

*Why do we say UP-stage and DOWN-stage when the floor of the stage is flat?*

Ballet was first performed on stages designed for the opera - and for singers and actors. The stages could be "raked" or tilted with big cranks so that the voices in the back of the stage could be heard over the heads of the performers in front. Dancers at one time needed to practice in studios that were "raked" too, so that they could learn to distribute their body weight so as to be able to balance, turn and jump without falling. It was like dancing on a hill!

Can you imagine that?

The back of the stage was REALLY up  
and the front was REALLY down!

*Some people or things you might see when you are on stage:*

*Wings*

*Spotlights*

*Footlights*

*Trees*

*Sight lines*

*Marley Floor*

*Rosin*

*Syc or Backdrop*

*Fly Space*

*Orchestra Pit*

*Conductor*

*Stage Manager*

*Wardrobe Assistant*

*Scenery & Props*

*The House*

*Balcony*

*Aisle|*

*Proscenium*

*Apron*

*Getting ready to perform?  
The differences between a  
good dancer, and  
a great dancer,  
are*

***Performance Quality  
Projection***

***Focus***

***Spatial Awareness***

***Movement Memory***

***Commitment***

***Concentration***

***& Confidence!***