

Lets do ballet!

In ballet, every movement has its name. If you know these names, they might seem a bit strange to you: "Jeté", "pas de bourrée", "pas de chat" and "plié"... But for Anna, like the rest of the ballerinas, they are very normal names. If you look on the Internet, you will be able to see how they are done!

Don't think it's very complicated: When you begin dancing, you do exercises that have much easier names!



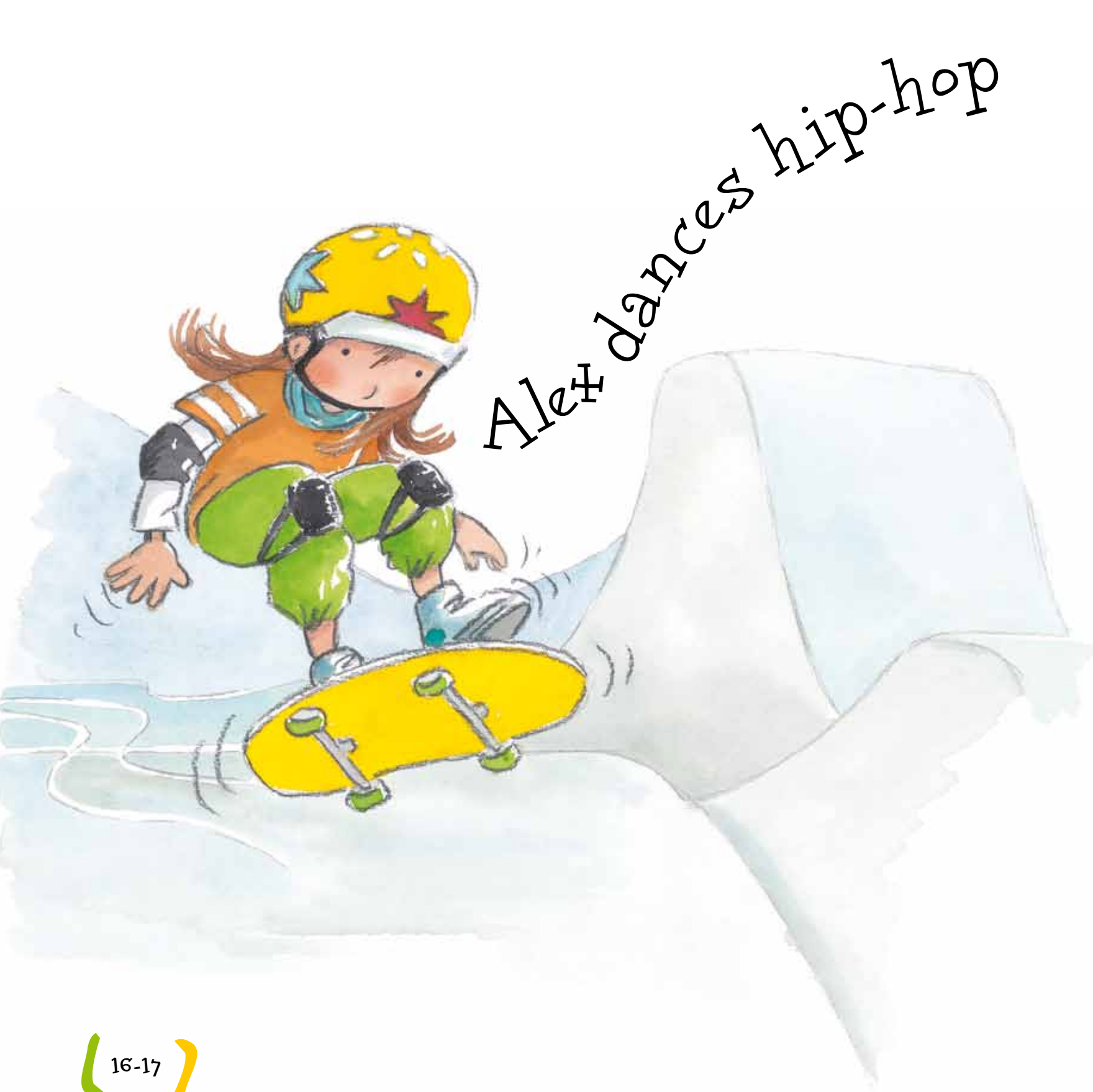
Flexions



Arabesques



Crossings



Alex likes skating:
The peaked caps, wearing
baggy t-shirts... and
dancing hip-hop!



In the city where she lives,
there are quite a lot of young
people who dance hip-hop
in the streets and when she
sees them she stands next
to them and moves like they
do. She doesn't know very
much, but that's how you
start learning...



Everybody dance!

You can dance alone. You can dance in a couple. You can dance with a lot of people. You can dance sitting on a chair. You can dance when you're 2 years old, or 3, or 65 or 90 or even more! You can dance if you feel like it and if you don't, you can always watch how the others dance.

If you practice the dances you like the most, you can become a proper artist!

