



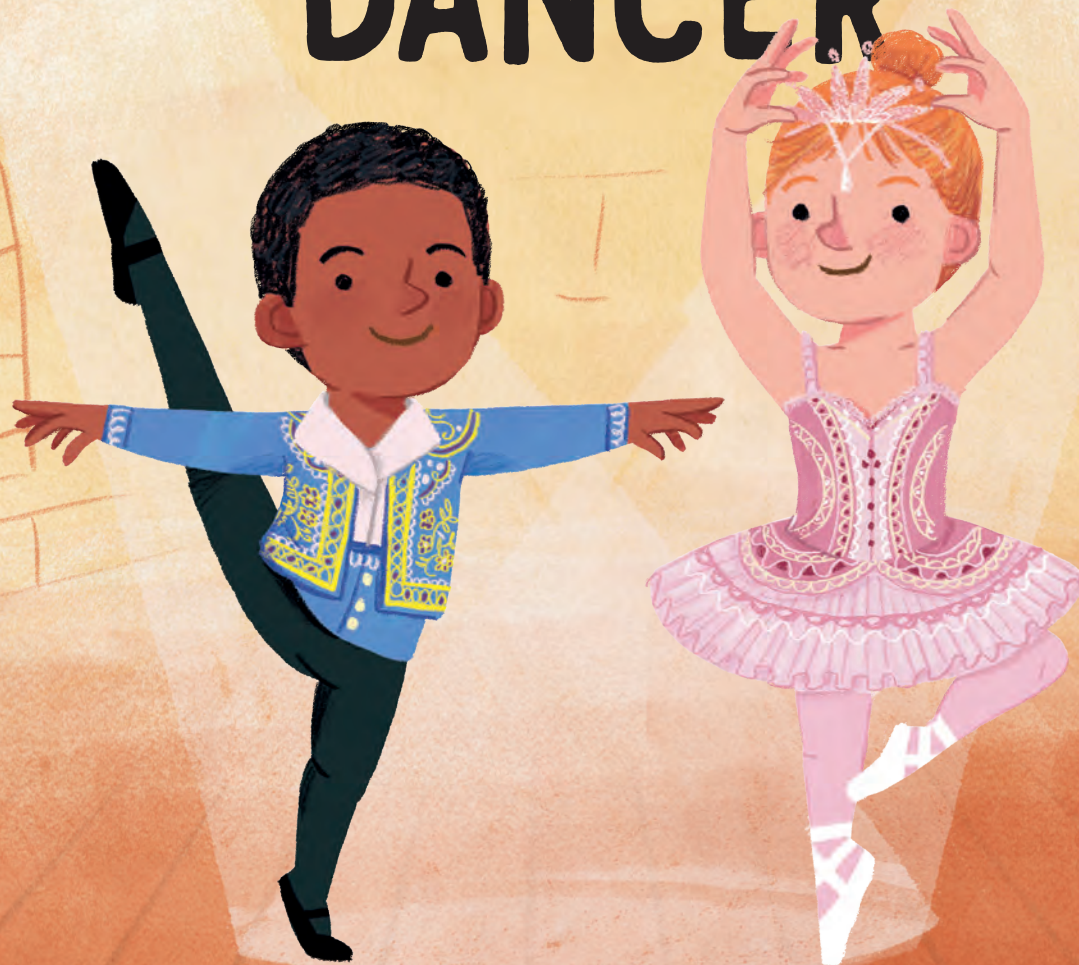
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I Want To Be a **BALLET DANCER**



I Want To Be a

BALLET DANCER



b4u publishing

What does a proper **BALLET DANCER** look like and need?

HAIRSTYLE

A dancer's hair is brushed back and tied up in a bun, so that it doesn't come loose and get in the way.



hair-styling aids

DANCING ON POINTE IS BEAUTIFUL BUT DEMANDING. IN THE PAST, ONLY WOMEN DID IT. IN TODAY'S BALLET, MEN DO IT TOO.

BALLET SHOES

Their specially toughened front ends allow the wearer to dance on the tips of the toes.



ballet shoes

ELEGANCE

An elegant body posture is one of the basics of ballet.



positioning of the hands

EXERCISE CLOTHING



men's and women's clothing

For practice and training, comfortable, tight-fitting clothing is best, as it does not restrict the dancer's movements.

COSTUMES

Dancers often perform in lavishly decorated costumes.



theatrical costumes

barre



BALLET SLIPPERS

A soft, snug slipper is the basic type of ballet shoe.



ballet slippers

BALLET IS HARD ON THE FEET. ELASTOPLAST AND SHOE PADDING ARE A MUST.

AIDS

It is good to practise with a big mirror, a barre and music. The dancer looks in the mirror to check their movements. The barre is used for warm-up exercises.



radio



elasto-plast



As a BALLET DANCER, I must...



persevere - which means practising every day



have an appreciation of music and rhythm



BALLET IS VERY DEMANDING. THE DANCER MUST BE SUPPLE, STRONG AND ABLE TO MOVE GRACEFULLY FROM ONE POSITION TO ANOTHER.



smile very often when I'm performing



be something of an actor



be able to dance on tiptoe



be used to falling

not be afraid of getting hurt



start young, ideally in childhood

MANY DANCERS START LEARNING AND PRACTISING BALLET IN CHILDHOOD. MASTERY OF THE BASICS IS ESSENTIAL.

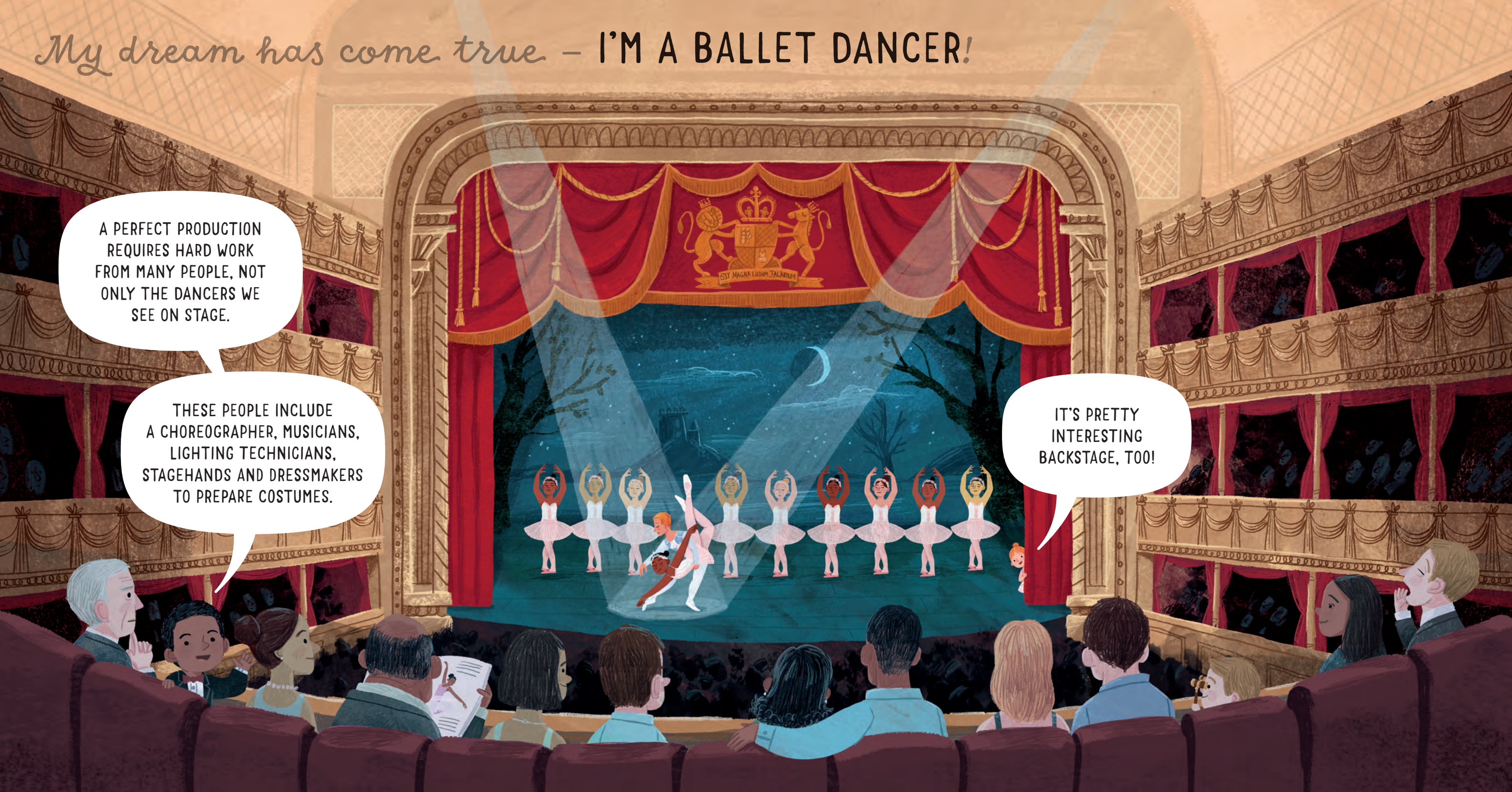


My dream has come true – I'M A BALLET DANCER!

A PERFECT PRODUCTION
REQUIRES HARD WORK
FROM MANY PEOPLE, NOT
ONLY THE DANCERS WE
SEE ON STAGE.

THESE PEOPLE INCLUDE
A CHOREOGRAPHER, MUSICIANS,
LIGHTING TECHNICIANS,
STAGEHANDS AND DRESSMAKERS
TO PREPARE COSTUMES.

IT'S PRETTY
INTERESTING
BACKSTAGE, TOO!



What is it like to be a **BALLET DANCER?**

Being a ballet dancer is great, but it's hard work too. It's far from easy to keep your body in perfect balance when performing complicated moves, and it needs constant practice. Come and take a look at all you will have to learn if you want to become a ballet dancer. Is your costume straight? It is? Then let us go on stage!

