

## *DanceCo* COSTUME REQUIREMENTS 2009/2010

<b>Teacher</b>	Miss Cheryl
<b>Discipline</b>	Jr. Jazz
<b>Day &amp; Time of Class</b>	Monday 4:15 – 5:15
<b>Name of Dance</b>	<b>Hip To Be Square</b>
<b>Festivals Participating In</b>	<b>DanceCo Group Dress Rehearsal</b> – Arden Theatre, St. Albert – March 23 <b>Dance Extreme</b> – Festival Place, Sherwood Park – April 14 to April 18 <b>Dance Jam</b> – Dow Centennial, Fort Saskatchewan – April 30 to May 2 <b>Recital</b> – June 12 or June 13
<b>Costume Requirements</b>	<b>Purple &amp; gold unitard with hat, beige blochs</b>  <b>Full Footed Tights:</b> Body Wrappers – Beige – Adult: A30-JTN or Child: C30-JTN  <b>Rhinestone Earrings:</b> Bella 5072 or 1083 (Available at Shoppers Drug Mart)
<b>Make-up Requirements</b>	<b>Standard Stage</b>  <b>Appropriate shade of foundation, black eyeliner, black mascara</b>  <b>Eye Shadow:</b> Maybelline #20 Velvet Crush (4 color palette) <b>Blush:</b> Covergirl #185 True Plum <b>Lipstick:</b> Revlon #641 Spicy Cinnamon Pearl <b>Eyelashes:</b> Dancers 10 and under “ <b>Quo</b> ” #801, Dancers 11 and older “ <b>Quo</b> ” #809 (if Quo not available – <b>Ardell #109</b> ) <b>Eyelash Glue:</b> “Full” adhesive
<b>Hair Requirements</b>	<b>Front of hair:</b> Part left side – near end of left eyebrow Starting from the left side, French braid towards the right side ending over the right ear. Braid should be approx 1 ½ to 2 inches wide Pin tail end behind ear, tuck tail end into the appropriate hair style and pin.  <b>Accompanied by:</b> Jazz Ponytail (curly)  <b>Please see “Hair Tips” sheet for instructions for each of above styles</b>  Including hair jewel (teachers to advice dancers of proper placement)

## *DanceCo* COSTUME REQUIREMENTS 2009/2010

<b>Teacher</b>	Miss Cheryl
<b>Discipline</b>	Beg. Jazz
<b>Day &amp; Time of Class</b>	Monday 5:15 – 6:15
<b>Name of Dance</b>	<b>Conga</b>
<b>Festivals Participating In</b>	<b>DanceCo Group Dress Rehearsal</b> – Arden Theatre, St. Albert – March 23 <b>Dance Extreme</b> – Festival Place, Sherwood Park – April 14 to April 18 <b>Dance Jam</b> – Dow Centennial, Fort Saskatchewan – April 30 to May 2 <b>Recital</b> – June 12 or June 13
<b>Costume Requirements</b>	<b>Green dress, beige blochs</b>  <b>Full Footed Tights:</b> Body Wrappers – Beige – Adult: A30-JTN or Child: C30-JTN  <b>Rhinestone Earrings:</b> Bella 5072 or 1083 (Available at Shoppers Drug Mart)
<b>Make-up Requirements</b>	<b>Standard Stage</b>  <b>Appropriate shade of foundation, black eyeliner, black mascara</b>  <b>Eye Shadow:</b> Maybelline #20 Velvet Crush (4 color palette) <b>Blush:</b> Covergirl #185 True Plum <b>Lipstick:</b> Revlon #641 Spicy Cinnamon Pearl <b>Eyelashes:</b> Dancers 10 and under “ <b>Quo</b> ” #801, Dancers 11 and older “ <b>Quo</b> ” #809 (if Quo not available – <b>Ardell #109</b> ) <b>Eyelash Glue:</b> “Full” adhesive
<b>Hair Requirements</b>	<b>Front of hair:</b> Part left side – near end of left eyebrow Starting from the left side, French braid towards the right side ending over the right ear. Braid should be approx 1 ½ to 2 inches wide Pin tail end behind ear, tuck tail end into the appropriate hair style and pin.  <b>Accompanied by:</b> Jazz Ponytail (curly)  <b>Please see “Hair Tips” sheet for instructions for each of above styles</b>  <b>Other:</b> Flower in hair

## *DanceCo* COSTUME REQUIREMENTS 2009/2010

<b>Teacher</b>	Miss Cheryl
<b>Discipline</b>	Int. Modern
<b>Day &amp; Time of Class</b>	Monday 6:15 – 7:15
<b>Name of Dance</b>	<b>Cabaret Hoover</b>
<b>Festivals Participating In</b>	<b>DanceCo Group Dress Rehearsal</b> – Arden Theatre, St. Albert – March 23 <b>Standing Ovation</b> – Red Deer College Arts Centre, Red Deer – April 10 & 11 <b>Dance Extreme</b> – Festival Place, Sherwood Park – April 14 to April 18 <b>Dance Jam</b> – Dow Centennial, Fort Saskatchewan – April 30 to May 2 <b>Standing Ovation</b> – Dow Centennial, Fort Saskatchewan – May 14 to 17 <b>Recital</b> – June 12 or June 13
<b>Costume Requirements</b>	<b>Green unitard with green shirt, beige blochs</b>  <b>Bare legs and bare feet</b>  <b>Rhinestone Earrings:</b> Bella 5072 or 1083 (Available at Shoppers Drug Mart)
<b>Make-up Requirements</b>	<b>Standard Stage</b>  <b>Appropriate shade of foundation, black eyeliner, black mascara</b>  <b>Eye Shadow:</b> Maybelline #20 Velvet Crush (4 color palette) <b>Blush:</b> Covergirl #185 True Plum <b>Lipstick:</b> Revlon #641 Spicy Cinnamon Pearl <b>Eyelashes:</b> Dancers 10 and under <b>“Quo” #801</b> , Dancers 11 and older <b>“Quo” #809</b> (if Quo not available – <b>Ardell #109</b> ) <b>Eyelash Glue:</b> “Full” adhesive
<b>Hair Requirements</b>	<b>Front of hair:</b> Part left side – near end of left eyebrow Starting from the left side, French braid towards the right side ending over the right ear. Braid should be approx 1 ½ to 2 inches wide Pin tail end behind ear, tuck tail end into the appropriate hair style and pin.  <b>Please see “Hair Tips” sheet for instructions for each above style</b>  <b>Accompanied by:</b> Hair down - teased

## *DanceCo* COSTUME REQUIREMENTS 2009/2010

<b>Teacher</b>	Miss Cheryl
<b>Discipline</b>	Sr. Jazz
<b>Day &amp; Time of Class</b>	Monday 7:15 – 8:15
<b>Name of Dance</b>	Circus
<b>Festivals Participating In</b>	<b>DanceCo Group Dress Rehearsal</b> – Arden Theatre, St. Albert – March 23 <b>Dance Extreme</b> – Festival Place, Sherwood Park – April 14 to April 18 <b>Dance Jam</b> – Dow Centennial, Fort Saskatchewan – April 30 to May 2 <b>Recital</b> – June 12 or June 13
<b>Costume Requirements</b>	<b>Black shorts, red blouse, grey vest, silver top hat, beige blochs</b>  <b>Full Footed Tight:</b> Body Wrappers - Beige – Adult: A30-JTN or Child: C30-JTN  <b>Rhinestone Earrings:</b> Bella 5072 or 1083 (Available at Shoppers Drug Mart)
<b>Make-up Requirements</b>	<b>Standard Stage</b>  <b>Appropriate shade of foundation, black eyeliner, black mascara</b>  <b>Eye Shadow:</b> Maybelline #20 Velvet Crush (4 color palette) <b>Blush:</b> Covergirl #185 True Plum <b>Lipstick:</b> Revlon #641 Spicy Cinnamon Pearl <b>Eyelashes:</b> Dancers 10 and under “ <b>Quo</b> ” #801, Dancers 11 and older “ <b>Quo</b> ” #809 (if Quo not available – <b>Ardell #109</b> ) <b>Eyelash Glue:</b> “Full” adhesive
<b>Hair Requirements</b>	<b>Front of hair:</b> Part left side – near end of left eyebrow Starting from the left side, French braid towards the right side ending over the right ear. Braid should be approx 1 ½ to 2 inches wide Pin tail end behind ear, tuck tail end into the appropriate hair style and pin.  <b>Accompanied by:</b> ½ up ½ down Lyrical Style (straight)  <b>Please see “Hair Tips” sheet for instructions for each of above styles</b>
<b>Additional Props, etc.</b>	Chair

## *DanceCo* COSTUME REQUIREMENTS 2009/2010

<b>Teacher</b>	Miss Cheryl
<b>Discipline</b>	Adult Jazz
<b>Day &amp; Time of Class</b>	Tuesday 8:15 – 9:30
<b>Name of Dance</b>	<b>Ain't Nothin' Wrong With That</b>
<b>Festivals Participating In</b>	<b>DanceCo Group Dress Rehearsal</b> – Arden Theatre, St. Albert – March 23 <b>Dance Extreme</b> – Festival Place, Sherwood Park – April 14 to April 18 <b>Dance Jam</b> – Dow Centennial, Fort Saskatchewan – April 30 to May 2 <b>Standing Ovation</b> – Dow Centennial, Fort Saskatchewan – May 14 to 17 <b>Recital</b> – June 12 or June 13
<b>Costume Requirements</b>	<b>Red fringe dress / black shorts, beige blochs</b>  <b>Full Footed Tights:</b> Body Wrappers – beige – Adult: A30-JTN  <b>Rhinestone Earrings:</b> Bella 5072 or 1083 (Available at Shoppers Drug Mart)
<b>Make-up Requirements</b>	<b>Standard Stage</b>  <b>Appropriate shade of foundation, black eyeliner, black mascara</b>  <b>Eye Shadow:</b> Maybelline #20 Velvet Crush (4 color palette) <b>Blush:</b> Covergirl #185 True Plum <b>Lipstick:</b> Revlon #641 Spicy Cinnamon Pearl <b>Eyelashes:</b> Dancers 10 and under <b>“Quo” #801</b> , Dancers 11 and older <b>“Quo” #809</b> (if Quo not available – <b>Ardell #109</b> ) <b>Eyelash Glue:</b> “Full” adhesive
<b>Hair Requirements</b>	<b>Front of hair:</b> Part left side – near end of left eyebrow Starting from the left side, French braid towards the right side ending over the right ear. Braid should be approx 1 ½ to 2 inches wide Pin tail end behind ear, tuck tail end into the appropriate hair style and pin.  <b>Accompanied by:</b> Jazz Ponytail (straight)  <b>Flower in hair</b>  <b>Please see “Hair Tips” sheet for instructions for each of above styles</b>

## *DanceCo* COSTUME REQUIREMENTS 2009/2010

<b>Teacher</b>	Miss Cheryl
<b>Discipline</b>	Int. 2 Jazz
<b>Day &amp; Time of Class</b>	Wednesday 4:15 – 5:15
<b>Name of Dance</b>	<b>Because We Can</b>
<b>Festivals Participating In</b>	<b>DanceCo Group Dress Rehearsal</b> – Arden Theatre, St. Albert – March 23 <b>Dance Extreme</b> – Festival Place, Sherwood Park – April 14 to April 18 <b>Dance Jam</b> – Dow Centennial, Fort Saskatchewan – April 30 to May 2 <b>Standing Ovation</b> – Dow Centennial, Fort Saskatchewan – May 14 to 17 <b>Recital</b> – June 12 or June 13
<b>Costume Requirements</b>	<b>Pink/Purple &amp; Black cancan dress, black tie up Blochs</b>  <b>Full Footed Tights:</b> Body Wrappers - Black Fishnet <b>Adult:</b> A61  <b>Rhinestone Earrings:</b> Bella 5072 or 1083 (Available at Shoppers Drug Mart)
<b>Make-up Requirements</b>	<b>Standard Stage</b>  <b>Appropriate shade of foundation, black eyeliner, black mascara</b>  <b>Eye Shadow:</b> Maybelline #20 Velvet Crush (4 color palette) <b>Blush:</b> Covergirl #185 True Plum <b>Lipstick:</b> Revlon #641 Spicy Cinnamon Pearl <b>Eyelashes:</b> Dancers 10 and under <b>“Quo” #801</b> , Dancers 11 and older <b>“Quo” #809</b> (if Quo not available – <b>Ardell #109</b> ) <b>Eyelash Glue:</b> “Full” adhesive
<b>Hair Requirements</b>	<b>Front of hair:</b> Part left side – near end of left eyebrow Starting from the left side, French braid towards the right side ending over the right ear. Braid should be approx 1 ½ to 2 inches wide Pin tail end behind ear, tuck tail end into the appropriate hair style and pin.  <b>Accompanied by:</b> Jazz Ponytail (straight)  <b>Please see “Hair Tips” sheet for instructions for each of above styles</b>

## *DanceCo* COSTUME REQUIREMENTS 2009/2010

<b>Teacher</b>	Miss Cheryl
<b>Discipline</b>	Jr. 1 Jazz
<b>Day &amp; Time of Class</b>	Wednesday 5:15 – 6:15
<b>Name of Dance</b>	<b>Let's Get Loud</b>
<b>Festivals Participating In</b>	<b>DanceCo Group Dress Rehearsal</b> – Arden Theatre, St. Albert – March 23 <b>Dance Extreme</b> – Festival Place, Sherwood Park – April 14 to April 18 <b>Dance Jam</b> – Dow Centennial, Fort Saskatchewan – April 30 to May 2 <b>Standing Ovation</b> – Dow Centennial, Fort Saskatchewan – May 14 to 17 <b>Recital</b> – June 12 or June 13
<b>Costume Requirements</b>	<b>Pink / Orange or Yellow Dress, Beige Blochs</b>  <b>Full Footed Tights:</b> Body Wrappers – Beige Adult: A30-JTN or Child: C30-JTN  <b>Rhinestone Earrings:</b> Bella 5072 or 1083 (Available at Shoppers Drug Mart)
<b>Make-up Requirements</b>	<b>Standard Stage</b>  <b>Appropriate shade of foundation, black eyeliner, black mascara</b>  <b>Eye Shadow:</b> Maybelline #20 Velvet Crush (4 color palette) <b>Blush:</b> Covergirl #185 True Plum <b>Lipstick:</b> Revlon #641 Spicy Cinnamon Pearl <b>Eyelashes:</b> Dancers 10 and under <b>“Quo” #801</b> , Dancers 11 and older <b>“Quo” #809</b> (if Quo not available – <b>Ardell #109</b> ) <b>Eyelash Glue:</b> “Full” adhesive
<b>Hair Requirements</b>	<b>Front of hair:</b> Part left side – near end of left eyebrow Starting from the left side, French braid towards the right side ending over the right ear. Braid should be approx 1 ½ to 2 inches wide Pin tail end behind ear, tuck tail end into the appropriate hair style and pin.  <b>Accompanied by:</b> Curly Jazz Ponytail <b>with flower in hair</b>  <b>Please see “Hair Tips” sheet for instructions for each of above styles</b>

## *DanceCo* COSTUME REQUIREMENTS 2009/2010

<b>Teacher</b>	Miss Cheryl
<b>Discipline</b>	Int. Jazz
<b>Day &amp; Time of Class</b>	Wednesday 6:15 – 7:15
<b>Name of Dance</b>	<b>Best Shot</b>
<b>Festivals Participating In</b>	<b>DanceCo Group Dress Rehearsal</b> – Arden Theatre, St. Albert – March 23 <b>Dance Extreme</b> – Festival Place, Sherwood Park – April 14 to April 18 <b>Dance Jam</b> – Dow Centennial, Fort Saskatchewan – April 30 to May 2 <b>Recital</b> – June 12 or June 13
<b>Costume Requirements</b>	<b>Black &amp; white sparkly shorts/unitard</b>  <b>Full Footed Tights:</b> Body Wrappers – Beige – Adult: A30-JTN or Child C30-JTN  <b>Rhinestone Earrings:</b> Bella 5072 or 1083 (Available at Shoppers Drug Mart)
<b>Make-up Requirements</b>	<b>Standard Stage</b>  <b>Appropriate shade of foundation, black eyeliner, black mascara</b>  <b>Eye Shadow:</b> Maybelline #20 Velvet Crush (4 color palette) <b>Blush:</b> Covergirl #185 True Plum <b>Lipstick:</b> Revlon #641 Spicy Cinnamon Pearl <b>Eyelashes:</b> Dancers 10 and under “ <b>Quo</b> ” #801, Dancers 11 and older “ <b>Quo</b> ” #809 (if Quo not available – <b>Ardell #109</b> ) <b>Eyelash Glue:</b> “Full” adhesive
<b>Hair Requirements</b>	<b>Front of hair:</b> Part left side – near end of left eyebrow Starting from the left side, French braid towards the right side ending over the right ear. Braid should be approx 1 ½ to 2 inches wide Pin tail end behind ear, tuck tail end into the appropriate hair style and pin.  <b>Accompanied by:</b> Jazz Ponytail (straight)  <b>Please see “Hair Tips” sheet for instructions for each of above styles</b>
<b>Additional Props, etc.</b>	<b>Red Boxing Gloves</b>

## *DanceCo* COSTUME REQUIREMENTS 2009/2010

<b>Teacher</b>	Miss Cheryl
<b>Discipline</b>	Jr. Jazz
<b>Day &amp; Time of Class</b>	Wednesday 7:15 – 8:15
<b>Name of Dance</b>	Yeah Yeah Yeah
<b>Festivals Participating In</b>	<b>DanceCo Group Dress Rehearsal</b> – Arden Theatre, St. Albert – March 23 <b>Dance Extreme</b> – Festival Place, Sherwood Park – April 14 to April 18 <b>Dance Jam</b> – Dow Centennial, Fort Saskatchewan – April 30 to May 2 <b>Recital</b> – June 12 or June 13
<b>Costume Requirements</b>	<b>TBA, beige blochs</b>  <b>Full Footed Tights:</b> Body Wrappers – Beige – Adult: A30-JTN or Child C30-JTN  <b>Rhinestone Earrings:</b> Bella 5072 or 1083 (Available at Shoppers Drug Mart)
<b>Make-up Requirements</b>	<b>Standard Stage</b>  <b>Appropriate shade of foundation, black eyeliner, black mascara</b>  <b>Eye Shadow:</b> Maybelline #20 Velvet Crush (4 color palette) <b>Blush:</b> Covergirl #185 True Plum <b>Lipstick:</b> Revlon #641 Spicy Cinnamon Pearl <b>Eyelashes:</b> Dancers 10 and under “ <b>Quo</b> ” #801, Dancers 11 and older “ <b>Quo</b> ” #809 (if Quo not available – <b>Ardell #109</b> ) <b>Eyelash Glue:</b> “Full” adhesive
<b>Hair Requirements</b>	<b>Front of hair:</b> Part left side – near end of left eyebrow Starting from the left side, French braid towards the right side ending over the right ear. Braid should be approx 1 ½ to 2 inches wide Pin tail end behind ear, tuck tail end into the appropriate hair style and pin.  <b>Accompanied by:</b> Jazz Ponytail (straight)  <b>Please see “Hair Tips” sheet for instructions for each of above styles</b>

## *DanceCo* COSTUME REQUIREMENTS 2009/2010

<b>Teacher</b>	Miss Cheryl
<b>Discipline</b>	Beg. Adult Jazz/Hip Hop
<b>Day &amp; Time of Class</b>	Wednesday 8:15 – 9:15
<b>Name of Dance</b>	<b>Never Say Never</b>
<b>Festivals Participating In</b>	Recital – June 12 or June 13
<b>Costume Requirements</b>	<b>Black or white dress (purchased by dancer), beige blochs</b>
<b>Make-up Requirements</b>	<p><b>Standard Stage</b></p> <p><b>Appropriate shade of foundation, black eyeliner, black mascara</b></p> <p><b>Eye Shadow:</b> Maybelline #20 Velvet Crush (4 color palette)  <b>Blush:</b> Covergirl #185 True Plum  <b>Lipstick:</b> Revlon #641 Spicy Cinnamon Pearl  <b>Eyelashes:</b> Dancers 10 and under <b>“Quo” #801</b>, Dancers 11 and older <b>“Quo” #809</b>                      (if Quo not available – <b>Ardell #109</b>)  <b>Eyelash Glue:</b> “Full” adhesive</p>
<b>Hair Requirements</b>	<p><b>Front of hair:</b>                      Part left side – near end of left eyebrow                      Starting from the left side, French braid towards the right side ending over the right ear.                      Braid should be approx 1 ½ to 2 inches wide                      Pin tail end behind ear, tuck tail end into the appropriate hair style and pin.</p> <p><b>Accompanied by:</b> ½ up ½ down Lyrical Style (straight)</p> <p><b>Please see “Hair Tips” sheet for instructions for each of above styles</b></p>

## *DanceCo* COSTUME REQUIREMENTS 2009/2010

<b>Teacher</b>	Miss Cheryl
<b>Discipline</b>	Jr. Lyrical
<b>Day &amp; Time of Class</b>	Friday 4:15 – 5:15
<b>Name of Dance</b>	<b>Fire</b>
<b>Festivals Participating In</b>	<b>DanceCo Group Dress Rehearsal</b> – Arden Theatre, St. Albert – March 23 <b>Dance Extreme</b> – Festival Place, Sherwood Park – April 14 to April 18 <b>Dance Jam</b> – Dow Centennial, Fort Saskatchewan – April 30 to May 2 <b>Recital</b> – June 12 or June 13
<b>Costume Requirements</b>	<b>Silver lyrical dress, foot undies</b>  <b>Footless Tights:</b> Mondor 347 Beige  <b>Rhinestone Earrings:</b> Bella 5072 or 1083 (Available at Shoppers Drug Mart)
<b>Make-up Requirements</b>	<b>Standard Stage</b>  <b>Appropriate shade of foundation, black eyeliner, black mascara</b>  <b>Eye Shadow:</b> Maybelline #20 Velvet Crush (4 color palette) <b>Blush:</b> Covergirl #185 True Plum <b>Lipstick:</b> Revlon #641 Spicy Cinnamon Pearl <b>Eyelashes:</b> Dancers 10 and under “ <b>Quo</b> ” #801, Dancers 11 and older “ <b>Quo</b> ” #809 (if Quo not available – <b>Ardell #109</b> ) <b>Eyelash Glue:</b> “Full” adhesive
<b>Hair Requirements</b>	<b>Front of hair:</b> Part left side – near end of left eyebrow Starting from the left side, French braid towards the right side ending over the right ear. Braid should be approx 1 ½ to 2 inches wide Pin tail end behind ear, tuck tail end into the appropriate hair style and pin.  <b>Accompanied by:</b> ½ up ½ down Lyrical Style (straight)  <b>Please see “Hair Tips” sheet for instructions for each of above styles</b>  Including hair jewel (teachers to advise dancers of proper placement)

## *DanceCo* COSTUME REQUIREMENTS 2009/2010

<b>Teacher</b>	Miss Cheryl
<b>Discipline</b>	Beg. Tap
<b>Day &amp; Time of Class</b>	Friday 5:15 – 6:00
<b>Name of Dance</b>	<b>Where We Started From</b>
<b>Festivals Participating In</b>	<b>DanceCo Group Dress Rehearsal</b> – Arden Theatre, St. Albert – March 23 <b>Dance Extreme</b> – Festival Place, Sherwood Park – April 14 to April 18 <b>Dance Jam</b> – Dow Centennial, Fort Saskatchewan – April 30 to May 2 <b>Recital</b> – June 12 or June 13
<b>Costume Requirements</b>	<b>Red / Black and white dress, beige tap shoes</b>  <b>Full Footed Tights:</b> Body Wrappers – Beige – Adult: A30-JTN or Child: C30-JTN  <b>Rhinestone Earrings:</b> Bella 5072 or 1083 (Available at Shoppers Drug Mart)
<b>Make-up Requirements</b>	<b>Standard Stage</b>  <b>Appropriate shade of foundation, black eyeliner, black mascara</b>  <b>Eye Shadow:</b> Maybelline #20 Velvet Crush (4 color palette) <b>Blush:</b> Covergirl #185 True Plum <b>Lipstick:</b> Revlon #641 Spicy Cinnamon Pearl <b>Eyelashes:</b> Dancers 10 and under “ <b>Quo</b> ” #801, Dancers 11 and older “ <b>Quo</b> ” #809 (if Quo not available – <b>Ardell #109</b> ) <b>Eyelash Glue:</b> “Full” adhesive
<b>Hair Requirements</b>	<b>Front of hair:</b> Part left side – near end of left eyebrow Starting from the left side, French braid towards the right side ending over the right ear. Braid should be approx 1 ½ to 2 inches wide Pin tail end behind ear, tuck tail end into the appropriate hair style and pin.  <b>Accompanied by:</b> Jazz Ponytail (curly) <b>with bow in hair</b>  <b>Please see “Hair Tips” sheet for instructions for each of above styles</b>