



WE WELCOME CHOO MANUAL

Choo la la. Xo



WELCOME

Welcome to **Choo la la!** You have begun a journey to discover your inner **sexiness** and **confidence** and we are so excited to have you join our family of Choos.

Choo la la is a fun, safe, and welcoming community of like-minded women who dance for many reasons. Whether you have danced your whole life and want to mix up with a new style or you have never danced before and want to find yourself again – **Choo la la** is here for you.

For women who are seeking an alternative to fitness, **Choo la la** offers dance classes in an accessible supportive environment because we believe in helping people achieve their inner potential and self-discovery through the love of burlesque fusion dance.

This manual will be your '**Choo bible**', which will contain all of all the information that you need to know about **Choo la la** and our classes and shows.

Get ready to get your sexy on!



Choo la la. Xo

THE CHOO CODE

Here at **Choo la la** we have created a positive culture that empowers women and supports mental and physical well-being.

The Choo Code is a code that we stand by in everything we do and are committed to instill into each of our members at classes and shows.

C

CREATE

We create a culture where everyone belongs. We create an uplifting, supportive and fun environment for ourselves and our fellow Choos.

H

HELP

We help our fellow Choos feel welcome, comfortable and empowered

O

OBSERVE

We observe our classes and include other Choos that may be new, feeling anxious or left out.

O

OPEN HEARTED

We dance with an open heart and embrace each other and refrain from negative talk.

We encourage you to embrace this Choo Code to continue to empower yourself and your fellow Choo sisters.



Choo la la Xo

CLASSES

PREPARATION FOR THE FIRST CLASS

The first class can always be scary and confronting however, we can promise that you are entering a supportive and safe environment where you can confidently express yourself, and feel a sense of belonging and friendship.

Please see the below tips to help you prepare for your first class:

- Please come dressed in active wear and closed in shoes that you can comfortably dance in
- Bring water, as we'll be working up a bit of sweat and hydration is important
- Feel free to wear some red lipply to get you in the mood
- Make sure you have downloaded WhatsApp either on your phone or smart device as we use this platform as our main form of communication

You will be added into your individual class group for e.g if you attend Woodville Burlesque Fusion on a Tuesday night at 7.30pm, you will be added into Woodville Tuesday night Choo 7.30pm Fringe. This group chat is used to post your individual class routines and ask any class specific questions. You will also be added into another group chat that includes all hubs and classes taking part in a particular show. For e.g. Swingesque – Alter Ego 2020. We use this main chat group for information that needs to be relayed to the entire cast. Please refer to our tutorial for further information on how to use Whatsapp or if you are still having issues then please contact Danielle (National Operations Manager) on 0431 273 469.

Please note that your class fees will need to be paid before or on your first class, or via our payment plan options. These options will be sent to via a link and will need to be finalised by your second week of the term block. Once again if you having any questions regarding payment please contact Danielle on the above the number.

ON ARRIVAL TO CHOO

To give you an idea of what your **Choo la la** classes will look like, we have outlined what you can expect on arrival to your first class.

A **Go CHOO Girl** will introduce themselves to you during the start of class.

Our **Go CHOO Girls** are volunteers who will be there to keep you up to date on all things CHOO: Such as events, rehearsals and shows.

Our **Go CHOO Girls** will also video the routine that you learn each week and share it on the group WhatsApp so that you will be able to practice the routine from home. Most importantly our **Go CHOO Girls** are there to support you and answer any questions you may have.

You will then meet your Choo Instructor who will be your choreographer for the block.



Choo la la. Xo

CLASSES

CLASSES FOR THE SHOW OR CLASSES JUST FOR FUN?

One of the things that makes **Choo la la** so special is that we give everybody the opportunity to show off their routines and hard work at a show at the end of the block.

During your first class you will be asked if you would like to be involved in the show. However, please note, the show is not compulsory and if you choose to not perform it will not affect your classes or participation.

We do, however, encourage you to step outside of your comfort zone and perform your beautiful heart away in our safe and supportive show environment. There is an exception for our Adelaide Fringe blocks, due to popular demand and having the chance to perform in the Adelaide Fringe we do require all ladies to participate in the show.

To participate in the optional classes we offer at some of our hubs you **MUST** be enrolled in our signature Burlesque Fusion class. Please refer to class descriptions/timetable to view optional class information.

We understand that life happens and things come up but due to the nature of our large group performances we ask that if you are participating in the end of block show (For e.g Halloween – Trick or Tease 2019) and miss more than 3 classes you withdraw from the show. We want you and your Choo class mates to have the best experience possible and from past experience performers that have missed this many classes have felt left behind and not confident with the routines and where they will be positioned on the stage. Our main aim is to make sure everyone feels at his or her best and not stressed or under prepared. However you are still more than welcome to continue attending classes.

COURTESY

If you are unable to continue classes at your earliest convenience we ask that you inform your Instructor and **Go CHOO Girl**.



Choola la.Xo

COSTUMES

If you choose to perform in a show, you will be required to purchase the relevant costume for each routine that you are in. We purchase our costumes in bulk to try and keep the cost down to approx \$35-\$40 per costume.

You will get to keep your costume and shipping and handling is included in this price. Please also keep in mind that we have performers of all shapes and sizes and need to keep in mind that when we source our costumes we can order sizes from XS – 6XL. You may see similar items online for a cheaper price however you may not be able to source all of the appropriate sizes and include shipping and handling in the total cost/outcome.

Although we do try our hardest to find you the best costume fit possible our costumes sometimes do need alterations. You are welcome to alter them yourself or alternatively we have a seamstress that is available at dress rehearsals to help with alterations. Sometimes she can get a little busy so we ask for your patience in advance but please know we will do our utmost to make sure that you feel confident and sexy in your costume on the night of your performance. You are not permitted to supply your own costumes unless specified as we aim to create impact and fairness across all hubs. Except some personal lingerie such as bras and pasties/nipple tassels (as required).

ReCHOOse* you initiative. We are committed to keep our show costumes new, fresh, vibrant and theme appropriate however we understand that you may have some awesome costumes that you would like to wear again. Apart from having the most enviable fancy dress wardrobe going we are committed to reusing a costume of your choice for either the opening or closing routines for each performance. More information on guidelines about this will be given when costume lists are revealed.

Your **Go CHOO Girl** will inform you on the costumes you need and send a link via WhatsApp to where you can purchase the costume on the website.

You may also need to provide some basics or accessories such as gloves, black leggings, leotards etc. at your own cost. However you will use these in pretty much every performance.



COSTUMES

If you are performing in the show we require you to purchase and wear the following:

- Beige Fiesta's
<https://www.dancefx.com.au/product/fiesta-gloss-tights-originals/>
- Black fishnet stockings, small diamonds
<https://www.dancefx.com.au/product/fiesta-traditional-fishnet-tights-adults/>
Alternatives can also be purchased at Target and Big W, however they must be small plain diamonds
- Black Chorus Shoes
<https://www.dancefx.com.au/product/bloch-cabaret/>
You are welcome to purchase a similar style of shoe however they must be closed toe, plain black with a heel and buckle. You may also be required to supply white or black sneakers or boots.

If you have any questions about the costumes please FIRST e-mail costumes@choolala.com.au before asking your Instructor.

BREAKDOWN OF COSTUMES REQUIRED FOR A SHOW

You will be required to purchase 1-2 compulsory costumes for your burlesque fusion class. Cost \$80 max. If you are participating in an optional class such as R&R – Raunchy and Risque you will be required to purchase an additional costume. Cost \$40 max
The Opening and Closing routines are optional however most Choos usually participate, as its an amazing experience being up on stage with over 100 performers. You will learn these routines in your Burlesque Fusion class. If you choose to be involved in these routines you will be required to purchase a signature costume for either the opener or closer. The other routine you are welcome to ReCHOOse* a costume from a previous show. Total cost \$40 max.

So if you to be involved in 5 songs as listed above the maximum amount you will pay for these items will be \$160. This can be paid via the website or alternatively if you are signed up to our direct debit payment plan, costumes are included in the weekly payment.



Choolala.Xo

GETTING READY FOR A SHOW

So you have got your costumes and routine down packed and now it is time for hair and makeup!

You will be required to do your own hair and makeup before each show.

HAIR

Our signature Choo hairstyle consists of a front quiff and a side bun to the left.

Please see the below tutorial on how to do your hair.

<http://www.choolala.com.au/choo-manual-videos/>

MAKEUP

Our signature Choo makeup consists of a grey/brown smokey eyes, blush and vibrant red lipstick.

Please see the below tutorial on how to do your makeup.

<http://www.choolala.com.au/choo-manual-videos/>

We will inform you with plenty of notice if the show we are working on requires you to have a different type of makeup (for example the Halloween show).

Feel free to go all out and apply false eyelashes and spray tan but note that this is not compulsory.



REHEARSALS & SHOW DAY

DRESS REHEARSALS

Before each show you will be required to attend one dress rehearsal at the venue of the show. Dress rehearsals are compulsory. The reason we ask this is so every Choo can feel comfortable in the performance space and if working in groups or partners, you have the chance to practice with each other in costume. Full hair and makeup must be done before all dress rehearsals. Costumes must be brought and worn unless stated otherwise. Make sure to bring lots of water and snacks to keep you going throughout the day. Please also note that there is a \$10 rehearsal fee that cover dress rehearsal and preshow run.

DAY OF THE SHOW

On the day of the show, you will be required to be at the venue at least 2-3 hours before the show commences, with full hair and makeup completed. This is to allow the cast to do a full run through and make sure you know your positions on stage. Exact times will be provided closer to the show date.

PHOTOS/VIDEOS/CHOREOGRAPHY

We would love you to capture the fun and upload photos onto your own personal social media. However due privacy and copyright reasons we ask that all video and choreography be kept strictly between our Choo groups.

ALCOHOL POLICY

At Choo la la we are all about making you feel comfortable however due to safety and insurance policies we ask that you refrain from drinking alcohol before and during all rehearsals and performances. We'll save the bubbles for afterwards!

ANTI DISCRIMINATION

At Choo La La we pride ourselves on creating an inclusive and respectful environment where you can feel free to express yourself as your most authentic self.

We want you to feel welcomed and want all our Choo sisters to work together to create a community where everyone feels like they are included and accepted. We encourage all our current and incoming Choo sisters to engage with our values and expectations in creating a welcoming atmosphere.

Choo La La welcomes all members of the LGBTI+ community to join our classes.



Choo la la Xo

REHEARSALS & SHOW DAY

Choo La La has a strict anti-discrimination policy in place and expects all members to adhere to it. We won't tolerate any discrimination towards or between any of our members or staff, regardless of their sex, sexuality, transgender status, intellectual impairment, race, national or ethnic origin, religion etc.

MINORS

Please be advised due to insurance policies and respect for other participants in our classes and shows anyone under the age of 17 may not attend, view or take part in any CHOO la la productions or classes. Thanks for your understanding and cooperation. Participants who are 17 years old may attend classes and/or performances with prior written consent to Management, once approved a legal parent or guardian must sign a waiver before a minor can attend any Choo la la events.

CHANGING TENTS

At Choo la la we are committed to respecting each individual's privacy. Due to the nature of costume changes we offer access to private changing tents. Please feel free to utilise these as necessary.

TICKETS FOR PERFORMANCES

Tickets may be purchased online via the website and in some occasions at the door. You will be informed of the process each performance block. Please note when purchasing tickets you will not receive a physical ticket, printing a PayPal receipt is suffice. We will also have a list of names at the door which can be crossed checked.



Choolala Xo

FAQ'S

IF I AM SICK OR AWAY WILL I BE ABLE TO GET A REFUND?

Unfortunately, we cannot refund any missed classes. If you are away there is not an option to catch up at another hub, time or day as each class will be working on a different routine. Our WhatsApp groups will help you catch up on what you may have missed in class.

CAN I ATTEND MULTIPLE HUBS?

Yes! Attending multiple hubs is a great way to meet different girls and learn from different teachers and teaching styles.

IF I MISS A CLASS HOW CAN I CATCH UP ON THE ROUTINE?

Videos of choreography will be uploaded on your hubs WhatsApp group so you can catch up on what you have missed from home.

HOW WILL I LEARN THE CHOREOGRAPHY?

Your Instructor will teach you the choreography bit by bit for your routine each week during class.

Each week the routine will be filmed and posted on your class WhatsApp group by your **Go CHOO Girl** so you can view it from home.

WHAT HAPPENS IF YOU GET NERVOUS?

It is completely normal to feel nervous before your show but know that you are not alone on this!

If you are feeling nervous before a show please see your **Go CHOO Girl** volunteer who can give you some tips and tricks on how to calm those nerves and just have fun!

Hopefully we've got most of all the important stuff covered! However, if you do have any further questions or feedback along any part of your CHOO journey please don't hesitate to contact us.

We cant wait for you to **UNLEASH** your inner **SHOWGIRL**!