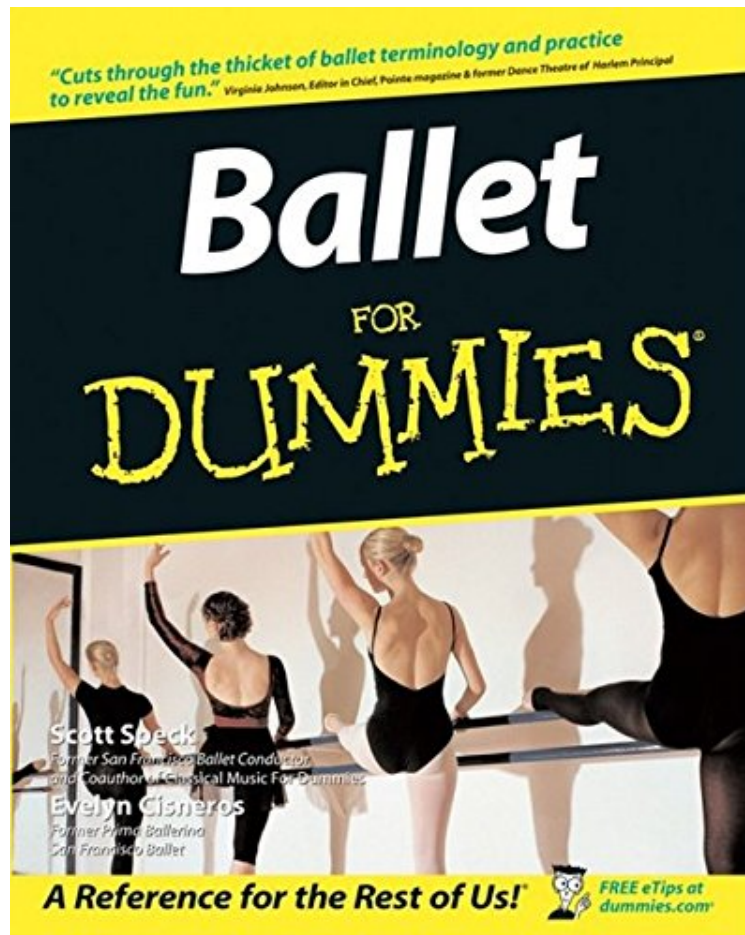


Ballet For Dummies

Scott Speck, Evelyn Cisneros

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Scott Speck, Evelyn Cisneros : Ballet For Dummies before purchasing it in order to gage whether or not it would be worth my time, and all praised Ballet For Dummies:

5 of 5 people found the following review helpful. Puts Ballet Terminology in Layman's TermsBy MariaI'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.1 of 1 people found the following

review helpful. Five StarsBy SophieGreat3 of 3 people found the following review helpful. great bookBy anonymousI own several ballet books, this is probably the best if you want to learn new moves or get inspiration for practicing ballet at home

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!

From the Back Cover"Cuts through the thicket of ballet terminology and practice to reveal the fun." Virginia Johnson, Editor in Chief, Pointe magazine former Dance Theatre of Harlem Principal Professional dancers demonstrate correct form in over 100 photos Build poise, balance, and grace and leap into the world of dance Dont know your pli from your relev? This guide shows you the fun and easy way to practice ballet, from basic and intermediate positions to barre exercises, steps, jumps, and turns. Step-by-step instructions explain how to warm up, choose the proper equipment, and incorporate ballet into your exercise routine no matter your age or fitness level. The Dummies Way Explanations in plain English "Get in, get out" information Icons and other navigational aids Tear-out cheat sheet Top ten lists A dash of humor and fun About the AuthorScott Speck has conducted the San Francisco Ballet in hundreds of performances at San Francisco Opera House and Washingtons Kennedy Center. Evelyn Cisneros is Ballet Education Coordinator for the San Francisco Ballet Center for Dance Education.