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The Ballet Book: The Young Performer's

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The book touches on some of the basic elements of ballet such as plies and the positions of the body and shows the dancers

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demonstrating the finished result, but it doesn't explain how to get there; there is almost no discussion of turnout, placement, or anything of that nature.

The Ballet Book by Darcey Bussell - Goodreads

The Ballet Book is filled with illustrated

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instructions that are perfect for beginners or more advanced dancers. Written by Darcey Bussell, principal dancer with London's Royal Ballet

The Ballet Book

The book illustrates ballet positions, steps

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and traditions in clear, simple text, photos and drawings. This is an excellent book for a child taking ballet lessons. It features boys as well as girls in ballet classes and explains the similarities and differences in the way they dance in classical ballet.

The Ballet Book: Learning and Appreciating

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