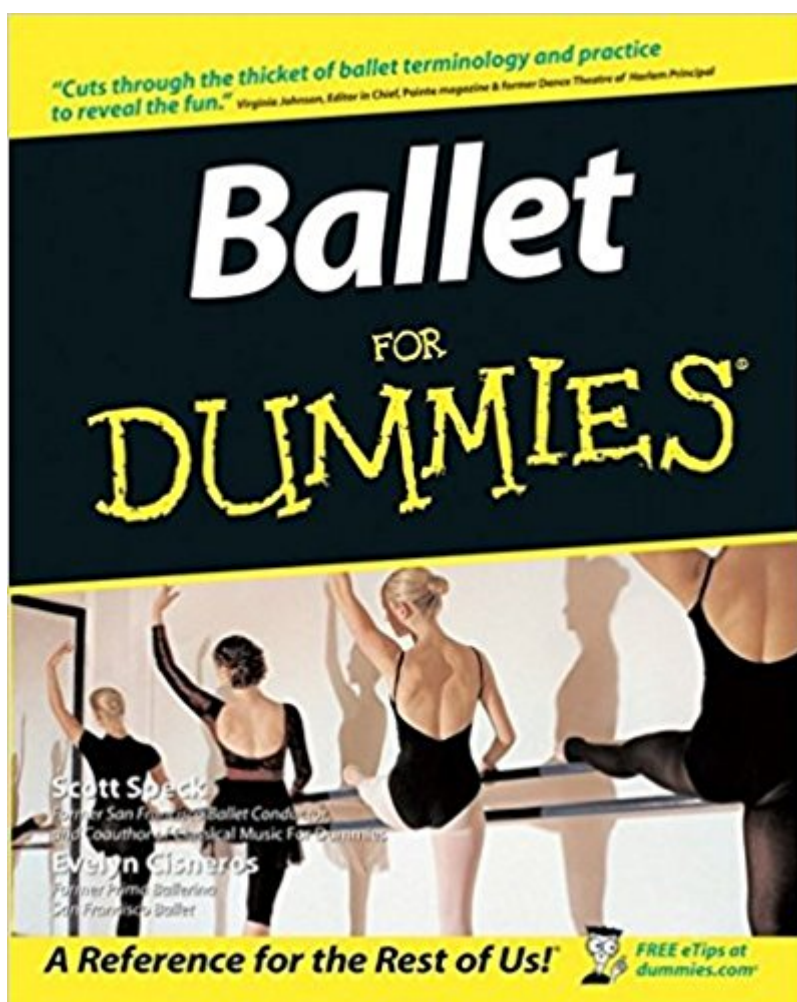


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# Ballet For Dummies



## Synopsis

Whether you want to participate in ballet or just watch it, the ballet experience can excite and inspire you. Ballet is among the most beautiful forms of expression ever devised: an exquisite mix of sight and sound, stunning, aesthetics, and awesome technique. Ballet For Dummies is for anyone who wants to enjoy all that the dance forms offers— as an onlooker who wants to get a leg up on the forms you're likely to see or as an exercise enthusiast who understands that the practice of ballet can help you gain More strength Greater flexibility Better body alignment Confidence in movement Comfort through stress reduction Infinite grace— for life From covering the basics of classical ballet to sharing safe and sensible ways to try your hand (and toes) at moving through the actual dance steps, this expert reference shows you how to Build your appreciation for ballet from the ground up. Choose the best practice space and equipment. Warm up to your leap into the movements. Locate musical options for each exercise. Look for certain lifts in a stage performance. Tell a story with gestures. Picture a day in the life of a professional ballet dancer. Identify best-loved classic and contemporary ballets. Speak the language of ballet. Today you can find a ballet company in almost every major city on earth. Many companies have their own ballet schools— some for training future professionals, and others for interested amateurs. As you fine-tune your classical ballet technique— or even if you just like to read about it— you'll become better equipped to fully appreciate the great choreography and many styles of the dance. Ballet For Dummies raises the curtain on a world of beauty, grace, poise, and possibility!

## Book Information

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## Customer Reviews

This is absolutely the perfect book for someone wanting to learn (or learn about) ballet. I have seen the other ballet books out there. Most of them are either too simplistic (showing pictures of various pretty moves without telling you how to do them) or too abstract. This book strikes the ideal balance. It is practical and thorough. It doesn't assume any prior experience in ballet, but goes from square 1 to a quite advanced level. It takes you through the same logical sequence of moves that all dancers learn. It offers tons of tips and inside information that only ballet dancers know. It's very well written and easy to read. The expert authors are knowledgeable, patient, and VERY FUNNY. (A laugh on every page -- I didn't expect that added bonus.) And it has what seems like about a million beautiful photographs illustrating each move in great detail. I can't say enough great things about this book. It's the book I've been waiting for. Buy it!

I have just recently started to watch ballet, so I thought I would pick up a book so I understand it better. This book does that with vigour and great explanation. From the moves to the history and everything else you would need to get started in ballet or just appreciate it more like me.

I like this book. This book is what I was looking for. It covers all basics with a very simple description and you don't have to dig for the further explanation somewhere else. Author do not assume that every person in the world knows at least 1% of ballet terminology. Thanks a lot for this book! This is what I was looking for

I'm used to ballet being very structured and precise, but the book doesn't stress the importance of correct form. If you're searching for a book that is very detailed about form, I'd recommend one that is produced for dedicated dancers rather than a commercial addition to the Dummies series. In a more serious book you get the raw and less humorous version, but an accurate one. As far as learning ballet technique it really only gives the name, pronunciation, and a picture of the position, but honestly I found it more productive to search for the move on YouTube or VideoJug. I'm not one of those "you don't learn ballet from a book" people either, there are good books out there that describe the proper techniques and it depends on how different people utilize that information. I rather enjoyed the guides on how to begin participating in watching ballets and what they consider to be ten great classical and contemporary ballets. They cover performances that ballet enthusiasts, dancers or not, should be familiar with.- M.

I bought this book because it was written by my adult open dance class instructor at the Boston

Ballet School. (She is also the principal of the school and was a prima ballerina for 20 years, so as an adult beginner, how lucky are we?) I was looking for a way to study the french names for ballet steps and learn the sequence of classic ballet exercises at home so I could keep up in class. This book saved me! There is a photo for each step explaining the technique, as well as the counts to music to complete each step. Explaining movement and music simultaneously on a page can be very difficult to translate to practice and sometimes tedious to read, but I'm glad they wrote it that way. The narratives are written exactly how she explains things in class. Not a word is wasted! Absent of a phenomenal instructor correcting your technique in person, this is how to hear how a professional teaches a class. There is a chapter on music as well as ballet history sprinkled throughout for enthusiasts of the art form.

This book goes deeply into steps for beginners. This could be lightened as the teachers teach with their particular flair their way. I enjoyed suggestions for online dance clothes ordering. There was description of some basic ballets.

The pictures really help - my 4-year-old is taking Ballet and I'm totally clueless on how to help her. This book was a good way to go.

This is the BOOK for me. got it to me before the date it was to come. It has everything I need to know. I was fortunate to take a 6 week class when I was 8 years old. My family couldn't afford classes, costumes, or transportation to a ballet studio. At the young age of 70, according to my 92 year old grandmother, I have just started my first ballet class. I am loving every minute and am doing better than some or the younger students, age 30-60, in my class. I love .com

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