

# Dress Code

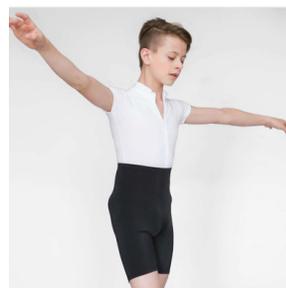
## TIGHTS & SHOES

Please read through the following for the theory and history behind our guidelines as well as proper examples.

During the late 18th century, tights were introduced into ballet to highlight the body and movement. They began as something for men to wear under their costumes to give them greater freedom of movement. Initially tights on women, however, were seen as scandalous because they created the illusion of a bare leg with a color chosen to be as close to nude as possible. Given that ballet was dominated by Europeans, the color that best suited this goal was a very light pink which became the norm for classical ballet. This all changed in 1974 when Dance Theater of Harlem Director Arthur Mitchell made flesh-toned tights and pointe shoes the norm for the female dancers of his company. When tights and shoes match, it extends the natural leg line which aids in the visual effect of an explosive leap or an endlessly high leg extension.



Female dancers are allowed to self-select the color of their tights, technique shoes, and pointe shoes. The color may be chosen to best match the student's *natural skin tone* to further elongate the line OR be ballet pink. In any event, the color of a student's technique or pointe shoes *must match* the color of their tights. Students can wear black tights for Jazz, Tap, Modern, and Musical Theater classes.



Male dancers may wear black tights or fitted biker shorts. If the student chooses to wear ankle socks, they *must match* the color of their technique shoes. Students can choose to wear black tights with white socks and white shoes or black shoes and footed tights or black socks. Baggy shorts or sweatpants are not acceptable.