

My Ballet Journal

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100 Days of Dance Taylor Leigh 2020-03-07 This is the ultimate guided journal for dancers who want to focus their practice and feel confident as both athletes and artists. One hundred days of strategic prompts provide opportunity for expression, identification, and growth. This journal is for dancers of all levels who not only want to improve their performance, but who want to experience more joy in the process! Discover and explore who you are as a dancer and become the dancer you are meant to be, both inside and out.

Center Center James Whiteside 2021-08-17 "James Whiteside is an electrifying performer, an incredible athlete, and an artist, through and through. To know James is to love him; with Center Center, you are about to fall in love." —Jennifer Garner "A frank examination and celebration of queerness." —Good Morning America A daring, joyous, and inspiring memoir-in-essays from the American Ballet Theatre principal dancer-slash-drag queen-slash-pop star who's redefining what it means to be a man in ballet There's a mark on every stage around the world that signifies the center of its depth and width, called "center center." James Whiteside has dreamed of standing on that very mark as a principal dancer with the prestigious American Ballet Theatre ever since he was a twelve-year-old blown away by watching the company's spring gala. The GLAMOUR. The VIRTUOSITY. The RIPPED MEN IN TIGHTS! In this absurd and absurdist collection of essays, Whiteside tells us the story of how he got to be a primo ballerino—stopping along the way to muse about the tragically fated childhood pets who taught him how to feel, reminisce on ill-advised partying at summer dance camps, and imagine fantastical run-ins with Jesus on Grindr. Also in these pages are tales of the two alter egos he created to subvert the strict classical rigor of ballet: JbDubs, an out-and-proud pop musician, and Ūhu Betch, an over-the-top drag queen named after Yoohoo chocolate milk. Center Center is an exuberant behind-the-scenes tour of Whiteside's triple life, both on- and offstage—a raunchy, curious, and unapologetic celebration of queerness, self-expression, friendship, sex, creativity, and pushing boundaries that will entertain you, shock you*, inspire you, embolden you . . . and maybe even make you cry. *THIS IS NOT A BOOK FOR CHILDREN.

Dear Ballerina Monica Wellington 2019-03-19 A dream comes true for a girl who loves tutus, pointe shoes, and dancing on tiptoe! The girl in this story loves to stretch, to pose, to point her toes, to swirl and twirl and leap! She practices new steps every day. All her efforts are rewarded when one special day, she gets to dance in a performance with her favorite ballerina. "Dear Ballerina," the girl writes, "I dream of being a dancer just like you." The pictures in the book take the reader behind the scenes of the ballet to a

practice room, a costume room, and the wings of the stage. At last, the curtain goes up, and the girl and her idol dance. Their tutus swirl together! "Dancing makes me happy!" the little ballerina says. A touching story about dance, passion, effort, and intergenerational mentorship. The five ballet positions are illustrated, and behind-the-scene secrets are revealed. Back matter provides interesting information about point shoes, tutus, and the contents of a ballet bag. The author-illustrator is the mother of a little girl who has grown up to be a professional ballerina with New York City Ballet. This book was inspired by letters Lydia Wellington wrote to dancers she admired, as well as letters she has received from young fans. Every detail in this book is filled with joy and love and is authentic and accurate. A glittery cover makes *Dear Ballerina* a perfect gift for ballet recitals. A great choice for fans of *Angelina Ballerina*.

Eggs from Red Hen Farm Monica Wellington 2022-03-01 A fun story with maps and mazes shows children where their food comes from. Ruby and Ned gather eggs from their hens and ride their red truck to deliver the eggs--to the farmer's market, the restaurant, the school, the grocery store, and the bakery. The baker uses the eggs in her yummiest cookies--and gives them to Ruby and Ned! Interactive: with 6 mazes and illustrations with fun details to "spy." Lots of learning fun: map skills, sequencing, STEM, communities, and more. Picture clues help children pick out important words. Female role model: Ruby drives a truck and is a farmer. Art style has the elegant charm of American folk art.

Ballet Notebook Look at My Book 2019-07-09 Do you love Ballet? Do you love dancing and acting on stage? Then this awesome, ruled composition notebook is perfect for you! Keep the notebook with you at all times and write down your ideas, moves, thoughts and notes. With 120 pages, the notebook offers plenty of space for your notes at school, university or at work. Features: 120 ruled lined pages 6x9 inches College book / school book Personal Notebook Diary Perfect for many occasions as well, such as: Birthday gifts Graduation gifts Gifts for pupils and students Dream journals School activity notebook Vacation travel Journal Home school notebook Boys write journal Girls write journal - For all who love Ballet Dancing; Ballerinas; Ballet Exercises; Ballet Teaching and many more.

Mr. Cookie Baker Monica Wellington 2006-09-21 As sweet and satisfying as holiday baking, here is a beautiful update of Monica Wellington's *Mr. Cookie Baker*. In this book, youngsters can follow the process of measuring, mixing, baking, decorating, and eating cookies. With six new full-color pages, a handsome new jacket, educational tie-ins, and more recipes, this is the perfect supplement to early math units on sequencing, sorting, measuring, and telling time. The simple, straightforward behind-the-scenes view of a bakery makes it a splendid addition to Monica Wellington's other nonfiction for the very young, such as *Zinnia's Flower Garden*. Yummy in any season!

My Ballet Journal Little Whimsey Press 2019-01-29 Get a pen and pencil and start scribbling in your journal! You'll find pages waiting for you to share all your favorite ballet moments. Reflect on what you learned, new dance moves or sequences; share all the best bits, the funny bits, and memories shared with your ballet friends. You'll discover ballet-themed quizzes and puzzles. Ballet coloring pages. Spaces for photos and ballet themed doodles. But most importantly of all, you'll find diary spaces to journal each dance session you ever have. Dance and Dream, you Dancing Queen!

My First Ballet Book Kate Castle 2011-01-04 Because every prima ballerina started at the beginning! Perfectly pitched text by expert author Kate Castle gives a practical guide to ballet, while specially commissioned photographs capture the magic of dance, from the excitement of a child's first class to the joy of dancing onstage and the wonder of watching a performance. Clear information about what to expect as a young dancer—from what to wear to how to perfect positions—is combined with an inspirational look ahead to the turns, leaps, and arabesques that build from these first steps. *My First Ballet Book* is full of hints, tips, and step-by-step instructions that will help every child make the most of his or her ballet classes.

Sharpe's London magazine, a journal of entertainment and instruction.
[entitled] Sharpe's London journal. [entitled] Sharpe's London magazine,
conducted by Mrs. S.C. Hall Anna Maria Hall

Danza! Duncan Tonatiuh 2017-08-22 Award-winning author and illustrator Duncan Tonatiuh tells the story of Amalia Hernández, dancer and founder of El Ballet Folklórico de México. Published in time for the 100th anniversary of Hernández's birth, *Danza!* is the first picture book about the famous dancer and choreographer. *Danza!* is a celebration of Hernández's life and of the rich history of dance in Mexico. As a child, Amalia always thought she would grow up to be a teacher, until she saw a performance of dancers in her town square. She was fascinated by the way the dancers twirled and swayed, and she knew that someday she would be a dancer, too. She began to study many different types of dance, including ballet and modern, under some of the best teachers in the world. Hernández traveled throughout Mexico studying and learning regional dances. Soon she founded her own dance company, El Ballet Folklórico de México, where she integrated her knowledge of ballet and modern dance with folkloric dances. The group began to perform all over the country and soon all over the world, becoming an international sensation that still tours today. Duncan Tonatiuh's picture books have been honored with many awards and accolades, including the Pura Belpré Award, the Robert F. Sibert Award, and the New York Times Best Illustrated Book Award. With Tonatiuh's distinctive Mixtec-inspired artwork and colorful drawings that seem to leap off the page, *Danza!* will enthrall and inspire young readers with the fascinating story of this important dancer and choreographer.

Ballet in the Cold War Anne Searcy 2020-10-07 "During the Cold War, the governments of the United States and the Soviet Union developed cultural exchange programs, in which they sent performing artists abroad in order to generate goodwill for their countries. Ballet companies were frequently called on to serve in these programs, particularly in the direct Soviet-American exchange. This book analyzes four of the early ballet exchange tours, demonstrating how this series of encounters changed both geopolitical relations and the history of dance. The ballet tours were enormously popular. Performances functioned as an important symbolic meeting point for Soviet and American officials, creating goodwill and normalizing relations between the two countries in an era when nuclear conflict was a real threat. At the same time, Soviet and American audiences did not understand ballet in the same way. As American companies toured in the Soviet Union and vice-versa, audiences saw the performances through the lens of their own local aesthetics. *Ballet in the Cold War* introduces the concept of transliteration to understand this process, showing how much power viewers wielded in the exchange and explaining how the dynamics of the Cold War continue to shape ballet today"--

My Ballet Lessons Karleen Tauszik 2021-08-02 MY BALLET LESSONS is a full-sized 8 1/2 x 11" journal that will help kids make the most of their lessons as they record all the accomplishments and progress of the months ahead. This unique journal will boost the benefits of lessons by encouraging kids to: - Focus on the instructor's priorities each week. - Remember and retain what they've learned. - Improve their skills as they track their performance. Suitable for all skill levels, this book includes enough journaling pages for 50 weeks of lessons. Each page has writing prompts aimed at tracking skills and monitoring progress. Plus, there are review sheets every 10 weeks and 5 blank pages at the end for statistics, extra notes, photos, and fun memories. Using MY BALLET LESSONS can help your child develop better skills in writing, composition, grammar, vocabulary, spelling, sentence construction, and handwriting. And they'll be creating a special keepsake of their lessons that they'll treasure for years to come. The time in ballet lessons will go by quickly. Get MY BALLET LESSONS today so the children you love can record and remember all of their achievements and fun. MY LESSON journals by Tip Top Books are also available for swimming, archery, martial arts, gymnastics, dance, horseback riding, and ice skating. Best for ages 8+.

My Ballet Diary Rachel Isadora 1995 A colorfully illustrated journal offers space for young ballet students to record the special events and experiences of their dance class, from ballet steps and positions to performances they have seen and recitals in which they have taken part.

Swan Dive Georgina Pazcoquin 2021-07-27 "Don't expect just tulle and toe shoes. In this fascinating insider's tale, NYCB dancer Pazcoquin reveals her world. . . . A striking debut." -People Award-winning New York City Ballet soloist Georgina Pazcoquin, aka the Rogue Ballerina, gives readers a backstage tour of the real world of elite ballet—the gritty, hilarious, sometimes shocking truth you don't see from the orchestra circle. In this love letter to the art of dance and the sport that has been her livelihood, NYCB's first Asian American female soloist Georgina Pazcoquin lays bare her unfiltered story of leaving small-town Pennsylvania for New York City and training amid the unique demands of being a hybrid professional athlete/artist, all before finishing high school. She pitches us into the fascinating, whirling shoes of dancers in one of the most revered ballet companies in the world with an unapologetic sense of humor about the cutthroat, survival-of-the-fittest mentality at NYCB. Some swan dives are literal: even in the ballet, there are plenty of face-plants, backstage fights, late-night parties, and raucous company bonding sessions. Rocked by scandal in the wake of the #MeToo movement, NYCB sits at an inflection point, inching toward progress in a strictly traditional culture, and Pazcoquin doesn't shy away from ballet's dark side. She continues to be one of the few dancers openly speaking up against the sexual harassment, mental abuse, and racism that in the past went unrecognized or was tacitly accepted as par for the course—all of which she has painfully experienced firsthand. Tying together Pazcoquin's fight for equality in the ballet with her infectious and deeply moving passion for her craft, *Swan Dive* is a page-turning, one-of-a-kind account that guarantees you'll never view a ballerina or a ballet the same way again.

The Ballerina Mindset Megan Fairchild 2021-12-07 Learn how to thrive in intense, competitive environments with these secrets from one of America's premiere ballerinas—and get a sneak peek at what her life is really like. Ballet may look glamorous and effortless to audience members, but it requires grueling discipline. It's a competitive and physically and mentally demanding

career that combines elite athleticism, artistry, and performance. Not only do dancers rehearse for six to eight hours a day before performing at night, but they also must make it all look easy! As a principal ballerina with New York City Ballet and a one-time Broadway star--not to mention a mother of three and an MBA student--Megan Fairchild is all too familiar with these challenges. In *The Ballerina Mindset*, she shares all the wisdom she's learned from her nearly two-decade career, drawing upon her own experiences to show us how she learned to overcome challenges ranging from stage fright to negative feedback to a packed calendar to weight management--and how we can do the same. Inspiring, warm, and revelatory, *The Ballerina Mindset* is the perfect how-to guide for dancers, athletes, artists, and anyone struggling to stay sane in a high-pressure environment.

Life in Motion Misty Copeland 2014-03-04 Profiles the life and career of the professional ballerina, covering from when she began dance classes at age thirteen in an after-school community center through becoming the only African American soloist dancing with the American Ballet Theatre.

Memoirs, Journal, and Correspondence Thomas Moore 1857

My Leaf Book Monica Wellington 2015 "A young girl visits an arboretum in the autumn to collect fallen leaves. She identifies various trees by the shapes of their leaves and pastes her collection into her own leaf book"--

Winter Season Toni Bentley 2003 Presents the journal of Toni Bentley's life as a dancer for the New York City Ballet, her day-to-day activities, and the emotional struggles that members of George Balanchine's troupe faced.

The Nutcracker Journal Dance Publishing 2019-11-07 Perfect gift for young ballerina! convenient size - 6.0" x 9.0" - (15.24cm x 22.86cm) 122 lined pages to fill with your ballet memories cute glossy cover click "Look Inside" feature to see the interior view our other books by clicking the "Dance Forever Publishing" link above Content: Date Place Choreographer My role(s) Performance memories Technique notes Costume My most inspiring memory My biggest challenge What I have learned? What should I improve? What is my goal for the next performance? What is my long term goal? What should I do to achieve it? What is my reward? Record your memories in this beautiful Nutcracker journal.

The Cambridge Handbook of the Imagination Anna Abraham 2020-06-18 The human imagination manifests in countless different forms. We imagine the possible and the impossible. How do we do this so effortlessly? Why did the capacity for imagination evolve and manifest with undeniably manifold complexity uniquely in human beings? This handbook reflects on such questions by collecting perspectives on imagination from leading experts. It showcases a rich and detailed analysis on how the imagination is understood across several disciplines of study, including anthropology, archaeology, medicine, neuroscience, psychology, philosophy, and the arts. An integrated theoretical-empirical-applied picture of the field is presented, which stands to inform researchers, students, and practitioners about the issues of relevance across the board when considering the imagination. With each chapter, the nature of human imagination is examined - what it entails, how it evolved, and why it singularly defines us as a species.

The Nutcracker Ballet Memories Sunflower Design Publishing 2019-07-10 Are you a ballerina? Or maybe you have a young dancer in your home? For many ballerinas

around the world, The Nutcracker is an annual tradition. The purpose of this journal/memory book is to record your audition information, roles danced, practice notes, and fun holiday memories while performing The Nutcracker. This journal includes 15 sections of Nutcracker performances. Start a new dance tradition for yourself or for the young dancer in your life. This is a great gift, stocking stuffer, and memory keepsake. It's an excellent way to reinforce learning as you can jot down notes and set performance goals. The journal contents come on 125 black and white lined pages. Contents: Photo or drawing pages, Organizational Pages: Audition, Performance Notes, Choreographer, Technique, & Costume Notes, Memory pages, 15 Short Term & 15 Long Term Goal Pages, and finally Dedication Pages: An opportunity to reflect upon the work documented in this journal and to aspire towards the future. Check out the collection of other Sunflower Design Publishing journals and notebooks today!

Black Ballerinas Misty Copeland 2021-11-02 From New York Times bestselling and award-winning author and American Ballet Theatre principal dancer Misty Copeland comes an illustrated nonfiction collection celebrating dancers of color who have influenced her on and off the stage. As a young girl living in a motel with her mother and her five siblings, Misty Copeland didn't have a lot of exposure to ballet or prominent dancers. She was sixteen when she saw a black ballerina on a magazine cover for the first time. The experience emboldened Misty and told her that she wasn't alone—and her dream wasn't impossible. In the years since, Misty has only learned more about the trailblazing women who made her own success possible by pushing back against repression and racism with their talent and tenacity. Misty brings these women's stories to a new generation of readers and gives them the recognition they deserve. With an introduction from Misty about the legacy these women have had on dance and on her career itself, this book delves into the lives and careers of women of color who fundamentally changed the landscape of American ballet from the early 20th century to today.

Being a Ballerina Gavin Larsen 2021-04-27 A look inside a dancer's world Inspiring, revealing, and deeply relatable, Being a Ballerina is a firsthand look at the realities of life as a professional ballet dancer. Through episodes from her own career, Gavin Larsen describes the forces that drive a person to study dance; the daily balance that dancers navigate between hardship and joy; and the dancer's continual quest to discover who they are as a person and as an artist. Starting with her arrival as a young beginner at a class too advanced for her, Larsen tells how the embarrassing mistake ended up helping her learn quickly and advance rapidly. In other stories of her early teachers, training, and auditions, she explains how she gradually came to understand and achieve what she and her body were capable of. Larsen then re-creates scenes from her experiences in dance companies, from unglamorous roles to exhilarating performances. Working as a ballerina was shocking and scary at first, she says, recalling unexpected injuries, leaps of faith, and her constant struggle to operate at the level she wanted—but full of enormously rewarding moments. Larsen also reflects candidly on her difficult decision to retire at age 35. An ideal read for aspiring dancers, Larsen's memoir will also delight experienced dance professionals and fascinate anyone who wonders what it takes to live a life dedicated to the perfection of the art form.

Colors for Zena Monica Wellington 2013-07-11 The magic of mixing colors, in a joyous story by a master colorist Zena's world lacks color, so she sets out to find some. On her walk, she first finds one primary color, then another. But red, blue, and yellow aren't enough—Zena wants more colors! Out pops an orange

lion, a green frog, and a purple dragon, a combination of the colors she has seen. Zena and her friends then do some color mixing themselves, creating more colors and a bright painting using them all. Vibrant illustrations and simple text make Monica Wellington's latest a perfect pick for budding young artists and for fans of classics such as *The Color Kittens* and *Mouse Paint*.

My Ballet Journal Monica Wellington 2014-11-19 This unique journal and activity book offers little dancers the ideal way to record their progress and reinforce their lessons. Thirty charmingly illustrated pages are packed with practical checklists, inspiring tips, fill-in-the-blanks, and a dictionary of terms every ballet dancer should know. A special place to note dance class highlights and goals, this book offers families a keepsake treasure.

Taking Flight Michaela DePrince 2014 "The memoir of Michaela DePrince, who lived the first few years of her life in war-torn Sierra Leone until being adopted by an American family. Now seventeen, she is one of the premiere ballerinas in the United States"--

Dance This Notebook! Janaea Rose Lyn 2012-12 Live action line drawings by visual artist Laura Higgins Palmer are paired with thought provoking adages by performing artist Janaea Rose Lyn to create a one of a kind personal journal. With plenty of white space, this 108-page 6x9 inch portable notebook is perfect for recording creative ideas, insights and reflections. Makes a wonderful gift for dance lovers, creative thinkers or just for yourself!

Ballet Class Melissa R. Klapper 2020 Surveying the state of American ballet in a 1913 issue of McClure's Magazine, author Willa Cather reported that few girls expressed any interest in taking ballet class and that those who did were hard-pressed to find anything other than dingy studios and imperious teachers. One hundred years later, ballet is everywhere. There are ballet companies large and small across the United States; ballet is commonly featured in film, television, literature, and on social media; professional ballet dancers are spokespeople for all kinds of products; nail polish companies market colors like "Ballet Slippers" and "Prima Ballerina;" and, most importantly, millions of American children have taken ballet class. Beginning with the arrival of Russian dancers like Anna Pavlova, who first toured the United States on the eve of World War I, *Ballet Class: An American History* explores the growth of ballet from an ancillary part of nineteenth-century musical theater, opera, and vaudeville to the quintessential extracurricular activity it is today, pursued by countless children nationwide and an integral part of twentieth-century American childhood across borders of gender, class, race, and sexuality. A social history, *Ballet Class* takes a new approach to the very popular subject of ballet and helps ground an art form often perceived to be elite in the experiences of regular, everyday people who spent time in barre-lined studios across the United States. Drawing on a wide variety of materials, including children's books, memoirs by professional dancers and choreographers, pedagogy manuals, and dance periodicals, in addition to archival collections and oral histories, this pathbreaking study provides a deeply-researched national perspective on the history and significance of recreational ballet class in the United States and its influence on many facets of children's lives, including gender norms, consumerism, body image, children's literature, extracurricular activities, and popular culture.

Turning Pointe Chloe Angyal 2021-05-04 A reckoning with one of our most beloved art forms, whose past and present are shaped by gender, racial, and class

inequities—and a look inside the fight for its future Every day, in dance studios all across America, legions of little children line up at the barre to take ballet class. This time in the studio shapes their lives, instilling lessons about gender, power, bodies, and their place in the world both in and outside of dance. In *Turning Pointe*, journalist Chloe Angyal captures the intense love for ballet that so many dancers feel, while also grappling with its devastating shortcomings: the power imbalance of an art form performed mostly by women, but dominated by men; the impossible standards of beauty and thinness; and the racism that keeps so many people of color out of ballet. As the rigid traditions of ballet grow increasingly out of step with the modern world, a new generation of dancers is confronting these issues head on, in the studio and on stage. For ballet to survive the twenty-first century and forge a path into a more socially just future, this reckoning is essential.

Your Life in Motion Misty Copeland 2018-11-20 From the first female African American principal dancer in American Ballet Theatre history, Misty Copeland, comes an encouraging guided journal that's inspired by her New York Times bestselling memoir, *Life in Motion*. Misty Copeland has broken down barriers in the world of dance, becoming the first African American female principal dancer at the American Ballet Theatre. And along the way, she's always used the art of journaling to remember it all. Now, she's sharing her passion for writing with you! Featuring prompts, quizzes, motivational quotes, and more, *Your Life in Motion*—inspired by Misty's own experiences—will help young readers live their best lives every day!

Going to My Ballet Class Susan Kuklin 1989 A little girl describes, in text and illustrations, what she does in her ballet class. Includes information on how to choose a ballet class for young children.

My Ballet Journal Petal Publishing 2021-08-23 This Ballet Journal is designed for the Ballet dancer to record their special memories in this colorful reflection journal. A wonderful keepsake for the Ballet Dancer and their family, the Ballet Journal is a personalized way to record their experiences and unique perspective of their dance experience. The Ballet Journal contains pages for writing, drawing, photos, observations, reflections, achievements and special memories. Personalized Ballet Journal with color graphics Wonderful Ballet experience keepsake for the dancer Prompting questions for unique perspective of the dancer and special memories 7 x 10 inch Notebook/Journal

Prima Ballerina Dance Lover Journals 2019-06-20 If you love dancing you will love it even more when you track and plan what you do. This is the only journal you will ever need. With 10 different pages you will love keeping it and so will your teacher! With pages to: 1. 'When I Dance, I Feel' Journal page 2. Set your dancing goals and record ideas on how to make it happen 3. Set a weekly dance plan and to-do list 4. Keep a record of your lesson, what went well, what needs work, instructor, routine etc 5. Create a practice plan for between lessons 6. Record the details of your practice - see what is working 7. Keep a self-care planner to look after your personal needs so you can dance your best 8. Set your future goals and see where you can draw inspiration from 9. Keep a running Checklist of things you need to do 10. 'I love dance because' journal page - to write notes, dream, get inspired!!

The Diary of Vaslav Nijinsky Vaslav Nijinsky 1968-01-01 00 Vaslav Nijinsky (1890-1950), the "God of Dance," was on the verge of a mental breakdown when he wrote this diary as an outlet for his views on religion, art, love, and life.

The diary provides unique insight into the inner life of a highly gifted but mentally disturbed creative genius. Vaslav Nijinsky (1890-1950), the "God of Dance," was on the verge of a mental breakdown when he wrote this diary as an outlet for his views on religion, art, love, and life. The diary provides unique insight into the inner life of a highly gifted but mentally disturbed creative genius.

Ballerina Body Misty Copeland 2017-03-21 The celebrated ballerina and role model shares the secrets of how to reshape your body and achieve a lean, strong physique and glowing health. Misty Copeland believes "There has been a shift in recent years in which women no longer desire the bare bones of a runway model. Standards have changed: what women do want is a long, toned, powerful body with excellent posture." In other words, the body of a ballerina. In her first health and fitness book, Misty will show women how to get healthier and stronger and how to reshape their bodies to be lean and flexible with: Step-by-step advice Meal plans focusing on healthy fats Workout routines Words of inspiration, including excerpts from Misty's personal journal

The Cranes Dance Meg Howrey 2012-05-15 I threw my neck out in the middle of Swan Lake last night. So begins the tale of Kate Crane, a soloist in a celebrated New York City ballet company who is struggling to keep her place in a very demanding world. At every turn she is haunted by her close relationship with her younger sister, Gwen, a fellow company dancer whose career quickly surpassed Kate's, but who has recently suffered a breakdown and returned home. Alone for the first time in her life, Kate is anxious and full of guilt about the role she may have played in her sister's collapse. As we follow her on an insider tour of rehearsals, performances, and partners onstage and off, she confronts the tangle of love, jealousy, pride, and obsession that are beginning to fracture her own sanity. Funny, dark, intimate, and unflinchingly honest, The Cranes Dance is a book that pulls back the curtains to reveal the private lives of dancers and explores the complicated bond between sisters.

(Re:) Claiming Ballet Adesola Akinleye 2021-03-02 The collection of essays demonstrates that ballet is not a single White Western dance form but has been shaped by a range of other cultures. In so doing, the authors open a conversation and contribute to the discourse beyond the vantage point of mainstream to look at such issues as homosexuality and race. And to demonstrate that ballet's denial of the first and exclusion of the second needs rethinking. This is an important contribution to dance scholarship. The contributors include professional ballet dancers and teachers, choreographers, and dance scholars in the UK, Europe and the USA to give a three dimensional overview of the field of ballet beyond the traditional mainstream. It sets out to acknowledge the alternative and parallel influences that have shaped the culture of ballet and demonstrates they are alive, kicking and have a rich history. Ballet is complex and encompasses individuals and communities, often invisibilized, but who have contributed to the diaspora of ballet in the twenty-first century. It will initiate conversations and contribute to discourses about the panorama of ballet beyond the narrow vantage point of the mainstream - White, patriarchal, Eurocentric, heterosexual constructs of gender, race and class. This book is certain to be a much-valued resource within the field of ballet studies, as well as an important contribution to dance scholarship more broadly. It has an original focus and brings together issues more commonly addressed only in journals, where issues of race are frequently discussed. The primary market will be academic. It will appeal to academics, researchers, scholars and students working and studying in dance, theatre and performance

arts and cultural studies. It will also be of interest to dance professionals and practitioners. Academics and students interested in the intersection of gender, race and dance may also find it interesting.

My Ballet Book Kate Castle 1998 Introduces the world of ballet and presents its notable stories, dancers, techniques, and routines.

Life in Motion Misty Copeland 2016-12-06 Determination meets dance in this prizewinning and New York Times bestselling memoir by the history-making ballerina Misty Copeland, vividly recounting the story of her journey to become the first African American female principal ballerina at the prestigious American Ballet Theatre. When she first placed her hands on the barre at an after-school community center, no one expected thirteen-year-old Misty Copeland to become one of America's most groundbreaking dancers. A true prodigy, she was attempting in months roles that take most dancers years to master. But when Misty became caught between the control and comfort she found in the world of ballet and the harsh realities of her own life, she had to choose to embrace both her identity and her dreams, and find the courage to be one of a kind. With an insider's passion, Misty opens a window into the life of an artist who lives life center stage, from behind the scenes at her first classes to her triumphant roles in some of the world's most iconic ballets. A sensational memoir as "sensitive" and "clear-eyed" (The Washington Post) as her dancing, *Life in Motion* is a story of passion, identity, and grace for anyone who has dared to dream of a different life.