ballet shoes, dancers must also bring black tap. Shoes must have Velcro straps or be slip on. No ties or laces.

- **Recommended Style:** Easy-on Student Tap Shoe or Intro Stretch Tap Boot
- **Mandatory Color:** Black

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Ballet (Ages 11+)

EASTSIDE DANCE

TOP






Top: Dancers can any choose any leotard or athletic/fitted top

- **Optional Warmups:** Dancers may wear any t-shirt/sweatshirt over their top as a warmup for the first few exercises in class

BOTTOM



Bottoms: Dancers can choose any black dance pants/leggings or shorts. No baggy pants or streetwear.

- **Mandatory Color:** Black

OR



Tights: *<u>If wearing a leotard</u>*, dancers may choose tights instead of pants/shorts. Tights should be matte (not shiny) and footed. Tights are worn UNDER the leotard.

- **Recommended Style:** Color-Flow Footed Tights
- **Mandatory Color:** Tights should match your skin tone.
- **Optional Skirt or Shorts:** Dancers may choose a mesh or chiffon skirt or bike shorts that are no longer than mid-thigh. Skirts/Shorts are worn over tights.

SHOES




Ballet Shoe: Canvas, split-sole ballet shoe

- **Recommended Style:** Stretch Canvas Ballet Shoe
- **Mandatory Color:** Shoes <u>MUST</u> match the color of the dancer's tights. If wearing black leggings, dancers should choose shoes that match their skin tone. Please see our shoe guide to match.

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Jazz, Dance Team/Pom, Tap, Contemporary, Acro, Improv (Ages 6+)

EASTSIDE DANCE

TOP





Top: Dancers can any choose any color leotard or athletic/fitted tank/tee.

BOTTOM






Bottoms: Dancers can choose any black fitted dance/athletic bottoms. (e.g. Bike shorts, dance pants, leggings, athletic shorts. Dancers may not wear street clothes (e.g. jeans, dresses, skirts, chinos). Pants cannot be longer than ankle length, so dancers do not trip.

- **Required Color:** Black

SHOES

Jazz, Dance Team/Pom, and Jazz/Tap:



- **Shoe:** Jazz Shoe
- **Recommended Style:** Stretch Jazz Boot
- **Mandatory Color:** Black

Tap and Jazz/Tap:



- **Shoe:** Tap Shoe
- **Recommended Style:** Easy-on Student Tap Shoe, Intro Stretch Tap Boot
- **Mandatory Color:** Black

Contemporary, Improv & Acro: Bare feet or Sole Shield (no socks or half-sole shoes allowed).




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Creative Hip-Hop & Tap/Breaking (Ages 3-6)

EASTSIDE DANCE

TOP







Top: Dancers can any choose any top that is easy and safe to move in (e.g. tank, tee, sweatshirt).

BOTTOM






Bottoms: Dancers can any athletic bottom that is easy and safe to move in (e.g. sweats, shorts, leggings). No jeans, skirts, chinos, etc.

SHOES

For Creative Hip-hop & Breaking



Hip-hop Sneakers: Dancers must wear clean-soled dance sneakers. These shoes can ONLY be worn in the studio and NOT outside. No light up shoes, crocs, Uggs, slippers, etc.

- **Recommended Style:** Classic High-Top Sneaker or Sparkle High Top Sneaker

For Creative Hip-hop & Tap:



Tap Shoe: In addition to hip-hop sneakers, dancers must also bring black tap shoes. Shoes must have Velcro straps or be slip on. No ties or laces.

- **Recommended Style:** Easy-on Student Tap Shoe or Intro Stretch Tap Boot
- **Mandatory Color:** Black

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Hip-Hop, Breaking, Freestyle (Ages 6+)

EASTSIDE DANCE

TOP







Top: Dancers can any choose any top that is easy and safe to move in (e.g. tank, tee, sweatshirt). Hats & beanies ok.

BOTTOM






Bottoms: Dancers can any baggy bottom that is easy and safe to move in (e.g. sweats, shorts, track pants). No jeans, skirts, chinos, leggings.

SHOES




Hip-hop Sneakers: Dancers must wear clean-soled dance sneakers. These shoes can ONLY be worn in the studio and NOT outside. No crocs, Uggs, slippers, etc.

- **Required Color:** While dancers can wear any color sneakers to class, they will need black and/or white sneakers for the Spring Performance
- **Recommended Style:** Classic High-Top Sneaker or Nike Dunks/Airforce

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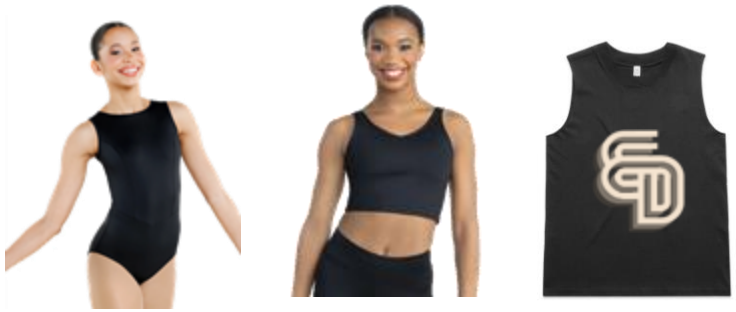
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Eastside Dance Company

EASTSIDE DANCE

TOP



- **Hair:** long must be fully pulled back in a ponytail
- **Top:** Dancers can any choose black or Plum leotard or black athletic/fitted top.

BOTTOM



- **Bottoms:** Dancers can choose any **black** dance pants, leggings, athletic shorts, tights/dance skirt. No streetwear (e.g. jeans).

SHOES



- **Shoes: Black Jazz shoes – these will be worn for our opening and closing number.**

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