

MICHELLE'S ACADEMY OF DANCE

Quick Change Tips and Tricks - 2019

Getting prepared for a recital can be overwhelming, especially if dancers have a quick change! Below are some helpful hints that will keep your dancer organized AND help the quick change team backstage:

1. Layer your tights.

Having tan tights underneath the rest makes quick changes into tan tights a breeze, plus makes putting layers on top much smoother.

2. Untie your shoes.

This is a big one that is often forgotten with tap/hip hop costumes. If you need to quickly put on shoes that have laces, have them untied and ready to slide on so quick changers do not need to mess with the double knot that has been tied all season!

3. Organize per costume.

If your costume has more than one piece (including tights, hairpieces, bobby pins for the hairpieces), keep all pieces organized and labeled separately. EACH COSTUME should get it's own hanger/garment bag and should include all pieces, including extra tights.

4. Organize per show order.

Costumes thrown onto a rack with no specific order makes it difficult to figure out which costume quick changers are getting into next. Print your own line up, highlight your dances, and hang costumes accordingly.

5. Label your items.

Labels should include dancer's name, the dance title, the show order number, and what should be inside the bag. This way if a dancer comes offstage, they can focus on changing and their helpers will already know which hairpiece to put in.

* A labelled ziploc bag of shoes, hairpieces, bobby pins, tights, etc. hung over the costume on the hanger works wonders!

6. Make a physical list.

Set up for success with a printed list (in show order) of the dancer's dances, a short description of each costume (even just color), and what they will need to have for each costume. This is great for older and younger dancers alike!

7. Have more than one pair of tights.

Having separate pairs of tights for each costume will alleviate having to dig through a bag to find your pink tights that you needed for dance #3, but need again for dance #27.



Additional Notes:

Water is important!

Please make sure that your dancer has plenty of water for each performance. With little time in between dances, staying hydrated is absolutely crucial, and there is nothing worse than needing water but not having it.

Bobby Pins, Hairspray, and Safety Pins

Dancers should have their *own* supply of these essential items. A lot of time is spent looking for that extra safety pin a dancer needs before running onstage or making sure that their hair is clean and sprayed. Having your own stash of these alleviates a panicked need for them right before a dancer goes on.

Other items to consider having on hand: extra hair-ties and band-aids

