

Want to learn burlesque? Frequently asked questions

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### **What is Burlesque?**

There are two answers we could give here. The first is historical and will have you falling asleep. The second is contemporary but full of misconception. Let's go with a happy medium and try for a third –

The word burlesque comes from the word "burla"; Italian for joke. It started as a form of performance parody in nineteenth century music halls, with the shows gradually becoming increasingly risqué as time went on. Nowadays it is often associated with strip but this is mistaken (see below: "will I be expected to strip?") and it is quite usual to go to a burlesque show and see dancing, comedy, acrobatics and satirical pastiche.

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### **What sort of burlesque classes do you run?**

We focus on burlesque parties, celebrations and workshops! You can find out more details below.

- [Burlesque Hen Parties](#)
- [Burlesque Birthday Parties](#)
- [Burlesque Office Parties](#)
- [Workshops / taster sessions](#)
- [Corporate Motivational Sessions](#)

Prices can all be found on the appropriate pages.

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### **So... I'm not a size 8. Is this really for me?**

Burlesque is not about dress size. It's about loving what you have and wiggling it to best effect. You can do this whether you're a size eight or a size eighteen; you'll have different aspects of your body you'll want to emphasise but ultimately it's the same prize – being able to move well and hold yourself with confidence and grace.

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### **And I'm nervous...**

Most people start out feeling a little apprehensive but it disappears very quickly! It's only natural to feel nervous about something you've never done before – it doesn't mean you shouldn't do it. We pride ourselves on being able to put people at ease. See our philosophy.

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### **Do you offer burlesque parties for special occasions?**

Yup! Absolutely.

We can cater for burlesque birthday parties, burlesque hen parties / hen nights – even Christmas parties for your workplace.

Take a look at our main parties page, [here](#)

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**Where are the classes held?**

The classes are all held in a state of the art dedicated dance studio in Norwich, a mere stilletos throw from the night life. No dank bars for us, thank you.

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**Will I be expected to strip??**

No. It's that simple. Many people associate Burlesque with strip but it's a misconception. Burlesque can involve strip, but it doesn't have to. The burlesque taught here at Kitty Golightly is classical showgirl – and, for want of a better word, conservative! It's nothing like lap dancing or pole dancing. It's cheeky and fun. It's been said before but it's worth saying again – in burlesque what you keep hidden is every bit as important as what you reveal. Suggestion is the order of the day.

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**What to wear?**

In short – you need to find your own happy marriage between glamour and comfort (yes, we all know there is no such thing...) Your teacher will be used to dancing in full burlesque costume. Students generally find a toned down version is better. A full list of appropriate attire will be included with booking acknowledgement.

Please note that, since the classes are held in a professional dance studio with a properly sprung floor, you may not wear stilettos. Thicker heels (cuban / platform) are permissible.

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