**Theatre etiquette**

* Pre-performance
  + arrive early
    - mostly get makeup and hair done
  + sign in
    - cannot leave area once signed it
    - just in case of an emergency such as fire alarm or last minute call to retouch
  + don't come out in costume or make up
  + practice
  + welling being such as eat, drink and listening to chill music
* backstage
  + no talking
    - distracts the dancers from being mentally prepared
    - distracts the audience from the performance
  + no running around
    - can cause loud noises
  + no coat hangers around
    - a safety hazard towards the dancers
  + peeking through the stage set
* props
  + don't touch unless you're using it
  + pre-set the prop if you're currently using it
  + don't throw or damage the prop
  + don't place the props in an area where the audience can see or the dancers can get hurt
* warm-up
  + jump and circulate blood around the body
  + do warm-ups that are constantly moving -> yoga
  + practice the dance
  + incorporate movement relevant to your dance