

The Ballet Book

Learn how to thrive in intense, competitive environments with these secrets from one of America's premiere ballerinas--and get a sneak peek at what her life is really like. Ballet may look glamorous and effortless to audience members, but it requires grueling discipline. It's a competitive and physically and mentally demanding career that combines elite athleticism, artistry, and performance. Not only do dancers rehearse for six to eight hours a day before performing at night, but they also must make it all look easy! As a principal ballerina with New York City Ballet and a one-time Broadway star--not to mention a mother of three and an MBA student--Megan Fairchild is all too familiar with these challenges. In *The Ballerina Mindset*,

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she shares all the wisdom she's learned from her nearly two-decade career, drawing upon her own experiences to show us how she learned to overcome challenges ranging from stage fright to negative feedback to a packed calendar to weight management--and how we can do the same. Inspiring, warm, and revelatory, *The Ballerina Mindset* is the perfect how-to guide for dancers, athletes, artists, and anyone struggling to stay sane in a high-pressure environment.

Welcome to your first day at ballet school! Put on your ballet shoes and let's master your basics with author and New York City Ballet principal Ashley Bouder. Learn five basic lessons, then visit the costume room, before putting on your very own show of *Sleeping Beauty* at the end. There's no admissions policy to our Ballet School. Whether you are already learning

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ballet, or thinking about starting, this class is for you. Learn your pliés, first positions, jetés, pirouettes, and grand battements. But what happens if you fall? How do you stretch and look after your body? What do you eat to keep going through rehearsals? How do you get ready for class? No worries—it's all answered in this book from professional ballerina Ashley Bouder. Then go on to learn the characters and interpretations of *Sleeping Beauty*—taught in an inclusive way so anyone can dance the parts they want to. A helpful glossary at the back provides a review of ballet terms and how to pronounce them. Tutus are optional.

A New Classic for Today's Dancer *The Ballet Companion* is a fresh, comprehensive, and thoroughly up-to-date reference book for the dancer. With 150 stunning photographs of ballet

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stars Maria Riccetto and Benjamin Millepied demonstrating perfect execution of positions and steps, this elegant volume brims with everything today's dance student needs, including: Practical advice for getting started, such as selecting a school, making the most of class, and studio etiquette Explanations of ballet fundamentals and major training systems An illustrated guide through ballet class -- warm-up, barre, and center floor Guidelines for safe, healthy dancing through a sensible diet, injury prevention, and cross-training with yoga and Pilates Descriptions of must-see ballets and glossaries of dance, music and theater terms Along the way you'll find technique secrets from stars of American Ballet Theatre, lavishly illustrated sidebars on ballet history, and tips on everything from styling a ballet bun to stage makeup to performing the perfect pirouette

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Whether a budding ballerina, serious student, or adult returning to ballet, dancers will find a lively mix of ballet's time-honored traditions and essential new information.

In this stunning follow-up to the bestselling *The Nutcracker* and *The Sleeping Beauty*, the New York City Ballet presents another timeless tale for a modern ballet lover with *Swan Lake*. This lavishly illustrated book follows the storyline, choreography, costumes, and sets of the New York City Ballet's production of *Swan Lake*. With beautiful art illustrated by Valeria Docampo, this magnificent retelling is a perfect gift for an aspiring ballerina or any family who wants to add this enchanting and classic tale to their library.

Swan Dive

A Novel

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The Ballet Companion

Bea at Ballet

Celestial Bodies

Ease the wind-down to sleep with this graceful, playful rhyme that will have children gliding into bed! Two satin slippers with bunny-ear toes and stripy pajamas are dreamy dance clothes.... When the sun sets, the ballet can begin! From the first notes of the crickets' outdoor orchestra to her grand finale indoors, one little girl glissés and jetés her way to bedtime. Rhyming verse, fun sound effects and elegant French words add delicious read-aloud flair to this delightful, dance-filled tale.

From first exercises at the barre to graceful

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pirouettes and dramatic jumps, this stunning book is guaranteed to fuel the enthusiasm of every aspiring ballet dancer - whether they are just starting out or have already been dancing for some time. Perfectly pitched text by an expert author provides a highly practical guide to every aspect of ballet, while beautiful, commissioned photographs truly capture the magic of dance, from the excitement of a child's first class to the joy of dancing on stage and the wonder of watching ballet in performance. Throughout, expert professionals give hints and tips that will help every child make the most of his or her ballet classes. As well as a beautiful, inspirational book for children who learn ballet, this will be a

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valuable resource for primary school teachers and library buyers. It is much more than just a 'how to' as it covers wider aspects of dance education (a compulsory part of the KS1 and KS2 PE curriculum) including creating dance, understanding dance and watching ballet.

Text and pictures show scenes and steps from the ballets "Sleeping Beauty," "Giselle," "Coppelia," "Swan Lake," and "The Nutcracker," while the enclosed CD includes the stories told scene-by-scene. A guide to ballet positions and exercises for elementary school students.

A History of Ballet

Angelina Feels Like Dancing!

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A Dancer's Guide to the Technique, Traditions, and Joys of Ballet

The Young Performer's Guide to Classical Dance

The Illustrated Book of Ballet Stories

Bea and her friends have fun attending a toddler ballet class.

A young girl lives out her big ballerina dreams in this graceful start to a new series from New York City Ballet principal dancer and international prima ballerina Tiler Peck and Broadway and television actor Kyle Harris. Ten-year-old Katarina is a New York City girl through and through, but the buzz of the city drives her to feel that she is meant for more than her ordinary day to day routine. Her big dream? To become a prima ballerina. With the help of a

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few new friends, Katarina finally puts on her first pair of ballet shoes and she's more than determined to make it work. But her feet don't quite move the way she would like them to, the twirls and spins make her dizzy, and her classmates aren't exactly welcoming. When the head of the dance studio announces that there will be a competition to earn a spot in an upcoming international dance camp, Katarina knows this could be her big chance to make her dancer dreams come true. Does this tiny dancer have what it takes to stand out in the ballet world of blending in? A lively and encouraging picture book celebrating boys who love to dance, from the renowned American Ballet Theatre. Boys who love to dance are center stage in this encouraging, positive, rhyming picture book about guys

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who love to pirouette, jeté, and plié. Created in partnership with the American Ballet Theatre and with the input of their company's male dancers, here is a book that shows ballet is for everyone. Written by the acclaimed author of A Is for Audra: Broadway's Leading Ladies from A to Z, this book subtly seeks to address the prejudice toward boys and ballet by showing the skill, hard work, strength, and smarts it takes to be a dancer. Fun and buoyant illustrations show boys of a variety of ages and ethnicities, making this the ideal book for any boy who loves dance. An afterword with photos and interviews with some of ABT's male dancers completes this empowering and joyful picture book.

The collection of essays demonstrates that ballet is not a single White Western dance form but has been shaped by a

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range of other cultures. In so doing, the authors open a conversation and contribute to the discourse beyond the vantage point of mainstream to look at such issues as homosexuality and race. And to demonstrate that ballet's denial of the first and exclusion of the second needs rethinking. This is an important contribution to dance scholarship. The contributors include professional ballet dancers and teachers, choreographers, and dance scholars in the UK, Europe and the USA to give a three dimensional overview of the field of ballet beyond the traditional mainstream. It sets out to acknowledge the alternative and parallel influences that have shaped the culture of ballet and demonstrates they are alive, kicking and have a rich history. Ballet is complex and encompasses individuals and

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communities, often invisibilized, but who have contributed to the diaspora of ballet in the twenty-first century. It will initiate conversations and contribute to discourses about the panorama of ballet beyond the narrow vantage point of the mainstream – White, patriarchal, Eurocentric, heterosexual constructs of gender, race and class. This book is certain to be a much-valued resource within the field of ballet studies, as well as an important contribution to dance scholarship more broadly. It has an original focus and brings together issues more commonly addressed only in journals, where issues of race are frequently discussed. The primary market will be academic. It will appeal to academics, researchers, scholars and students working and studying in dance, theatre and performance arts and

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cultural studies. It will also be of interest to dance professionals and practitioners. Academics and students interested in the intersection of gender, race and dance may also find it interesting.

The Sleeping Beauty

The Orchard Book of Stories from the Ballet

The Ballerina Mindset

The Definitive Illustrated Story

The Making of a Rogue Ballerina

Dare Me meets Black Swan and Luckiest Girl Alive in a captivating, voice-driven debut novel about a trio of ballerinas who meet as students at the

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Paris Opera Ballet School. Thirteen years ago, Delphine abandoned her prestigious soloist spot at the Paris Opera Ballet for a new life in St. Petersburg—taking with her a secret that could upend the lives of her best friends, fellow dancers Lindsay and Margaux. Now 36 years old, Delphine has returned to her former home and to the legendary Palais Garnier Opera House, to choreograph the ballet that will kickstart the next phase of her

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career—and, she hopes, finally make things right with her former friends. But Delphine quickly discovers that things have changed while she's been away...and some secrets can't stay buried forever. Moving between the trio's adolescent years and the present day, Rachel Kapelke-Dale's *The Ballerinas* explores the complexities of female friendship, the dark drive towards physical perfection in the name of artistic expression, the double-

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edged sword of ambition and passion, and the sublimated rage that so many women hold inside—all culminating in a twist you won't see coming, with magnetic characters you won't soon forget.

For nearly a century, the training of ballet and modern dancers has followed two divergent paths. Modern practitioners felt ballet was artificial and injurious to the body; ballet teachers felt that modern

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dancers lacked the rigorous discipline and control that comes only from years of progressive training. Ballet Beyond Tradition seeks to reconcile these age-old conflicts and bring a new awareness to ballet teachers of the importance of a holistic training regimen that draws on the best that modern dance and movement-studies offers.

Introduce little ones to the beautiful art of ballet with this classic story. Share in the magic and fantasy of

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Tchaikovsky's beloved Swan Lake: meet the gallant prince, evil sorcerer, and beautiful girls under a terrible spell. My First Ballet Books encourage babies to Be Creative, Be Active, and Be Brilliant through the classic art of ballet. Jennifer Adams is the author of thirty books in the bestselling BabyLit(R) collection, as well as the picture books I am a Warrior Goddess and How Do I Love Thee. Jennifer works as a writer and editor in Salt Lake

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City, Utah. Corey Egbert is a freelance illustrator and the author of *If Dinosaurs Could Talk for Me*. He grew up in California and Utah, received his BA from Southern Virginia University, and is currently pursuing an MFA in illustration from Syracuse University in New York. He lives with his wife, son, and two cats.

Written by a former member of The Royal Ballet company, this book offers a true insider's view of absolutely everything

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a budding balletomane wants to know about dance from the costumes, the steps, the choreographers, and the dance companies to what it's like in a class, a rehearsal and a performance. The illustrations -- luscious and atmospheric -- thrill and inspire. Also a terrific reference, this book provides detailed coverage of the history of ballet, retellings of favorite ballet stories, and a glossary of dancers, choreographers, companies

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and technical terms, as well as a timeline of performances. A beautiful gift book as exciting as opening night
The Best-ever Book of Ballet
The Ballet Book : a Young Dancer's Guide

The World of Ballet

My Ballet Book

Turning Pointe

The Ballet Book is produced in conjunction with Toronto's National Ballet School and is a definitive instructional resource for children who are beginning to explore the possibilities and

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delights of ballet. The introduction was written by Karen Kain. Lavishly illustrated with charming black and white photographs of students in action, supplemented by explanatory text, The Ballet Book illustrates in detail the positioning of the arms and the feet, barre work, pointe work, alignment, classical ballet poses, attitudes, allegros, batteries and arabesques. Deborah Bowes also discusses other aspects of ballet with chapters on preparing for class (grooming, dress, choosing a teacher and studio), being a healthy dancer (avoiding injury, realizing the health benefits of ballet), and gives an overview of ballet's historical highlights and modern opportunities. The comprehensive glossary will initiate students into the terms used in the study of ballet and will serve as an inspirational motivator, an exceptional teaching aid and an ideal

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companion for students. (1999)

"Don't expect just tulle and toe shoes. In this fascinating insider's tale, NYCB dancer Pazcoguin reveals her world. . . . A striking debut." —People Award-winning New York City Ballet soloist Georgina Pazcoguin, aka the Rogue Ballerina, gives readers a backstage tour of the real world of elite ballet—the gritty, hilarious, sometimes shocking truth you don't see from the orchestra circle. In this love letter to the art of dance and the sport that has been her livelihood, NYCB's first Asian American female soloist Georgina Pazcoguin lays bare her unfiltered story of leaving small-town Pennsylvania for New York City and training amid the unique demands of being a hybrid professional athlete/artist, all before finishing high school. She pitches us into the fascinating, whirling shoes of

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dancers in one of the most revered ballet companies in the world with an unapologetic sense of humor about the cutthroat, survival-of-the-fittest mentality at NYCB. Some swan dives are literal: even in the ballet, there are plenty of face-plants, backstage fights, late-night parties, and raucous company bonding sessions. Rocked by scandal in the wake of the #MeToo movement, NYCB sits at an inflection point, inching toward progress in a strictly traditional culture, and Pazcoguin doesn't shy away from ballet's dark side. She continues to be one of the few dancers openly speaking up against the sexual harassment, mental abuse, and racism that in the past went unrecognized or was tacitly accepted as par for the course—all of which she has painfully experienced firsthand. Tying together Pazcoguin's fight for equality in the

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ballet with her infectious and deeply moving passion for her craft, Swan Dive is a page-turning, one-of-a-kind account that guarantees you'll never view a ballerina or a ballet the same way again.

NATIONAL BESTSELLER For more than four hundred years, the art of ballet has stood at the center of Western civilization. Its traditions serve as a record of our past. Lavishly illustrated and beautifully told, Apollo's Angels—the first cultural history of ballet ever written—is a groundbreaking work. From ballet's origins in the Renaissance and the codification of its basic steps and positions under France's Louis XIV (himself an avid dancer), the art form wound its way through the courts of Europe, from Paris and Milan to Vienna and St. Petersburg. In the twentieth century, émigré dancers taught their art to a

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generation in the United States and in Western Europe, setting off a new and radical transformation of dance. Jennifer Homans, a historian, critic, and former professional ballerina, wields a knowledge of dance born of dedicated practice. Her admiration and love for the ballet, as Entertainment Weekly notes, brings “a dancer’s grace and sure-footed agility to the page.” NAMED ONE OF THE BEST BOOKS OF THE YEAR BY THE NEW YORK TIMES BOOK REVIEW • LOS ANGELES TIMES • SAN FRANCISCO CHRONICLE • PUBLISHERS WEEKLY

*A picture book about the making of Martha Graham's Appalachian Spring, her most famous dance performance
Martha Graham : trailblazing choreographer Aaron Copland : distinguished American composer Isamu Noguchi : artist,*

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sculptor, craftsman Award-winning authors Jan Greenberg and Sandra Jordan tell the story behind the scenes of the collaboration that created APPALACHIAN SPRING, from its inception through the score's composition to Martha's intense rehearsal process. The authors' collaborator is two-time Sibert Honor winner Brian Floca, whose vivid watercolors bring both the process and the performance to life.

Apollo's Angels

Boys Dance! (American Ballet Theatre)

Curious George at the Ballet

(Re:) Claiming Ballet

The Best Book of Ballet

Out of each of those feathered skins rose a beautiful

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maiden dressed all in white, with long legs and supple arms and hair the color of corn shimmering in the moonlight.

This DK visual guide to ballet history goes beyond other ballet books, with beautiful photography that captures famous dancers and key stories. Discover more than 70 of the most famous ballet dances, from The Nutcracker and Swan Lake to The Rite of Spring. Learn the stories behind renowned companies such as The Royal Ballet and the Bolshoi Ballet. Explore the lives and achievements of dancers across the centuries, such as Margot

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Fonteyn, Carlos Acosta, and Darcey Bussell. Meet composers and choreographers, from Pyotr Ilyich Tchaikovsky to Matthew Bourne. From its origins at court and the first national ballet companies, to the contemporary scene and extraordinary venues that stage the productions, this book covers an impressive history of ballet and provides an invaluable overview of the subject. Filled with rarely seen photographs covering all the key figures, pieces, and performances, and compelling facts about each dance--the sources they draw from, their production history, and their reception over

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time--Ballet: The Definitive Illustrated Story is an essential gift for all ballet enthusiasts.

Introduces the world of ballet and presents its notable stories, dancers, techniques, and routines.

The Ballet Book Learning and Appreciating the Secrets of Dance Universe Pub

The Secret of the Ballet Book

Swan Lake

How a New Generation of Dancers Is Saving Ballet from Itself

My First Ballet Book

Bedtime Ballet

The Secret of the Ballet Book (Children's Fantasy Book, Ballet Fiction, Children's Mystery Book, Children's Career Book)
Would Sierra live to prove she is a famous-ballerina-to-be? Sierra's only hope of saving her ballerina dreams is an ordinary ballet book, or so it seems - until a dancer steps out of a page. What's more? Rosella, the ballerina, offers to train Sierra for the audition which might convince her schoolwork-obsessed mum that her daughter is a famous-ballerina-to-be. Sierra cannot believe her luck. Except that

Rosella's fate is now in her hands: if she fails to find a way to free Rosella from the magic spells of the witch who trapped her in the book, the dancer will forever have to return to the page within a few hours, whenever she comes out. But even scarier is that if Rosella misses the witch's deadline, she will disappear. And this is just the beginning of Sierra's challenges ... Could Sierra overcome them, and succeed at her audition to avoid having to quit ballet school and give up dance? Would she get Rosella out of the ballet book for good? Or would

Sierra end up inside the book too? Worse still, disappear?

A distinguished dance critic offers an enchanting introduction to the art of ballet As much as we may enjoy Swan Lake or The Nutcracker, for many of us ballet is a foreign language. It communicates through movement, not words, and its history lies almost entirely abroad--in Russia, Italy, and France. In Celestial Bodies, dance critic Laura Jacobs makes the foreign familiar, providing a lively, poetic, and uniquely accessible introduction to the world of

classical dance. Combining history, interviews with dancers, technical definitions, descriptions of performances, and personal stories, Jacobs offers an intimate and passionate guide to watching ballet and understanding the central elements of choreography. Beautifully written and elegantly illustrated with original drawings, Celestial Bodies is essential reading for all lovers of this magnificent art form.

The author, a professional ballerina, introduces the art of ballet, from the basic

positions, poses, jumps, and exercises to folk and character dancing, makeup, choreography, and performing on stage. Reprint.

The Sleeping Beauty: My First Ballet Book retells the classic story and introduces little ones to the beautiful art of ballet. Jennifer Adams' engaging text alongside adorable illustrations by Corey Egbert introduces little ones to The Sleeping Beauty story of kings, queens, fairies, and dancing. My First Ballet Books encourage babies to Be Creative, Be Active, and Be Brilliant through

the classic art of ballet. Jennifer Adams is the author of thirty books in the bestselling BabyLit(R) collection, as well as the picture books I am a Warrior Goddess and How Do I Love Thee. Jennifer works as a writer and editor in Salt Lake City, Utah.

A Bullet in the Ballet

How to Protect Your Mental Health While Striving for Excellence

Ballet

B Is for Ballet: A Dance Alphabet (American Ballet Theatre)

Learning and Appreciating the Secrets of

Dance

The ten stories included here are 'Swan Lake', 'The Sleeping Beauty', 'Cinderella', 'Gisele', 'Coppelia', 'The Nutcracker', 'Petrouchka', 'Romeo and Juliet', 'La Sylphide', and 'The Firebird'. Each one evokes the excitement of a night at the ballet." A reckoning with one of our most beloved art forms, whose past and present are shaped by gender, racial, and class inequities -- and a look inside the fight for its future. Every day, in dance studios all across America, millions of little girls line up at the barre and take ballet class. Their time in the studio shapes their lives, instilling

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lessons about gender, power, the value of their bodies and minds, and their place in the world both in and outside of dance. In *Turning Pointe*, journalist Chloe Angyal captures the intense love for ballet that so many dancers feel, while also grappling with its devastating shortcomings: the power imbalance of an art form performed mostly by women, but dominated by male choreographers and ballet masters, the impossible standards of beauty and thinness, and the racism that keeps so many people out of ballet. A new generation of dancers is confronting these issues head on. If ballet is going to survive the 21st century and

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forge a path into a more socially just future, this reckoning is essential.

The art of ballet is interpreted and demonstrated by the renowned American Ballet Theatre as it allows the reader inside its doors to view its classes, dancers, teachers, and memorable performances, sharing secrets of the art and the discipline of the dance through vivid photographs as well as incisive commentary.

Go behind the scenes to find out all about the dazzling but demanding world of ballet. From the history and practice of dance, costume, classes and steps, to who's who in a ballet company, it's all

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here in glorious detail
Making Appalachian Spring
Ballet Beyond Tradition
Ballet School
Katarina Ballerina
Ballet for Martha

Introduces the world of ballet and provides step-by-step instructions for what to wear and how to perform exercises and basic movements.

My First Ballet Book was designed to introduce the tiniest dancers to the early steps of ballet! With simple songs and colorful pictures, little dancers can practice their ballet steps while learning ballet

vocabulary.

When the tide is out, the curtain is up on this clever tale of an underwater, watercolor ballet featuring dancing crabs and all of their aquatic friends

Welcome. Enter. Sit right there. The Crab Ballet is about to begin! This spectacular seaside show, starring dancing crabs, an aquatic corps de ballet, and a cast of French ballet terms, is sure to delight ballet dancers of all stripes.

A BLACK DAGGER CRIME edition of a novel about a famous dancer who is shot on stage on an opening night, but all the critics who gather - unaware that he is dead - agree that the death scene was particularly unconvincing. However, there are plenty of suspects

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since the dancer appears to have been the most hated person in the company.

The Crab Ballet

The Ballet Book

How to Look at Ballet

A Young Person's Guide to Classical Dance

"This comprehensive guide... helps youngsters who love ballet to understand the hard work and commitment involved in classical dance training." -- School Library Journal (of the first edition) "A detailed, practical guide for serious ballet students..."

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To balance collections heavy on colorful ballet books for browsers with stars in their eyes, here's a guide for ballet students who are ready to get down to work." -- Booklist (of the first edition) Prepared in conjunction with Canada's National Ballet School, The Ballet Book is the definitive instructional resource for children who are beginning to explore the possibilities and delights of ballet. The Ballet Book is an inspirational motivator, an exceptional teaching aid, and an ideal companion for students. Now it has all-new photographs in color and a text

more suited to contemporary young dancers. The book illustrates in meticulous detail -- and through more than 100 photographs -- every position, step and pose involved in barre work, pointe work, alignment, classical ballet poses, attitudes, allegros, batteries, pirouettes and arabesques. Age-appropriate and comprehensive, it is a motivational guide, with information on deciding to dance; finding a teacher; musical accompaniment; finding the ideal studio; what to wear and grooming; positions, steps and poses; and

exercises and nutrition. Historical highlights and modern opportunities complete this comprehensive book. The Ballet Book is a strong guide for both boys and girls. Feel what it's like to be a ballerina in this Angelina Ballerina touch-and-feel book with a shiny die-cut cover and five touchable ballet textures inside! Angelina Ballerina doesn't just love ballet, she loves the satiny feel of the ribbons on her ballet slippers and the netting of her tutu. She loves working on her form at the ballet barre in front of the shiny mirror and the velvety seats when

she sees a ballet performance. And at the end of the day, she always loves the feeling of her cozy bed...where she dreams of dancing again tomorrow! © 2020 Helen Craig Ltd and Katharine Holabird. The Angelina Ballerina name and character and the dancing Angelina logo are trademarks of HIT Entertainment Limited, Katharine Holabird, and Helen Craig.

An A to Z celebration of the world of ballet, from the renowned American Ballet Theatre. A is for arabesque, B is for Baryshnikov, and C is for Coppélia in this beautifully

illustrated, rhyming, alphabetic picture book, filled with ballet stars, dances, positions, and terminology. Written by the acclaimed author of A Is for Audra: Broadway's Leading Ladies from A to Z, the dazzling, creative wordplay forms a graceful pas de deux with the stylish, swooping lines and rich color of the sumptuous illustrations. In partnership with the American Ballet Theatre, here is the perfect gift for any ballet fan, from children just starting ballet to adults who avidly follow this graceful artform.

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George goes to the ballet but his curiosity interferes with the performance.

The Ballerinas

The Barefoot Book of Ballet Stories

A Touch-and-Feel Ballet Book