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A Guide to Ballet Class: A Practical and Light-Hearted Look at the Wonderful World of Ballet (Paperback)

By Charlie Plunkett

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. With over 25 years experience, ballet teacher Charlie Plunkett guides you through a ballet class. With her lighthearted and practical approach you will learn everything you need to know. Charlie shares tips on how to improve your posture and flexibility. Gives a step by step guide to all the exercises you will encounter in a ballet class and explains the French terminology. Everything is delivered in an easy to read, fun way and there is a strong emphasis on learning to do ballet for the joy of it over pure technique. A must read for all budding ballet fans.



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