**Checklist for a Successful Dance Class: \*Keep this in your dance folder!**

*Here are some appropriate behaviors that help a dance class run smoothly.*

1. \_\_\_\_Arrive to class a few minutes early to give yourself time for your Do-Now (Warm-Up Intro). If you have a job, review your job and remember to take ownership.
2. \_\_\_\_\_Try not to eat a heavy meal prior to class. Healthier snack options would include a piece of fruit, nuts, or yogurt.
3. \_\_\_\_\_Come to class in the appropriate dance attire (see Syllabus/Rubric). *\*We do not have a changing room!*
4. \_\_\_\_\_Electronics/including cell phones should be off & stored away with your belongings (not on your body).
5. \_\_\_\_\_Leave “outside of class stuff”, outside of class. Be prepared to enter class calmly, say Hello, and concentrate fully on your work.
6. \_\_\_\_\_Use the bathroom only if it is an emergency. The best class is the one you are fully there for!
7. \_\_\_\_Bring your own water bottle so that it is nearby and causes less interruption.
8. \_\_\_\_\_Refrain from talking/making extra noises during instruction and class work.
9. \_\_\_\_\_*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-pull Ms. Brown to the side and speak with her personally
10. \_\_\_\_\_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!
11. \_\_\_\_\_In your spots, make sure you have necessary room to move your body fully (Do the “T for Touch Test” when appropriate).
12. \_\_\_\_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.
13. \_\_\_\_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.
14. \_\_\_\_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.
15. \_\_\_\_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.
16. \_\_\_\_At the end of the class, complete the end of class procedure-class dismissal, class reflection/question, and applaud. Applauding is a dance class custom throughout the dance world. It acknowledges the efforts of the professor, your classmates, and yourself.
17. \_\_\_\_Participate in dance class to improve your skill, knowledge, visual awareness, creativity, and enjoy your dancing experiences.
18. \_\_\_\_Treat everyone and the studio with respect!