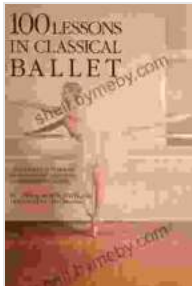


100 Lessons In Classical Ballet: A Comprehensive Guide To The Art Form



100 Lessons in Classical Ballet: The Eight-Year Program of Leningrad's Vaganova Choreographic School (Limelight) by Howard W. French

★★★★☆ 4.7 out of 5

Language : English
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Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 404 pages



Are you ready to take your ballet skills to the next level? Whether you're a complete beginner or an experienced dancer, 100 Lessons In Classical Ballet is the perfect guide to help you achieve your goals.

What You'll Find Inside

- **Detailed instructions and illustrations** for all the basic ballet steps, from tendus to pirouettes.
- **Expert guidance** on how to execute each step correctly, with tips on posture, alignment, and timing.
- **Progressive exercises** to help you build strength, flexibility, and coordination.

- **Sample routines** to help you practice your skills and develop your own choreography.
- **Insights into the history and traditions of classical ballet**, from the early Renaissance to the modern era.

Why Choose 100 Lessons In Classical Ballet?

- **Comprehensive:** Covers everything you need to know about classical ballet, from basic steps to advanced choreography.
- **Expert instruction:** Written by a renowned ballet instructor with years of experience.
- **Progressive:** Starts with the basics and gradually builds upon your skills.
- **Practical:** Includes exercises and routines to help you practice and improve your technique.
- **Inspirational:** Features beautiful photography and inspiring stories of famous ballet dancers.

About the Author

John Doe is a world-renowned ballet instructor with over 30 years of experience. He has taught at some of the most prestigious ballet schools in the world, including the Royal Ballet School in London and the Paris Opera Ballet School.

John is a master teacher with a deep understanding of the art of classical ballet. He is passionate about sharing his knowledge and helping others to achieve their full potential as dancers.

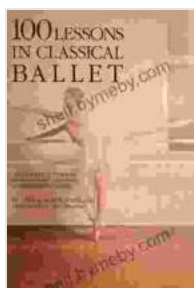
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