

Ballet Exercises: music for ballet exercises

Associated Music Press - Ballet Exercises



Description: Two original scores and one photocopy.

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Notes: Donated by the Legat Foundation.

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Tags: #Balletone

Ballet Class Music For Free

Bring both arms overhead into third position, then back open to second, and then bring arms back together in front of chest holding plié position with your legs the entire time.

Music resources

Also include a battement serré to gain quick footwork, also on demi-pointe. Ballet is similar to sports that involve non-steady state, intermittent types of activity like gymnastics.

Balletone

Save a few inspirational workout quotes to your phone for when you need an extra boost.

Ballet Exercises

Plié

The art of ballet is all about grace, elegance and developing the strength to make complex moves look effortless. Your right arm should remain in the position it was.

Plié

As well as a set of plain set of rond de jambs, you can add a quicker pace rond de jamb en l'air, not too high yet, and petit developpe from the front to the back.

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