



FROM ONE DANCER TO ANOTHER  
For Immediate Release

## What Not to Wear To Dance Class

*Dance Full Out™*, the dance site for dancers at [www.dancefullout.com](http://www.dancefullout.com), offers tips for new dancers

Redondo Beach, CA – January 25, 2011 – Ready for your first dance class but not sure what to wear? Now, you can get the inside information about the world of dance at Dance Full Out™, [www.dancefullout.com](http://www.dancefullout.com). Created by dancer and entrepreneur, Melanie Rembrandt, Dance Full Out is a community that helps dancers, and their parents, learn what it takes to pursue a professional career in dance.

"While the site includes information on "[What To Wear to Dance Class](http://www.dancefullout.com/2010/08/dance-apparel/)" at <http://www.dancefullout.com/2010/08/dance-apparel/>, it's also important to know what not to wear," states Rembrandt. "Here are some tips to have the best class possible, learn and have fun!"

Well, there also some things you should *avoid* wearing to class.

### The Top 10 Things Not to Wear to Dance Class

- 1. Anything worth a lot of money**  
You don't want your stuff to disappear, do you? Things are stolen at studios all the time.
- 2. Watches, bracelets, earrings, and other jewelry that can come off**  
Do you really want to slip on your necklace or hit someone in the eye with your earrings?
- 3. Bulky clothes that don't show your legs, arms and body placement**  
Trust me. You'll have a better class when the instructor, and you, can actually see what your body is doing. Now, if it's a Hip Hop class, you can get away with more bulk!
- 4. Hair accessories or glasses that can fly off when you turn or jump**  
Ensure your hair and glasses will stay in place throughout the *entire* class.
- 5. Anything you can catch on your feet or arms while moving**  
Have you ever tripped over a long pant-leg or leg warmer? It's not pretty.

For the additional, five things to avoid wearing to class, visit <http://www.dancefullout.com/2011/01/wear-dance-class/>.

*"Dance Full Out is a wonderful site to visit for dancers! Check it out!"* Michael Rooney, MTV Video Music Award Winning Choreographer

### **About Dance Full Out™**

A division of Rembrandt Communications®, LLC, Dance Full Out was founded in 2010 to help dancers, and their parents, get the information necessary to pursue a career in dance. Created as a community for dancers, Dance Full Out provides free information and memberships that include access to exclusive interviews with today's top choreographers, a monthly newsletter, teleseminars, coaching, mentoring, and more. For more information, visit [www.dancefullout.com](http://www.dancefullout.com) or call 1-800-771-0116.

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