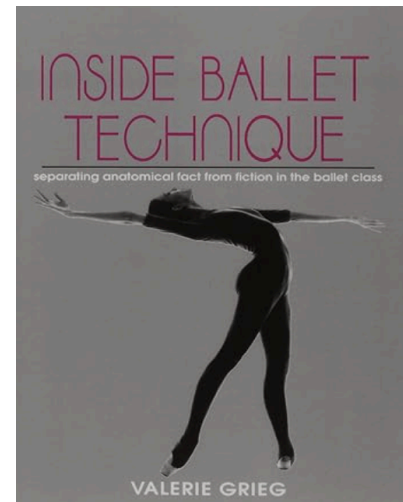


Ballet Level 4 - Reading List

1. Inside Ballet Technique: Separating Anatomical Fact from Fiction in the Ballet Class by Valerie Grieg

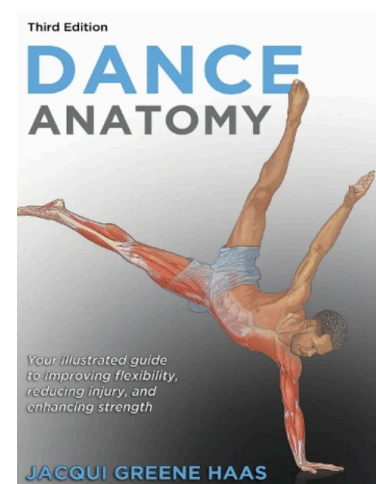
- This is an easy to understand book which offers general information about anatomy, kinesiology and technique



<https://www.amazon.co.uk/Inside-Ballet-Technique-Separating-Anatomical/dp/0871271915> (used)

2. Dance Anatomy by Jacqui Green Haas

- Includes physical exercises regarding alignment and placement, to help flexibility and prevent injury



<https://www.amazon.co.uk/Dance-Anatomy-Jacqui-Greene-Haas/dp/1718219911> (Also other editions available)

3. Technical Manual and Dictionary of Classical Ballet by Gail Grant

- A pronunciation guide will cross-references to alternate names for similar steps and positions that vary from the Russian to the French or Italian schools

<https://www.amazon.co.uk/Technical-Manual-Dictionary-Classical-Ballet/dp/0486218430>

Also available at Waterstones online!

