**Checklist for a Successful Dance Class:**

**\*Keep this in a place in a dance folder or with your dance materials!**

*Here are some key points that will help your dance class run smoothly.*

1. \_\_\_\_Arrive to class “on time” to give yourself time for your Do-Now (Warm-Up Intro). If you have a “Dance Job”, review your job and remember to take ownership.
2. \_\_\_\_\_Enter class calmly, say “Hello”, and concentrate fully on the expectations of the day. If something is bothering you from a previous experience in another class or outside of school, let Ms. D. Brown know upon entering.
3. \_\_\_\_\_Remember to place your things in the correct assigned cubby neatly. Electronics/including cell phones should be off & stored away with your belongings (not on your body).
4. \_\_\_\_\_Once in your floor spot, review today’s Warm Up “Intention”. If you are asked to create your own “Intention”, do so during the Do-Now.
5. \_\_\_\_\_Try not to eat a heavy meal prior to class. Healthy snack options might include a piece of fruit, nuts, or yogurt.
6. \_\_\_\_\_Come to class in the appropriate dance attire (see Syllabus/Rubric). *\*We do not have a changing room!*
7. \_\_\_\_\_Use the bathroom if it is “necessary” (use hand signal). The best class is the one you are fully there for!
8. \_\_\_\_Bring your “own water bottle” so that it is nearby and causes less interruption.
9. \_\_\_\_\_Refrain from talking/making extra noises during instruction whether this be from the teacher or another peer. During your warm-up time, focus on your “intention” and feedback.
10. \_\_\_\_\_*Never sit down in the middle of class* unless it has been addressed with the teacher/part of the instruction. Stand up tall with attention to posture and with hands to one self (by sides or clasped behind back). Leaning on walls, windows, etc. is not professional and does not show that you are “present” or “mindful” of what is happening around you! If you need a break for some reason, “raise your hand” to speak with Ms. Brown personally.
11. \_\_\_\_\_When you are not dancing (waiting your turn for across the floor, or entrance to a dance), be mindful of what is happening. Do not begin a side conversation because it adds distraction. Use your eyes, ears, and your mind to visually see and note what you can learn from others and how to make improvements in yourself. You may also “mark” a skill/sequence in place however, be ready for your entrance/transition! No one is perfect and we can always learn more, even if it’s a “basic” skill!
12. \_\_\_\_\_In your spots, make sure you have necessary room to move your body fully (Do the “T for Touch Test” and check your front/back space when appropriate).
13. \_\_\_\_If there is a review of combinations from class to class, mentally go over the steps before class so that you will be prepared either to perform the combination or to receive further choreographic instruction.
14. \_\_\_\_Do not be afraid to ask questions if you are unclear or want to improve your understanding of a certain technique or step. Raise a “silent hand” to ask the teacher. Never “yell out” a question or comment unless it’s an emergency.
15. \_\_\_\_Do not compare yourself to others in the class; however, learn to improve your performance by watching and learning from those that may be more advanced.
16. \_\_\_\_When corrections are given to other students in the class or to everyone, apply it to yourself as if it were given to you specifically.
17. \_\_\_\_At the end of the class, complete the end of class procedure-class cool down/dismissal call and response/class reflection and applaud. Applauding is a dance class custom throughout the dance world. It acknowledges the efforts of the professor, your classmates, and yourself.
18. \_\_\_\_Participate in dance class to not only improve your skills/knowledge, but for visual awareness, creative exploration, appreciation of cultures and dance history, and the overall joy of learning how our bodies move in space and are a source of expression.
19. \_\_\_\_Treat everyone and the studio with respect!