BA DANCE
CLOTHING & EQUIPMENT REQUIREMENTS

In this pack you will find the following:

- Clothes List
SUGGESTIONS FOR ATTIRE FOR ALL MOVEMENT CLASSES
BA DANCE STUDENTS DO NOT HAVE TO WEAR ALL BLACK, IT IS UP TO THE STUDENTS

- Footless tights
- Leotard or fitted t-shirt (plain – no images or writing)
- Supportive underwear is required, sports bras for women and dance supports for men
- Flat ballet shoes with sewn across elastic (for ballet)
- Baggy tops & bottom (for comfort and to enable free movement - optional)

CONTEMPORARY DANCE PRACTICES Attire - It is requested that your dance wear is plain with no images or writing on them so that your line as a dancer is uncluttered & easy to see. It is difficult to see specific detail on your alignment or how you are using your legs if you are wearing baggy tops & joggers which can result in vital technical points being missed by your tutor. In order for your tutor to be able to give you relevant & individual feedback please wear footless tights with a leotard or fitted t-shirt with bare feet. As appropriate, please make sure you wear supportive underwear; e.g. sports bras for women and dance supports for men; this is so that you feel comfortable & secure when moving. If you are unsure then do ask your tutor regarding appropriate wear for your classes.

CHOREOGRAPHY and MOVEMENT ANALYSIS Attire - It is requested that you wear something you can move freely in & feel comfortable in for a two-hour practical class. Generally the same as CDP suggestions apply, however there is less emphasis on technique and alignment, so you can wear baggy tops and bottoms here more commonly. Please speak to your tutor if you have any questions. Generally the classes are in socks or bare feet. Please also make sure you wear supportive underwear, as above.

OPTIONAL ITEMS

- Knee Pads - if you feel you could benefit/need these for your practice/rehearsals
- Auxiliary cable (Aux Chord) - many of the GSA studios require an aux cable to hook up handheld devices for playing music which might be useful when you are practicing and/or rehearsing.

For queries on any of the above please email gsaenquiries@gsa.surrey.ac.uk