

# On their toes

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## ABSTRACT

Three young members of the New York City Ballet share some fascinating inside info on what it's like to eat, sleep, and five dancing-- and love every minute of it

## FULL TEXT

\*\* Due to publisher restrictions, full text is restricted to a single page or page spread. \*\*



## Beauty

### Dancing isn't just a career—it's a way of life

It takes a very special set of qualities to be a ballet dancer. Aside from the more obvious requirements—talent, grace, stamina, dedication—a ballerina must love dancing more than anything else in life. And that's not a feeling you can persuade yourself to learn; either you have it in you or you don't. The three young dancers here most definitely have it.

All three—Evelyn Carton, Roma Sosenko, and Hélène Alexopoulos—graduated from master choreographer George Balanchine's School of American Ballet and have been with the corps of his New York City Ballet for about a year. Which means that they exercise, rehearse, and perform six days a week (Monday's their day off). A particularly grueling schedule might read:

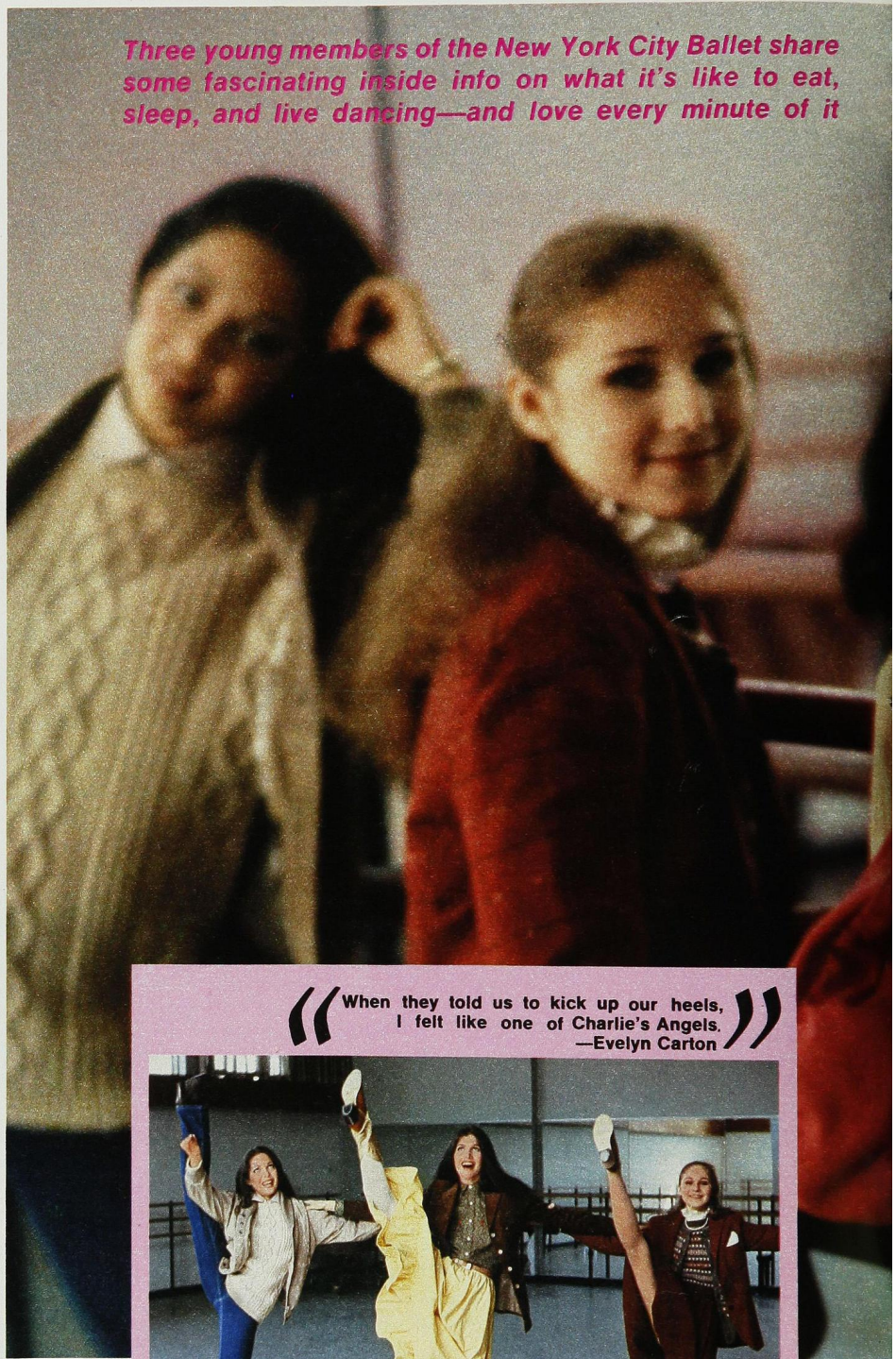
10:30-11:30 AM	Go to class
12:00- 1:00 PM	Rehearse
2:00- 4:00 PM	Rehearse
5:00- 6:00 PM	Rehearse
6:00- 8:00 PM	Get ready, warm up
8:00 PM	Perform

Such an agenda leaves little room for personal chores (like shopping and doing laundry) and practically none for socializing with anyone but a fellow dancer. Hélène's approach is philosophical: "You have to adjust. It's growing up."

Corps members don't perform solos, though some are singled out for solos when and if they prove themselves to be exceptional. And that, of course, is every dancer's dream, the one each has been working for since her first commitment to the barre. For Evelyn, that commitment came seven years ago when she switched from piano to pliés. Roma (Evelyn's roommate) has been dancing for twelve years, and Hélène for ten. "As far as ballet goes," Evelyn explains, "you're always a student." And, she might add, always working, practicing, perfecting. Weighing this against the few moments of glory onstage, one may wonder why they do it. But put that question to any of the girls, and she's likely to beam at you and answer: "Because I love it!" For a dancer, that's reason enough.

# On their toes

Three young members of the New York City Ballet share some fascinating inside info on what it's like to eat, sleep, and live dancing—and love every minute of it



“When they told us to kick up our heels, I felt like one of Charlie's Angels.”  
—Evelyn Carton





## DETAILS

### Image details:

#### Image 1:

Category: Photographs

#### Image 2:

Category: Photographs

#### Image 3:

Caption: Heléne (big pic, left) likes comfy sweaters and blazers, while Roma (center) opts for antique clothing. For Evelyn (right), it's classics, mixed with flouncy skirts and leather boots.

Category: Photographs

#### Image 4:

Caption: Heléne Alexopoulos

Category: Photographs

#### Image 5:

Caption: Roma Sosenko

Category: Photographs

#### Image 6:

Caption: Evelyn Carton

Category: Photographs

#### Image 7:

Category: Photographs

#### Image 8:

Category: Photographs

#### Image 9:

Category: Photographs

#### Image 10:

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#### Image 11:

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