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Getting Started in Ballet: A Parent's Guide to Dance Education

By Chair of the Dance Department Anna Paskevskaya

Oxford University Press Inc, United States, 1997. Paperback. Book Condition: New. 202 x 128 mm. Language: English . Brand New Book ***** Print on Demand *****.Many children dream of being a ballerina. Chin raised with purpose, arms high above head, they twirl clumsily around the living room and leap tirelessly in the air. Sooner or later they're bound to say, I want to dance. Now what do you do? How do you know if the time is right? Where's the best place to start? In *Getting Started in Ballet*, Anna Paskevskaya draws from her training at the Paris Opera Ballet School and the Royal Ballet School in London and her career as a professional dancer and teacher to offer a step-by-step introduction to dance education for parents with children starting ballet. Paskevskaya begins with a historical overview of dance and discusses the fundamental virtues and many life-long skills it imparts. Dance teaches children how to cooperate and support each other's efforts; encourages them to work in harmony with others; helps establish a child's spatial relationships; and promotes discipline and responsibility. Paskevskaya outlines the proper sequence for training in ballet based on a child's physical and...



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