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complete a z glossary of
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define in classical ballet
the term ballonne is a
step where the leg is
extended can be front
side or back at 45

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degrees the knee is then bent and the foot

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Battement tendu [bat-
MAHN tahn-DEW]

Literally: stretched battement. This is the basic step of ballet and is normally the first exercise of the barre.

The dancer will start from a first or fifth

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position and will extend
the working leg devant,
derrière or a la seconde
while brushing the floor
with the foot.

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glossary of ballet

language used to define

a plie is a basic

movement in ballet that

is defined as a ballet

dancer bending at the

knees a plie can be done

in 1st 2nd 4th and 5th

positions pas pas is a

term used in ballet to

describe a step youll

commonly hear pas

being used for almost

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any step that involves
the transfer of weight
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normally referred to as
positions one through
five they are important
because every basic
move in ballet

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definitions of basic
positions and barre
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Ringer, a principal dancer with the New York City Ballet, was thrust into the headlines after her weight was commented on by a New York Times critic, and her response ignited a public dialogue about dance and weight. Ballet aficionados and aspiring performers of all ages will want to join Ringer behind the scenes as she

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shares her journey from student to star and candidly discusses both her struggle with an eating disorder and the media storm that erupted after the Times review. An unusually upbeat account of life on the stage, *Dancing Through It* is also a coming-of-age story and an inspiring memoir of faith and of triumph

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Learning, provides students with tools for technical and artistic development, self-assessment, and reflection. Offering a practical, exciting approach, *Creative Ballet Teaching* is a must-read for those teaching and learning ballet.

Discusses all basic

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principles of ballet,
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and body positions for
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covering stretching, the
five basic positions, and
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moves.

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The format of the book evolved from the idea that improvisation is a good way to learn choreography. This approach is in harmony with widely accepted dance philosophies that value the unique quality of each individual's creativity. After discussing a concept, the authors provide improvisations, and

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choreographic studies that give the student a physical experience of that concept. The language is stimulating an innovative, rich in visual images that will challenge the choreographer to explore new directions in movement. The book is for serious dance students and professionals who are

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interested in both the practical and theoretical aspects of the art, dancers who are just starting to choreograph, and teachers who are seeking fresh ideas and new approaches to use with young choreographers. (A Teacher's Addendum offers suggestions on how to use the material in the classroom.) It is a

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guide, a text, and an extensive resource of every choreographic concept central to the art form.

Thinking of taking up ballet for the first time as an adult? Or perhaps you're wondering if you're too old to go back to ballet? Coming back to ballet as an adult has been a rather

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surprising, interesting and rewarding journey for me. The author shares her journey of learning to dance ballet as an adult, which she found was different and challenging in ways very different from when she had been a child. She had to overcome challenges in flexibility and coordination, amongst

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other things. In this book, she gently introduces ballet to the adult beginner: how to choose the right class, what to wear and what to expect. She also shows you how to progress effectively in ballet, such as eventually going en pointe, developing artistry, taking ballet examinations and much

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Beginning Ballet and the accompanying web resource introduce students to the study of ballet as a performing art and provide instructional support in learning foundational ballet technique. Part of Human Kinetics' Interactive Dance Series, Beginning Ballet

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is for students enrolled in a beginning ballet class at the college, university, or high school level. The book features more than 80 photos and concise descriptions covering basic foot and arm positions, barre exercises, and centre combinations.

Beginning Ballet introduces students to

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the structure of a ballet class, including expectations, etiquette, and attire. Students also learn how to prepare for class, maintain proper nutrition and hydration, and avoid injury. This text outlines the unique history of ballet from its beginnings in the Renaissance to the 21st century and discusses the styles, aesthetics,

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artists, and significant works that have shaped ballet as a performing art. In addition, the accompanying web resource presents more than 70 instructional video clips and 50 photos to help students learn and practice beginning ballet. The web resource also includes an interactive quiz, audio clips of

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ballet terms with
pronunciation in French,
and assignments. The
quiz covers vocabulary
of beginning ballet,
definitions, and
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the French language.
(The web resource is
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resource is available separately.) Ballet class provides the foundation for learning the dance form, and Beginning Ballet supports that learning through visual, verbal, and interactive instructional tools.

Beginning Ballet text and web resource help bring the grace, artistry, and mental and physical benefits of ballet to

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text includes a web resource offering video clips of dance instruction, assignments, and activities. The Interactive Dance Series offers students a guide to learning, performing, and viewing dance.

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