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Dancer's Guide To Strong & Beautiful Feet



Synopsis

"Dancer's Guide to Strong & Beautiful Feet" provides a means for dancers of any age to improve their feet. A beautiful foot completes the line of a dancer's leg. Feet are the support to the dancer. Having strong feet enables a dancer to jump, get on pointe and moreover, help you stand correctly! In this book are exercises, videos, practice charts and photos to help reach your dance goals! In order to have the strength necessary to dance, you must have a plan outside of class time to augment your training. You will find it all here in "Dancer's Guide to Strong & Beautiful Feet"!

Book Information

File Size: 9016 KB

Print Length: 62 pages

Simultaneous Device Usage: Unlimited

Publication Date: July 23, 2016

Sold by: Â Â Digital Services LLC

Language: English

ASIN: B01J0GZISI

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #711,155 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #31

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Customer Reviews

ÂfÂçÃ â ¬Ã Â“As a former soloist and now an adult recreational ballerina, I wish this had been around when I was first learning pointe. And as a medical professional, the way Sarah is able to explain complex anatomical and physiological issues to the lay person is impressive. Even reviewing the book, I learned a few more ideas to add to my routineÂfÂçÃ â ¬Ã â • which I never expected after all this time.ÂfÂçÃ â ¬Ã Â•

Very informative, loads of useful tips for building up strength and flexibility of the foot. And I love the

idea of eBook which allows you to follow the videos and practice at home. Highly recommended for anyone who wants to improve their dancing technique.

Jam packed with exercises to Strengthen and Stretch your feet and arches for Dance, Gymnastics and Swimming. Explanations are detailed and very clear and concise with links to videos for you to learn more. I highly recommend this book to my dancers and you!

Very insightful and resourceful book for ballet dancers. The pictures and diagram illustrations are well done. I will be using this book for quite a while to correct and improve the alignment and strength of my feet for ballet.

This is a great resource, well explained and documented. I can't think of a dancer or teacher who wouldn't benefit or learn something from this book!

Wow! What an awesome book for ballet students and teachers. This contains so much valuable information and pointers. I highly recommend!

Love it!!! Lots of great illustrations, pictures, and video references! Thank you for such a wonderful book!

Great information in a user friendly format.

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