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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.

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with illustrated instructions that are perfect for beginners or more advanced dancers. Written by Darcey Bussell, principal dancer with London's Royal Ballet

The Ballet Book: The Young Performer's Guide to Classical ...

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Young ballerinas can pirouette into perfection along with

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former Royal Ballet prima ballerina Darcey Bussell. This is the perfect guidebook for budding ballerinas who are just breaking in their toe shoes. From port de bras to adagio, young dancers will learn pointe work from any level.

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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.

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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 Ballet Book: The Young Performer's Guide to Classical ...

Produced in conjunction with Canada's world-famous National Ballet School, *The Ballet Book* is a definitive instructional

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resource for youth and their parents who are beginning to explore the possibilities and delights of ballet. 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.

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The book illustrates ballet positions, steps and traditions in clear, simple text, photos and drawings. This is an excellent book for a child taking ballet lessons. It features boys as well as girls in ballet classes and explains the similarities and differences in the way they dance in classical ballet.

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*The Ballet Book: The
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From port de bras to adagio, young dancers will learn pointe work from any level.

Arabesque into the classic world of ballet by finding out about its history. Become acqua.

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The book touches on
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some of the basic elements of ballet such as plies and the positions of the body and shows the dancers demonstrating the finished result, but it doesn't explain how to get there; there is almost no discussion of turnout, placement, or anything of that nature.

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