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Tessa's Books of Elegance: Leap for Joy and Twirl About Tessa's Elegant Ballet
© Jacqui Preugschat 2018
Illustrated by Kirsty Camilleri

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TESSA'S BOOKS OF ELEGANCE



*Leap for Joy and Twirl About
Tessa's Elegant Ballet*

Written by Jacqui Preugschat

Illustrated by Kirsty Camilleri

BOOK TWO



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Sample copy Jacqui Preigschat



I've been leaping for joy and twirling about - doing ballet! I love ballet so much. Have you ever been to a ballet performance?

Ballerinas are so elegant and graceful in the way they point their toes, and their arms and hands flow like they're floating on air.

Would you like to learn ballet together?

Wonderful! We can dance for our family and friends at our own ballet performance! I'm so excited!





Ballerinas always have excellent posture when they're standing, walking, or dancing. *Having excellent posture* means keeping your back very straight with your shoulders back and chin up a little.



We can start practicing walking around elegantly with excellent posture - inside the house, outside in the garden, at the shops, at the park, at the beach, on a bushwalk - anywhere!





There are five basic positions in ballet. Before we start, let's learn one of the most important ballet steps, the plié (plee-ay). Plié means 'to bend', and in ballet it is when you bend your knees. This is how we will start and finish any jump, turn or spin! We will also do a demi plié, which means 'to half-bend'.

Stand with your heels together and your arms held out gracefully.

Now bend your knees, making sure your knees always bend over your toes. Keep your backside in and your back straight. Your heels should not lift off the floor in a demi plié.





Before we learn first position, let's stand with excellent posture. Our arms should be hanging down and our hands slightly curved in front of our thighs. Our feet and legs should be turned out, and there should be a slight gap between our heels.

Now we are standing beautifully tall, let's hold our arms out in front of us - just above our waist - in an oval shape with our hands curved.

Well done! Now we know first position!





Let's start learning second position!

We need to slide our right foot about 30 centimetres out from the other one. At the same time, we need to open our arms out wide like we're about to hug someone. Make sure to keep your hands slightly rounded.

Excellent work! Now we know second position, we can practise moving from first to second position together!

