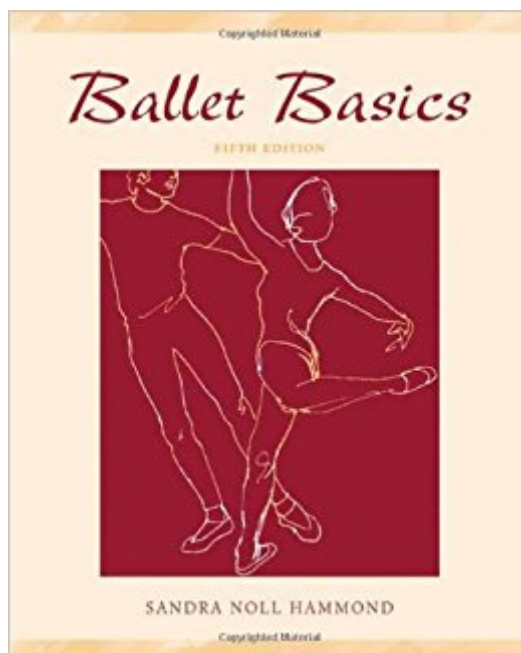


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# Ballet Basics



## Synopsis

Written for the adult beginner, Ballet Basics is a well-illustrated introduction to the fundamentals of ballet technique. The text also provides an overview of the history of ballet and introduces students to the world of ballet.

## Book Information

Paperback: 224 pages

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Average Customer Review: 4.5 out of 5 stars 18 customer reviews

Best Sellers Rank: #28,593 in Books (See Top 100 in Books) #5 in Books > Textbooks >

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## Customer Reviews

Sandra Noll Hammond trained in ballet in New York at the Juilliard School, the Metropolitan Opera Ballet, and the School of Ballet Repertory. Among her teachers were Antony Tudor, Margaret Craske, Thalia Mara, and Arthur Mahoney. She has performed with the Ballet Repertory Dancers, Connecticut Opera, Arizona Dance Theatre, and Pacific Ballet. She also has worked as a free-lance artist, performing and staging Baroque ballet repertory reconstructed from her own research. A graduate of the University of California, Santa Barbara, Hammond's teaching career has focussed on ballet in higher education. She was instrumental in developing a dance major at the University of Arizona, Tucson, where she served as Coordinator of Dance. Later, she served as Director of Dance in the Theatre and Dance Department of the University of Hawaii. Hammond is recognized internationally for her research, lectures, and publications on the history of ballet technique. In addition to Ballet Basics, her publications include Ballet: Beyond the Basics (also published by McGraw-Hill) and numerous articles in dance journals and in ballet encyclopedias and dictionaries. She is a frequent guest artist on university campuses, where she enjoys introducing students to earlier forms of ballet technique and repertory from the eighteenth and nineteenth centuries.

This book is helpful if you know absolutely nothing about dance, and need to learn for yourself or your beginning children. When teacher or student says a term, you will be able to know for sure what it means. It will warn against some of the most obvious wrong ways of doing things. It provides basic illustrations of the positions, movements, etc. that are defined. It will not explain which muscles to use to turn your feet out, or which to engage to hold your pelvis upright, or even how your arms should be rotated in order to obtain arms that look like the ones in the illustrations. For that, you will either need your instructor to explain these things in detail (if they are willing and able) or you will need another book or video to help you. It is useful as a basic book of definitions, but no further.

This is a great book for dance students. I purchased it to share with mine as I was required reading back in Performing arts school.

Great teaching tool and for helping those that are learning the basics of Ballet.

Useable and in fairly good condition.

I would recommend this to every one interested in doing Ballet. It has been most beneficial and enhanced my performance.

I'm taking a beginner ballet course in college for my required physical ed and this book is really helping me to grasp the terms with its detailed illustrations and good explanations.

Just the book I needed for class

Just as I needed and expected

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Ballet Barre & Center Combinations: Volume II: Music (Ballet Barre and Center Combinations)  
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