Do you love to move to the rhythm of the music? Sometimes you move fast and wild, and other times gently and weightlessly – but always with lots of feeling! You can be a frightened little mouse, a rascally kitten, or a tiny fairy. You practice with your friends at dance class. You have learned many dance moves and the proper expression. You prepare for your big recital with much joy and diligence. “Learning Ballet” will accompany you as you practice. Here you can review essential positions and movements at your leisure. We give you important tips for the execution of the dance moves, point out possible mistakes and show you exercises that can also be done at home.

The little butterfly, Gracie, will accompany you throughout the book. He moves beautifully and knows a lot about dancing. He will give you advice on clothing, music and healthy living. In addition, this book offers lots of opportunities to fill in your dance progress in worksheets, to color and complete puzzles. Have fun!

“Learning Ballet” is the perfect gift for family members and everybody who would like to put a smile on a child’s face.

The Authors

Katrin Barth is a certified teacher with many years of professional experience and publisher of the children’s sports series “Learning … Training …”.

Sigrid Roemer is a certified dance instructor and director of the dance department at the Johann Sebastian Bach Music School in Leipzig, Germany. She has successfully taught preschool and elementary school children for many years.
Learning Ballet
This book was given to me by:

__________________________________________

You can put a photo of yourself here.

My name: _____________________________________________

My birthday: __________________________________________

My address:
____________________________________________________
____________________________________________________
Learning Ballet

Katrin Barth & Sigrid Roemer

Sports Science Consultant: Dr. Berndt Barth

Meyer & Meyer Sport
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Erect posture, leg extension, flexing and pointing of toes, leg positions (parallel position, 1st position, 2nd position), turnout position of the legs, bending the knees, standing on the balls of your feet, bending forward in a sitting position with your legs extended, bending forward from a standing position, supporting leg and free leg, dragging the foot, jumping, as well as many exercises to try out and illustrated mistakes.

Proper instruction, rules at the dance studio, performing.

Good nutrition, eating, drinking, warming up, healthy lifestyle.

A few French and English dance terms.

Solutions and answers to brainteasers and illustrated mistakes.

Dear Parents, Dear Dance Instructor, some tips from the authors, how we can support our little dancers, how to use this book.

The exercises and practical suggestions in this book have been carefully chosen and reviewed by the authors. However, the authors are not liable for accidents or damages of any kind incurred in connection with the content of this book.
HI THERE, YOU NEW LITTLE DANCER!
I AM GRACIE, THE LITTLE BUTTERFLY, AND I KNOW ALL ABOUT DANCING.
IN THIS BOOK YOU WILL LEARN ALL KINDS OF THINGS ABOUT DANCING, AND I WILL BE RIGHT THERE WITH YOU. I THINK WE’LL HAVE LOTS OF FUN TOGETHER!
I LOVE TO GLIDE THROUGH THE AIR ...

... OR TWIRL IN A CIRCLE TO BEAUTIFUL MUSIC...
I CAN ALSO LOOK REALLY SAD...

...I JUMP FAR AND HIGH...

...AND REALLY HAPPY!