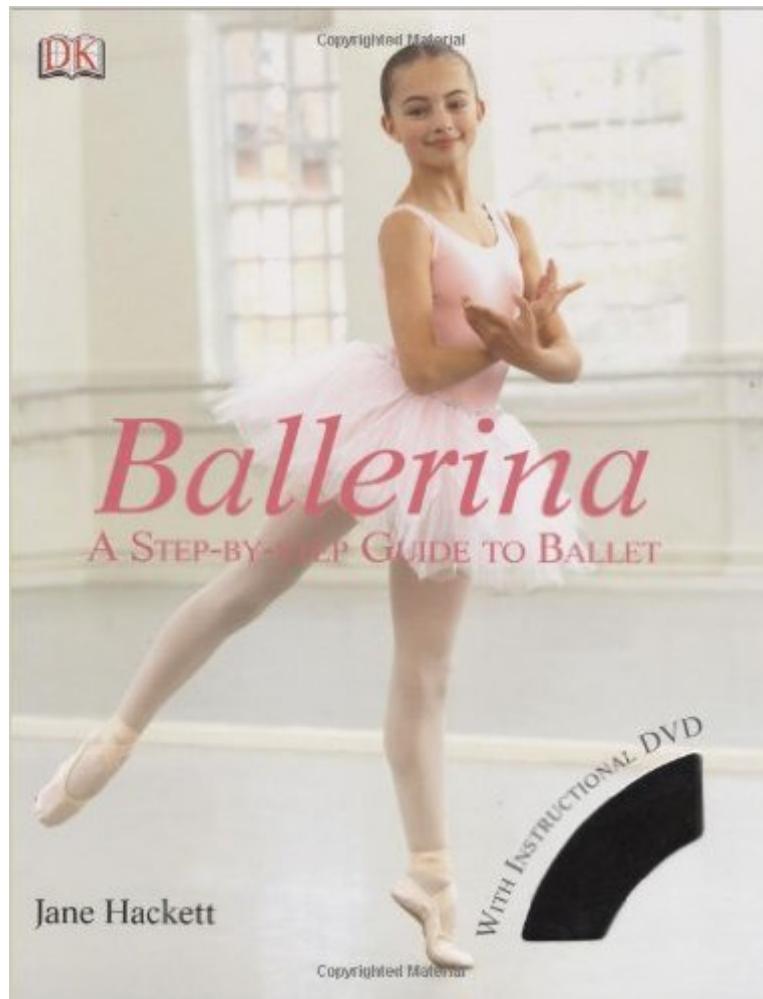


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# Ballerina: A Step-by-Step Guide To Ballet (Residents Of The United States Of America)



## Synopsis

This richly illustrated guide uses beautiful photographs, informative text, and a free instructional DVD to help beginner and intermediate ballet students gain a greater understanding of this timeless art.

## Book Information

Series: Residents of the United States of America

Hardcover: 80 pages

Publisher: DK Children; Har/DVD edition (December 17, 2007)

Language: English

ISBN-10: 0756626684

ISBN-13: 978-0756626686

Product Dimensions: 8.8 x 0.4 x 11.2 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ  See all reviewsÂ (59 customer reviews)

Best Sellers Rank: #36,751 in Books (See Top 100 in Books) #39 inÂ Books > Children's Books > Arts, Music & Photography > Performing Arts > Dance #11455 inÂ Books > Reference

Age Range: 8 - 12 years

Grade Level: 3 - 7

## Customer Reviews

I have researched and purchased various ballet books and videos for my daughter (7 yo beginner) and myself (a dance teacher). This one is the product inspiring and helpful for both of us. The selection of the material, quality/artistry of the photographs and accompanying DVD are all superb - by far the most beautiful product I have seen. It is simply delightful! My daughter loved to read through each page along with studying the photos - she gets more knowledge out of the book than from her classroom. It is worth mentioning .. my 7 year old even pointed out that the barre works on DVD were shot by 2 models facing the opposite sides, so a complete view of the movement (front-back view or left-right view) can be seen clearly (whereas if this was seen on other videos, there are typically 2 or more groups of dancers scattered in a classroom - kind of distracting). Congratulations to the producer and the production team!!

The book is very informative and the photos are lovely as DK photos usually are. You can learn a lot of the positions and terms from this book with photos to guide you. However, I want to warn those

like me who know virtually nothing about ballet that this book and dvd contain pointe excercises. After some research I found that people are generally not ready for pointe until about 2-3 (maybe even never)years after starting ballet and working very hard with a trained instructor very regularly. They do not allow children younger than 10-11 to begin it as it can be very damaging to the developing bones of a child this age range. I suggest you take the time to research pointe and pointe readiness before allowing your little girl to get her hopes up as I did.

My two daughters take ballet and enjoyed reading this book together. It has great photos and teaches the technical terms in an easy to comprehend manner. My younger daughter really took to this book and uses it as a fun reference. The included DVD is very helpful and it's a good deal to receive it included with the book. My daughters dance together with the DVD. Highly recommended. We also enjoy the Element DVD (we love Elise Gulani), the Illustrated Book of Ballet Stories (with CD), the Ballet Friends book series, and the Ballet for Beginners DVD.

As an adult beginner in ballet, I wanted a book with all the terminology and pictures of the moves in it so I could learn better. I settled on this book, which advertised an accompanying dvd, which sounded perfect to me. The pictures in the book are extremely helpful, and each picture has an equally helpful caption with helpful hints on where to place your feet/hands/fingers while holding the pose. The layout of each page is very organized and simple, so it's not like reading a textbook like some dance manuals I looked at. Oh and the dvd! The dvd is very cute, some students of the English National Ballet School show you every move in the book, and not only that but they have 2 girls positioned differently, one facing front and one facing back so the viewer really sees body placement. I'm really glad I chose this book, it's been helpful to me already. This book is exactly as advertised, step-by-step ballet, so if you're looking for something more than that, you won't find it in this book, but if you're a beginner to ballet then I highly recommend this one.

I am so very pleased with this product! The book is simple, beautiful and complete. For me it's a bonus to the DVD. I wanted a DVD that my 7 year old could use to practice for just 10 minutes a day. The first few purchases were childish and poorly produced. This is very simple. No instruction. No narration. It's just ballerinas performing basic positions, moves and dances. The names of the movements or positions are shown on the screen when applicable. Worth every penny and I hope it is an encouragement to my little beginning dancer.

Gave this to my six year old granddaughter for her birthday. She looked through it and then put it down, more interested in "toys". She does like ballet, though, and I have a feeling she will come back to it many times over the next few years. I look at it as a small investment for the future.

This is a wonderful book. My daughter takes ballet and wanted a book that included technical terms for positions and steps. This book was perfect. Beautiful photos. Now she can even practice her ballet at home with the DVD.

As a mother of several young girls it can be rather pricey to send all future ballerinas to dance class. This book was a great alternative. Each page has great pictures and clear instructions. My daughters found it easy to pick up the moves quickly. Good buy!

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