

Ballet

What is Ballet?



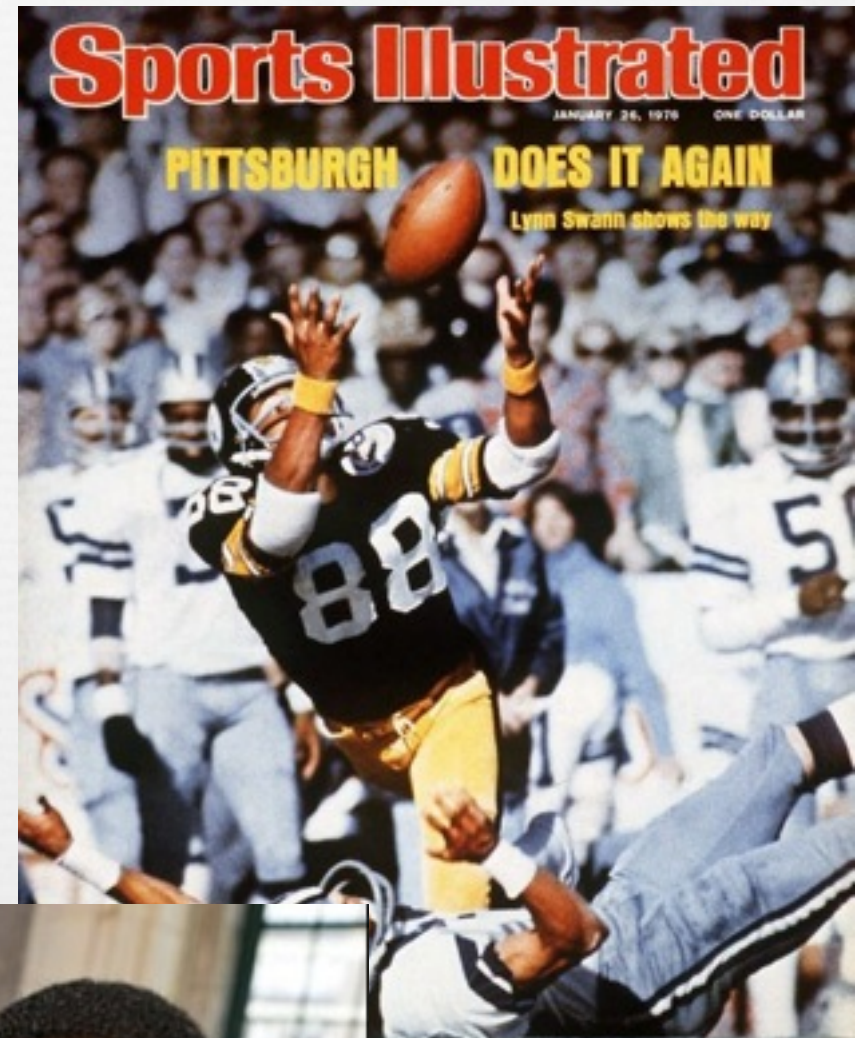
- œ Has a _____ relationship with other dance forms
- œ Performed to _____ music
- œ Very technical and difficult to master



Ballet



∞ NOT just for girls
(or just dancers for that matter)



Types of Ballet



❧ Romantic Ballet (Ballet Blanc)

❧ Neoclassical Ballet

❧ Contemporary Ballet



History of Ballet

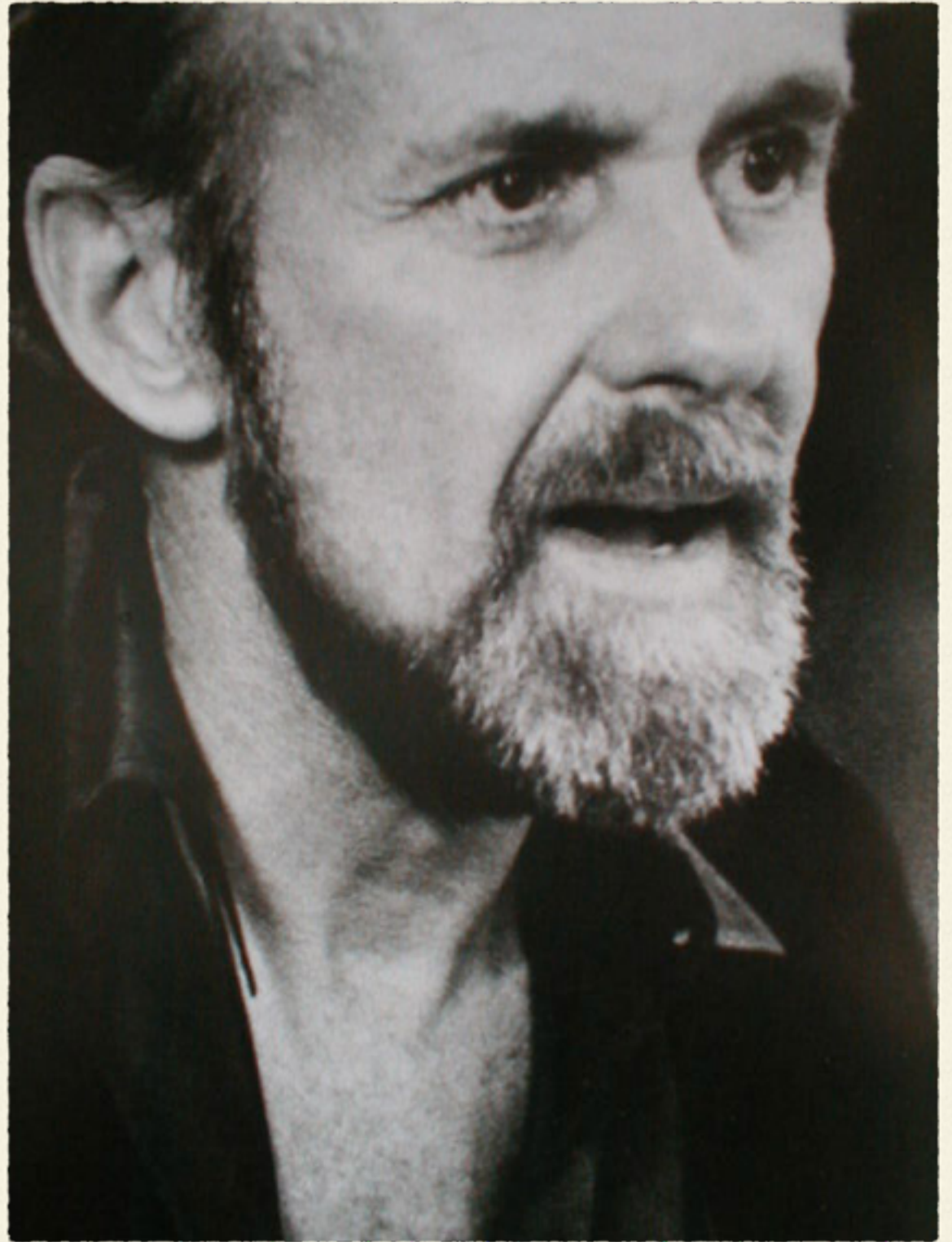


- œ Began in _____ in the 1400s
- œ It was in _____ that the dance form took on its own identity
- œ _____ popularized ballet across France
- œ _____ standardized ballet with specialized schools, terminology and technique
- œ In 1672, the first professional ballet troupe premiered

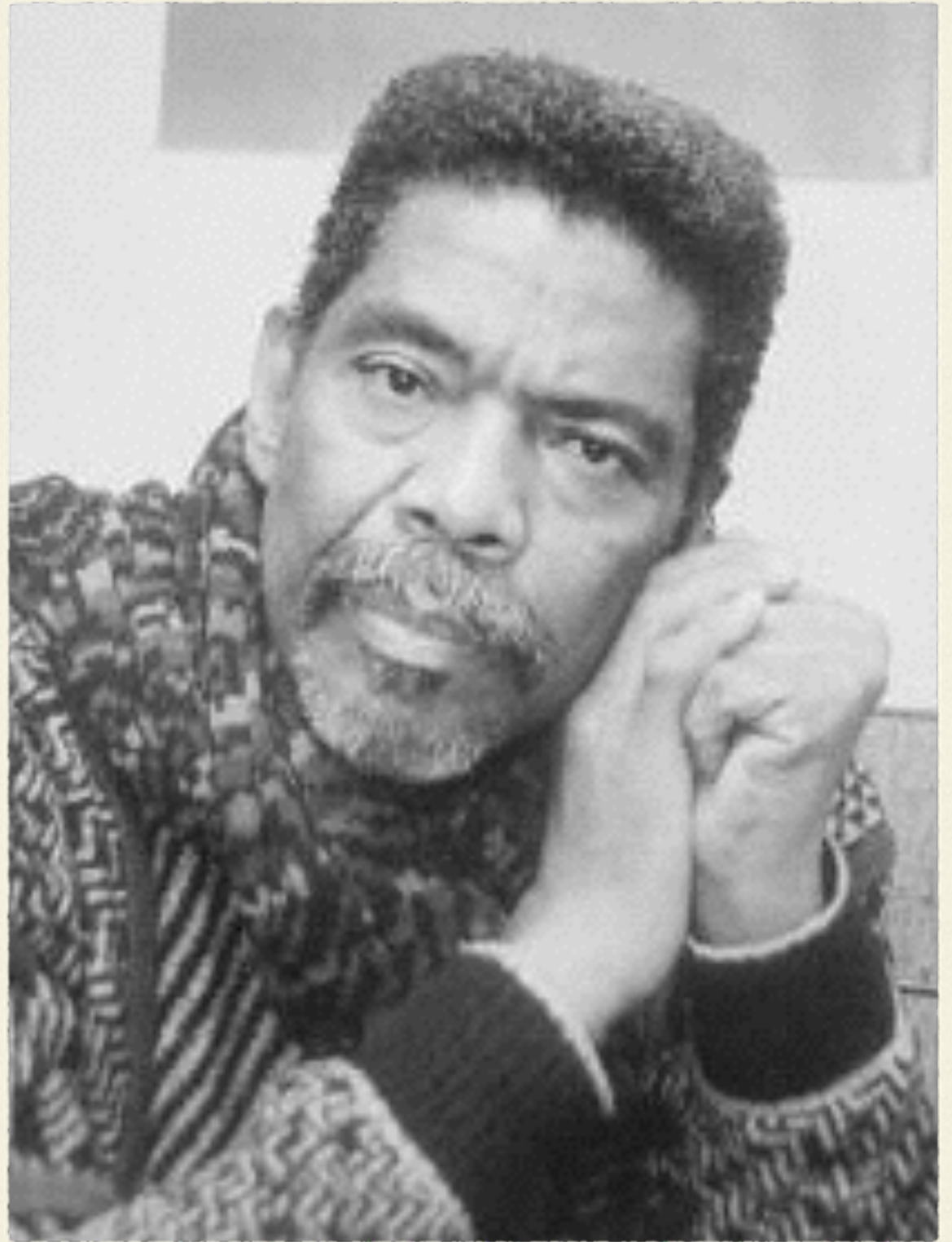
Martha Graham



Bob Fosse



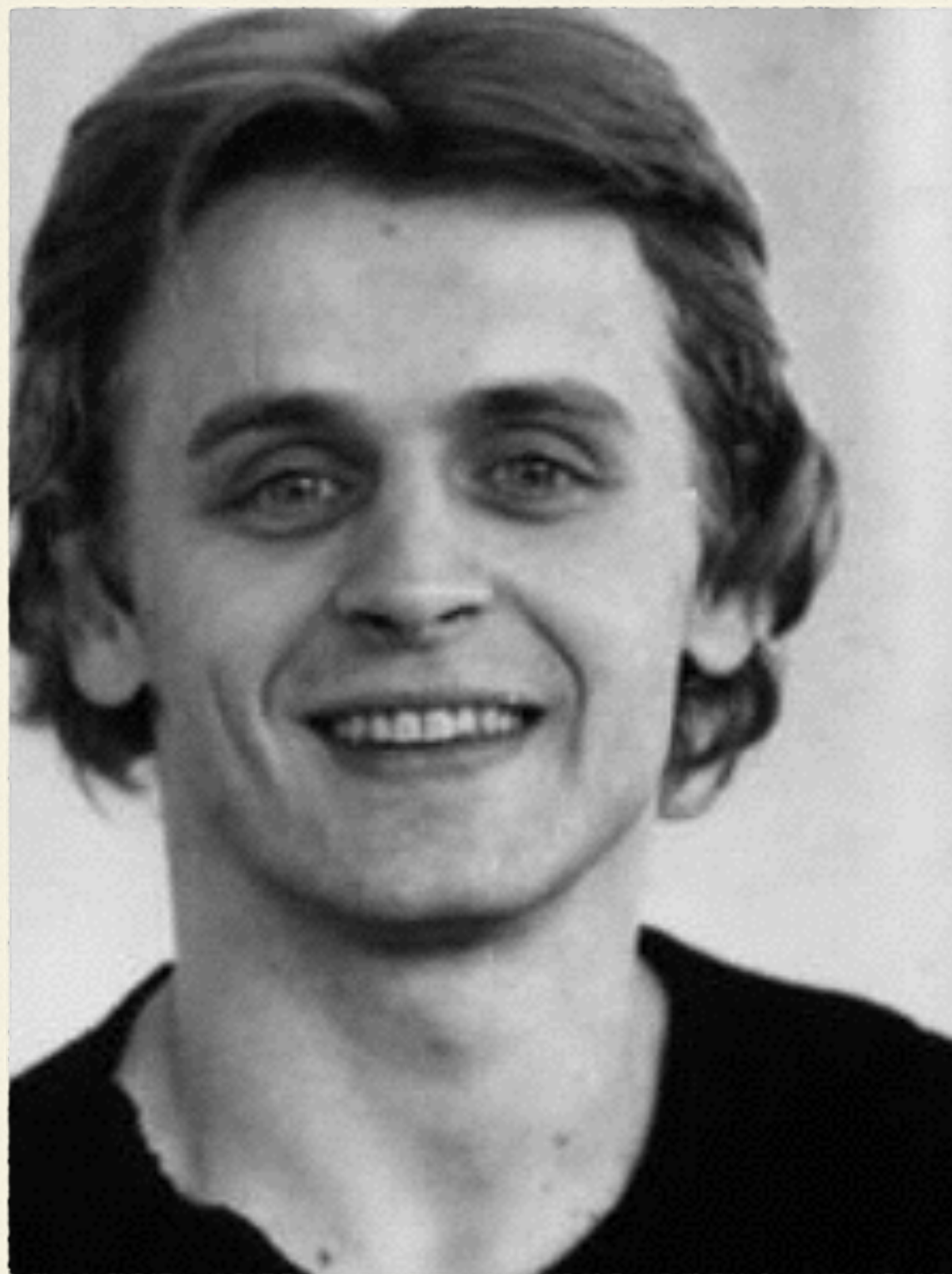
Alvin Ailey



Twyla Tharp



Mikhail Baryshnikov



Classical Ballet



- ❧ Posture, alignment of the body, flexibility, expression of emotions is essential
- ❧ MUST

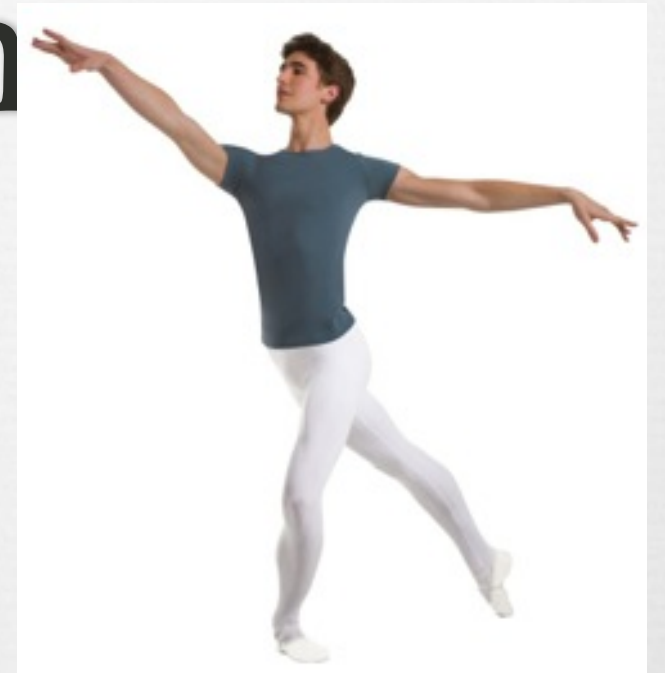


The 5 positions





Shoes and Costun



∞ Women

∞ Men



En pointe



- œ When girls reach a specific level of strength (but not before the age of 11) they may begin to train en point
- œ The shoe does not control the point

