



First Lessons in Ballet

Lise Friedman

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Introducing a ballet class in a book. Created by Lise Friedman, a passionate ballerina as a little girl who grew up to dance with the Merce Cunningham Dance Company, and photographed by K.C. Bailey, whose dance photography is part of the Lincoln Center Dance Collection, *First Lessons in Ballet* is an intimate and innovative approach that takes the reader right into the studio and teaches basic steps and positions.

Each spread works as a lesson. On the left, in a full-length, silhouetted photograph with callouts, a young ballerina named Rebecca demonstrates each move. On the right, a group of younger kids who might be the reader's fellow students practice the moves, while brief text, written in the voice of a master teacher, explains exactly what to do. Covered are the five basic positions of ballet, followed by a series of exercises just as they would be performed in class--barre exercises, such as plie and rond de jambe; centerwork exercises, including arabesque and pas de bourree; and such jumps and turns as changement, pique, and emboite. Class finishes with reverence--a formal way dancers thank their teacher--and the book ends with a brief discussion of the next steps in ballet--pointe work and partnering.

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