

# “Fab 5” of Polishing & Perfecting

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by Mary Wendt and Donna Haas

## *Take your girls from drab to fab!*

### **Hot Tip #1:**

**No white shoes before Memorial Day or after Easter...A fashion faux-pas for the feet!**

### **Now...let's talk about those FEET... Get to the point DAILY!**

1. Tendu – Train the girls so that as soon as the foot leaves the floor the toe automatically points
2. Degagé – Work on your extension through the degagé movement
3. Across the floor – Hook up in groups of four or five and work different combinations moving across the floor
4. Preps – Dancers should jump together hooked up as well as practicing preps for jeté movement
5. Closure – Correctly train dancers to end movement with proper foot closure on kicks, jeté movement, and in all positions where feet should come together

### **Hot Tip #2:**

**When serving as Queen of the Sweet Potato Queen's Parade, never let your chicken skin jiggle as you wave to your admiring crowd! Let's all learn to wave!**

### **It's all about the ARMS!**

1. Placement – (and we're not talking about your social structure) Arms cannot be cleaned if the dancers don't understand the correct position desired
2. Plane – Comprehending front-to-back and side-to-side staging of movement
3. Strength – Defines the intensity and extension of the step or movement
4. Hands – The hands are a continuation of the arm and should compliment or add to the intent
5. Arms as their own entity – Utilize the arms without the shoulders or causing the body to hyperextend

### **Hot Tip #3:**

**Your face is your artwork – it deserves a great frame!  
The right sunglasses can make you look like a Rock Star!**

### **Speaking of how you look...how should you look? Let's FOCUS on that!**

1. Focus as a statement – It is used to exaggerate the effect of the action
2. Focus as a movement – usually incorporated as part of the bodyline
3. Accessories – Hats, headpieces, and hairpieces must be worn uniformly
4. The eyes have it – Remember dancers that the floor cannot help you and will not score you well for gazing at it!  
Everyone must keep eyes focused on the same spot
5. Give the back a break – Watch from behind the group to see the differences in focus (the dancers facials can serve as a distraction from cleaning focus well)



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## Hot Tip #4:

Time your party appearance when you know everyone is watching...it's all about you girl! There's fashionably late (timer one) and then there is MA time (timer two).

### Yes timing is everything...

1. Anticipation – Moving early ruins the unison effect and gives the surprise away to the crowd
2. Breathing – Cleaning through correct breath control and verbalization of steps
3. Musicality – Timing as viewed to highlight the musical phrasing and composition
4. Confidence – Knowledge is power and is obvious where timing of movement is concerned
5. Practice what you preach – Everyone must practice at 110% to receive an accurate depiction of the performance

## Hot Tip #5:

When eating bon bons and having your nails done remember to turn on the Game Show Network...and Look what's on... This is Jeopardy!

### The category is “Things that have a “BODY”

Remember to phrase the answer in the form of a question...Contestants get your buzzers ready...

For 20 points...A song by Justin Timberlake

WHAT IS BODY ROCK?

For 40 points...The Atlantic Ocean, the Mediterranean Sea, the Great Lakes, to name a few

WHAT IS A BODY OF WATER?

For 60 points...You might see one of these on CSI

WHAT IS A DEAD BODY?

For 80 points...An actor might use this as a stand in

WHAT IS A BODY DOUBLE?

And speaking of doubles...it's the DAILY DOUBLE...how much would you like to wager?

And the answer is...Who said, “The body says what words cannot.” Hint: She is the original authority of modern dance.

WHO IS MARTHA GRAHAM? (1893 - 1991)

For 100 points and the Jeopardy “Fab 5” Championship...

This dazzling remake of the 1956 spine-tingler stars Donald Sutherland, Brooke Adams, Jeff Goldblum, Leonard Nimoy and Veronica Cartwright in an eerie tale of possession by "alien pods."

WHAT IS “INVASION OF THE BODY SNATCHERS”?

### Let's look at those little bodies...

1. Don't make a visual distraction – Costuming should highlight the piece and enhance the movement, mood, and intent
2. Ditto arms #1...what is that?
3. Ditto arms #2...yell out the answer
4. Ditto focus #5...when it works, it works!
5. Watch those shoulders

**REMEMBER TO TEACH IT LIKE YOU MEAN IT! IF MOVEMENT IS TAUGHT CORRECTLY THEN CLEANING AND POLISHING WILL BE SIGNIFICANTLY EASIER!**

