



Avant*dance*



Recital Handbook

Avant Dance Recital Handbook

Welcome to recital season! This handbook has been created to help guide our dancers and families through one of the most exciting times of the year. Our annual recital will be a celebration of hard work, growth, and the joy of dance - and we are so proud of every student stepping out on stage.

Inside this handbook, you will find **important information regarding recital expectations, costumes, rehearsals, schedules, and performance details**. Please take time to read through it carefully and keep it for reference throughout the season. Many questions that come up during recital time can be answered here.

Recital week is a busy but rewarding process that requires organization, communication, and teamwork between the studio, dancers, and families. Our goal is to ensure that every dancer feels confident, prepared, and supported, while also creating a smooth and enjoyable experience for families.

We appreciate your cooperation, punctuality, and attention to detail during this time. By following the policies and procedures outlined in this handbook, we can ensure a positive and successful recital experience for everyone involved!

Thank you for being part of our dance family and for supporting your dancer throughout the season. We cannot wait to watch them shine on stage and celebrate all they have accomplished this year.

With appreciation,
Avant Dance Teachers & Staff

Last week of Classes before the Recital: April 20th-25th

Students should wear:

- Any color tights and leotard as a base layer for Ballet, Tap, Jazz and combo classes. This will allow students to change costumes more quickly in between classes.
- Flesh colored leo and/or undergarments with Hip Hop and Acro.
This is also a great chance to practice your recital bun!

Students will warm-up briefly then perform their dance a few times in costume to work out any kinks, the rest of class will be dedicated to going over the specific recital plans for each student.

- Pay attention to individual instructions for each class- bring a notebook or this handbook to write additional notes down.
- Parents may attend. Backstage moms should all plan to attend!

Studio Rehearsal: Monday April 27th, 2026

We will run our studio rehearsal in two parts in order for dancers to have ample space and time to get dropped off/picked up/and perform each of their dances in show order. They will likely do their routine twice. No costumes or makeup- regular practice clothes only!

- **Act I Dancers:** arrive between 4:30 and 4:45 for a 5pm start. Group warm-up will begin at 4:40! (Juniors-Seniors). Act I will conclude by 6:30pm. Dancers may leave as soon as they are done dancing.
- **Act II Dancers:** arrive around 6:45 for 7pm start. No repeat warm-up but you may utilize open studio space independently.
- **Dancers in both acts** will have a 20 min break before beginning Act II- they may rest, eat, rehydrate, stretch as they see fit. Act II will conclude by 8:30pm.

Protocols for the Palace Theater

Dress Rehearsal

Wednesday April 29: 5pm start - 8pm Warm-up- 4:30!
(Juniors-Seniors)

Performance Days

Friday May 1: Arrive by 5 for 6pm start
(group warm up 5:15)

Saturday May 2: Arrive by 11 for 12pm start
(group warm up 11:30)

Arrive back by 5pm (group warm-up at 5:15)

- Dancers must arrive at the theater **at the assigned call time**, fully prepared and ready to check in with Miss Martha. She will then direct you to either the upstairs dressing area or downstairs dressing rooms. (*Seniors and Alumni enter through the side stage door and check in with Liza*).
- Dancers should arrive **in their first base costume, hair, and makeup** unless otherwise instructed.
- All costumes, shoes, and accessories should be clearly labeled and brought in garment bags.
- Dancers must remain with their assigned group, teacher, or backstage helper at all times.
- Parents are not permitted backstage or in dressing room areas unless specifically authorized. Backstage Moms only please!

Theater Etiquette

When we are at the theater, we must act respectfully at all times.

- Dancers should use quiet voices, stay seated when they are supposed to, and follow all instructions from teachers and theater staff.
- No running, playing, or touching equipment backstage or in the seating areas.
- Phones and electronic devices should be silenced and put away.
- We clap and cheer politely for all dancers and remain quiet while others are performing so everyone can do their best on stage!
- This is not a stadium concert or sports game, please act appropriately.

Dance Recital Hair & Makeup Guide

WHY RECITAL MAKEUP IS DIFFERENT

Stage lights are bright and flatten facial features, so makeup must look heavier in person to appear balanced on stage. If it looks “a little much” up close, it’s probably perfect under lights.

MAKEUP GUIDE

1. Skin / Foundation

- Start with **clean, moisturized skin**
 - Use **light-medium foundation or tinted moisturizer**
 - Blend well into hairline, jaw, and ears
 - Lightly set with **translucent powder** to reduce shine
- Tip: Avoid heavy contour - stage lights do that naturally.*

2. Eyes (Most Important for Stage!)

Dance Recital Eyeshadow by Age Group

TINY DANCERS - MINI DANCERS

Goal: Brighten the eyes, keep it natural

- **Lid:** Blue (matte)
 - **Highlight:** Light cream under brow (very subtle)
 - **Shimmer:** **X** None
 - **Eyeliner:** **X** No liner
 - **Mascara:** 1 light coat (top lashes only, waterproof)
- *Should look sweet and clean, not dramatic*

PETITES

Goal: Soft definition so eyes don’t disappear on stage

- **Lid:** Blue (matte)
- **Crease:** Darker Blue to add dimension, blended well
- **Highlight:** Light cream under brow
- **Shimmer:** Very minimal
- **Eyeliner:** Optional thin brown line on top
- **Mascara:** 1–2 coats (top lashes only, waterproof)
- **Brows:** Brow gel

**Avoid dark corners or smoky looks*

JUNIORS & TEENS

Goal: Clear eye shape with gentle depth

- **Lid:** Neutral beige, tan, or soft mauve
- **Crease:** Medium brown for definition
- **Outer corner:** Light tap of darker brown
- **Highlight:** Cream or ivory under brow and inner corner
- **Shimmer:** Light shimmer okay (no glitter chunks)
- **Eyeliner:** Thin brown or soft black wing
- **Mascara:** 2 coats, top lashes
(light coat of mascara on bottom lashes)
- WATERPROOF ONLY
- **Brows:** Lightly fill and apply Brow gel
**Eyes should be clearly defined from the audience*

SENIORS

**This is where full stage glam is!*

Goal: Bold, expressive eyes for stage & photos

- **Lid:** Medium to darker neutral (bronze, cocoa)
- **Crease:** Dark brown or Charcoal
- **Outer Corner:** Defined, slightly dramatic
- **Highlight:** Shimmer or satin highlight
- **Shimmer:** Yes
- **Eyeliner:** Black liner, wing
- **Mascara:** WATERPROOF or false lashes
- **Brows:** Fill and apply Brow gel

3. Blush (Don't Skip This!)

- Use **pink, mauve, or peach tones**
- Apply to the **apples of the cheeks**
- **BUILD Color** - it should look slightly heavy in person
**Avoid nude or very pale blush (it disappears on stage)*

4. Lips

STUDIO APPROVED COLORS

MAYBELLINE Liquid Lipstick Matte SuperStay Ink

- DANCER
- SHOT CALLER
- PIONEER

**Avoid gloss (slippery + hair stick risk)*

5. Face

- Setting Spray: this will make sure nothing smudges or moves!

HAIR GUIDE (SLEEK & SECURE)

Essential Hair Tools

- Fine-tooth rat-tail comb
- Strong elastics (hair-color matched)
- Bobby pins & U-pins
- Hair net (matching hair color)
- Strong-hold gel or hairspray
- Smoothing brush
- Bun donut (optional)

Classic Recital Bun

TINY DANCERS - JUNIORS

1. Brush hair back to the high ponytail spot
 2. Apply gel or spray and brush smooth
 3. Secure tight ponytail
 4. Twist hair into bun (use donut if needed)
 5. Secure with U-pins
 6. Add hair net
 7. Spray generously - no flyaways
- *Bun should **not move** when head shakes.

TEENS AND SENIORS

1. Part hair cleanly (center part)
 2. Apply gel or spray and brush smooth
 3. Secure tight ponytail
 4. Twist hair into bun (use donut if needed)
 5. Secure with U-pins
 6. Add hair net
 7. Spray generously - no flyaways
- *Bun should not move when head shakes.

If you have any questions please ask! Uniformity matters.

COMMON MISTAKES TO AVOID

- X** Makeup too light
- X** Skipping blush
- X** Glossy lips
- X** Flyaways or loose buns
- X** Non-waterproof mascara

QUICK RECITAL DAY CHECKLIST

- ✓ Makeup applied heavier than normal
- ✓ Hair smooth, secure, sprayed
- ✓ Extra bobby pins in bag
- ✓ Lipstick for touch-ups
- ✓ No shimmer overload



WITH DONUT



WITHOUT DONUT



ACT I

1. Hometown Glory
2. Love is an Open Door
3. Itty Bitty Pretty One
4. Swan Lake *Moderato*
5. Crocodile Rock
6. Holding out for a Hero
7. Niagara Falls
8. Animal Crackers
9. Cut to the Feeling
10. Attention
11. Dark Side
12. I Know the End
13. Let's Hear it for the Boy
14. Jailhouse Rock
15. Iris
16. You Can Fly! You Can Fly!
You Can Fly!
17. International Love
18. Falling
19. Stargazing
20. TAKEDOWN
21. MY HOUSE

ACT 2

1. Breakin' Dishes
2. Forget You
3. Take Me There
4. Shout!
5. Sylvia Suite
6. Superstar
7. Dance of the Knights
8. Control
9. Fuego
10. Mechanical Lullaby
11. Dance the Night
12. Red
13. My tears ricochet
14. Swan Lake *Troppo Vivo*
15. Work/Lose Control
16. Hold On We're Going Home
17. Alumni
18. Landslide
19. Half of my hometown
20. You're Gonna Go Far
21. Finale

CHECKLIST:

- Costume(s)**
- All costume pieces and accessories**
- Shoes**
- Tights**
- Water Bottle**
- Snacks**
- Hairspray**
- Makeup bag**
- Bobby pins/Hair pins**
- Safety pins**
- First aid- bandaids, Aleve/Ibuprofen, feminine products, etc.**
- Tissues**
- Theraband**
- Warm-ups (sweater/jacket and sweatpants, socks)**

Failure to follow recital day protocols may result in removal from backstage areas or, in serious cases, inability to perform. These rules are in place for the safety of all dancers and the success of the production.

*Thank you for your cooperation and support
in making recital day a positive
and memorable experience for everyone.*