

## Life In Motion An Unlikely Ballerina Young Readers Edition

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*Bunheads Misty Copeland* 2020-09-29 Instant New York Times bestselling series opener inspired by prima ballerina and author Misty Copeland's own early experiences in ballet. From prima ballerina and New York Times bestselling author Misty Copeland comes the story of a young Misty, who discovers her love of dance through the ballet Coppélia—a story about a toymaker who devises a villainous plan to bring a doll to life. Misty is so captivated by the tale and its heroine, Swanilda, she decides to audition for the role. But she's never danced ballet before; in fact, this is the very first day of her very first dance class! Though Misty is excited, she's also nervous. But as she learns from her fellow bunheads, she makes wonderful friends who encourage her to do her very best. Misty's nerves quickly fall away, and with a little teamwork, the bunheads put on a show to remember. Featuring the stunning artwork of newcomer Setor Fiazigbey, *Bunheads* is an inspiring tale for anyone looking for the courage to try something new.

*The Ballet Book* Deborah Bowes 2018-09-22 "This comprehensive guide... helps youngsters who love ballet to understand the hard work and commitment involved in classical dance training." -- School Library Journal (of the first edition) "A detailed, practical guide for serious ballet students... To balance collections heavy on colorful ballet books for browsers with stars in their eyes, here's a guide for ballet students who are ready to get down to work." -- Booklist (of the first edition) Prepared in conjunction with Canada's National Ballet School, *The Ballet Book* is the definitive instructional resource for children who are beginning to explore the possibilities and delights of ballet. *The Ballet Book* is an inspirational motivator, an exceptional teaching aid, and an ideal companion for students. Now it has all-new photographs in color and a text more suited to contemporary young dancers. The book illustrates in meticulous detail -- and through more than 100 photographs -- every position, step and pose involved in barre work, pointe work, alignment, classical ballet poses, attitudes, allegros, batteries, pirouettes and arabesques. Age-appropriate and comprehensive, it is a motivational guide, with information on deciding to dance; finding a teacher; musical accompaniment; finding the ideal studio; what to wear and grooming; positions, steps and poses; and exercises and nutrition. Historical highlights and modern opportunities complete this comprehensive book. *The Ballet Book* is a strong guide for both boys and girls.

*Kenzie's Rules For Life* Mackenzie Ziegler 2018-05-15 An inspirational, upbeat collection of relatable lessons from the teen sensation, Mackenzie Ziegler - an award-winning dancer, singer/songwriter and actress. Growing up is hard, but growing up in the spotlight is even harder. However, Mackenzie Ziegler is taking it all in stride, thanks to her positive attitude on life. From getting her start on *Dance Moms*, to her sold-out tour alongside Johnny Orlando, there's nothing that she can't do. In *Kenzie's Rules for Life*, the dance prodigy, singer/songwriter, actress and model offers her advice on friendship, family, fitness, style and positivity. For anyone who enjoyed her sister's *Sunday Times* bestselling book *The Maddie Diaries*, this will be the perfect accompaniment. She shares lessons drawn from her own experiences for those navigating through their tween years on how to be happy, healthy and confident in all aspects of their lives.

*The Ballet Book* Darcey Bussell 2009-07-10 The author, a professional ballerina, introduces the art of ballet, from the basic positions, poses, jumps, and exercises to folk and character dancing, makeup, choreography, and performing on stage. Reprint.

*Taking Flight: From War Orphan to Star Ballerina* Michaela DePrince 2014-10-14 SOON TO BE A MAJOR MOTION PICTURE! The extraordinary memoir of an orphan who danced her way from war-torn Sierra Leone to ballet stardom, most recently appearing in Beyonce's *Lemonade* and as a principal in a major American dance company. "Michaela is nothing short of a miracle, born to be a ballerina. For every young brown, yellow, and purple dancer, she is an inspiration!" —Misty Copeland, world-renowned ballet dancer Michaela DePrince was known as girl Number 27 at the orphanage, where she was abandoned at a young age and tormented as a "devil child" for a skin condition that makes her skin appear spotted. But it was at the orphanage that Michaela would find a picture of a beautiful ballerina en pointe that would help change the course of her life. At the age of four, Michaela was adopted by an American family, who encouraged her love of dancing and enrolled her in classes. She went on to study at the Jacqueline Kennedy Onassis School at the American Ballet Theatre and is now the youngest principal dancer with the Dance Theatre of Harlem. She has appeared in the ballet documentary *First Position*, as well as on *Dancing with the Stars*, *Good Morning America*, and *Nightline*. In this engaging, moving, and unforgettable memoir, Michaela shares her dramatic journey from an orphan in West Africa to becoming one of ballet's most exciting rising stars. "Michaela DePrince is the embodiment of what it means to fight for your dream." —Today "Michaela DePrince is a role model for girls on and off stage." —NYLON

*Life in Motion* Misty Copeland 2016-12-06 Determination meets dance in this middle grade adaptation of the New York Times bestselling memoir by the first African-American principal dancer in American Ballet Theatre history, Misty Copeland. As the first African-American principal dancer at the American Ballet Theatre, Misty Copeland has been breaking down all kinds of barriers in the world of dance. But when she first started dancing—at the late age of thirteen—no one would have guessed the shy, underprivileged girl would one day make history in her field. Her road to excellence was not easy—a chaotic home life, with several siblings and a single mother, was a stark contrast to the control and comfort she found on stage. And when her home life and incredible dance promise begin to clash, Misty had to learn to stand up for herself and navigate a complex relationship with her mother, while pursuing her ballet dreams. *Life in Motion* is a story for all the kids who dare to be different, dream bigger, and want to break stereotypes in whatever they do.

*Evelyn Cisneros, Prima Ballerina* Charnan Simon 1990 Describes the early life, training, and accomplishments of the Mexican American dancer who is the prima ballerina for the San Francisco Ballet.

*How They Became Famous Dancers* Anne Dunkin 2016-07-18 *How They Became Famous Dancers: A Dancing History* for young readers tells the story of twelve famous dancers ? six women and six men ? from different parts of the world. Spanning the seventeenth into the twenty-first centuries, each biographical sketch is placed within the subject's historical and cultural context. Dancers include: Louis XIV, John Durang, Marie Taglioni, William Henry ?Juba? Lane, Anna Pavlova, Rudolf Laban, Doris Humphrey, Michio Ito, Mrinalini Sarabhai, Pearl Primus, Amalia Hernández, and Arthur Mitchell. Each chapter includes ?Create a Dance? giving readers the opportunity to dance themselves based on each dancer's style.

*Once a Dancer--* Allegra Kent 2009 A memoir of the ballet dancer, tracing her childhood, dance career, and marriage to photographer Bert Stern, includes portraits of dance figures in her life.

*Swan Dive* Georgina Pazcoquin 2021-07-27 "Don't expect just tulle and toe shoes. In this fascinating insider's tale, NYCB dancer Pazcoquin reveals her world. . . . A striking debut." —People Award-winning New York City Ballet soloist Georgina Pazcoquin, aka the Rogue Ballerina, gives readers a backstage tour of the real world of elite ballet—the gritty, hilarious, sometimes shocking truth you don't see from the orchestra circle. In this love letter to the art of dance and the sport that

has been her livelihood, NYCB's first Asian American female soloist Georgina Pazcoguin lays bare her unfiltered story of leaving small-town Pennsylvania for New York City and training amid the unique demands of being a hybrid professional athlete/artist, all before finishing high school. She pitches us into the fascinating, whirling shoes of dancers in one of the most revered ballet companies in the world with an unapologetic sense of humor about the cutthroat, survival-of-the-fittest mentality at NYCB. Some swan dives are literal: even in the ballet, there are plenty of face-plants, backstage fights, late-night parties, and raucous company bonding sessions. Rocked by scandal in the wake of the #MeToo movement, NYCB sits at an inflection point, inching toward progress in a strictly traditional culture, and Pazcoguin doesn't shy away from ballet's dark side. She continues to be one of the few dancers openly speaking up against the sexual harassment, mental abuse, and racism that in the past went unrecognized or was tacitly accepted as par for the course—all of which she has painfully experienced firsthand. Tying together Pazcoguin's fight for equality in the ballet with her infectious and deeply moving passion for her craft, *Swan Dive* is a page-turning, one-of-a-kind account that guarantees you'll never view a ballerina or a ballet the same way again.

*Swan Laurel Snyder* 2015-08-18 *The world is big. Anna is small. The snow is everywhere and all around. But one night . . . One night, her mother takes her to the ballet, and everything is changed. Anna finds a beauty inside herself that she cannot contain. So begins the journey of a girl who will one day grow up to be the most famous prima ballerina of all time, inspiring legions of dancers after her: the brave, the generous, the transcendently gifted Anna Pavlova. Beautiful, inspirational, and triumphant, Anna Pavlova's life is masterfully captured in this exquisite picture book.*

*Black Ballerinas* Misty Copeland 2021-11-02 From New York Times bestselling and award-winning author and American Ballet Theatre principal dancer Misty Copeland comes an illustrated nonfiction collection celebrating dancers of color who have influenced her on and off the stage. As a young girl living in a motel with her mother and her five siblings, Misty Copeland didn't have a lot of exposure to ballet or prominent dancers. She was sixteen when she saw a black ballerina on a magazine cover for the first time. The experience emboldened Misty and told her that she wasn't alone—and her dream wasn't impossible. In the years since, Misty has only learned more about the trailblazing women who made her own success possible by pushing back against repression and racism with their talent and tenacity. Misty brings these women's stories to a new generation of readers and gives them the recognition they deserve. With an introduction from Misty about the legacy these women have had on dance and on her career itself, this book delves into the lives and careers of women of color who fundamentally changed the landscape of American ballet from the early 20th century to today.

*Your Life in Motion* Misty Copeland 2018-11-20 From the first female African American principal dancer in American Ballet Theatre history, Misty Copeland, comes an encouraging guided journal that's inspired by her New York Times bestselling memoir, *Life in Motion*. Misty Copeland has broken down barriers in the world of dance, becoming the first African American female principal dancer at the American Ballet Theatre. And along the way, she's always used the art of journaling to remember it all. Now, she's sharing her passion for writing with you! Featuring prompts, quizzes, motivational quotes, and more, *Your Life in Motion*—inspired by Misty's own experiences—will help young readers live their best lives every day!

*The Story of Misty Copeland* Frank Berrios 2021-11-30 Discover the life of Misty Copeland—a story about changing the world through dance, for kids ages 6 to 9. Misty Copeland is the first Black female principal dancer for the American Ballet Theatre. Before she made history and became a symbol of change in the world of ballet, she was a determined girl who loved watching gymnastics and dancing on the drill team. She worked hard and overcame many obstacles to fulfill her dream of becoming a great ballerina. This book helps kids explore how Misty went from being a shy young girl growing up in California to a world-famous ballet dancer and a role model to many people. This Misty Copeland book for kids includes: Core curriculum—Kids will learn the Who, What, Where, When, Why, and How of Misty's life so far, and take a quick quiz to test their knowledge. Her lasting change—This book explains Misty's impact and how she changed the world of ballet for future generations. Short chapters—Brief chapters divide Misty's story into smaller sections that inspire new readers to keep reading. How will Misty's dedication and positive outlook inspire the child in your life?

*Up to This Pointe* Jennifer Longo 2016-01-19 Harper had a plan. It went south. Hand this utterly unique contemporary YA to anyone who loves ballet or is a little too wrapped up in their Plan A. (It's okay to fail, people!) Harper Scott is a dancer. She and her best friend, Kate, have one goal: becoming professional ballerinas. And Harper won't let anything—or anyone—get in the way of *The Plan*, not even the boy she and Kate are both drawn to. Harper is a Scott. She's related to Robert Falcon Scott, the explorer who died racing Amundsen and Shackleton to the South Pole. Amundsen won because he had a plan, and Harper has always followed his model. So when Harper's life takes an unexpected turn, she finagles (read: lies) her way to the icy dark of McMurdo Station . . . in Antarctica. Extreme, but somehow fitting—apparently she has always been in the dark, dancing on ice this whole time. And no one warned her. Not her family, not her best friend, not even the boy who has somehow found a way into her heart. It will take a visit from Shackleton's ghost—the explorer who didn't make it to the South Pole, but who got all of his men out alive—to teach Harper that success isn't always what's important, sometimes it's more important to learn how to fail successfully. A Kids' Indie Next List Selection "Longo makes Harper a standout character of fire, commitment, and sass." —*The Bulletin*, Starred Review "A stunning love letter to ballet and San Francisco, Jennifer Longo's (*Six Feet Over It*) quirky sophomore novel, *Up to This Pointe*, is the perfect meld of adorable and heart-wrenching." —*Shelf Awareness*, Starred Review "One of the most breathtaking explorations of navigating heartbreak that I've ever read. This is one for the ages." —Martha Brockenbrough, author of *The Game of Love and Death* "Longo's book brings the reader intimately into Harper's heartbreak and healing in a way that will speak to readers of all ages." —Anna Eklund, University Book Store, Seattle, WA "Incisively written. Longo makes it easy to commiserate with Harper as she tries to move past disappointment and envision a new path forward." —*Publishers Weekly* "A moving love letter to dance, dreams, and San Francisco." —*Kirkus Reviews* "Harper is a well-developed, relatable character. Her inner monologue is witty and dominates most of the novel, giving a unique perspective. . . . A recommended read for determined teens with an interest in following and exploring their dreams." —*School Library Journal* "Harper's temporary Antarctic life is evoked with as much vivid, fascinating detail as her 'second home,' the ballet studio. . . . An affecting, memorable examination of disappointment and loss." —*The Horn Book Review* "Longo's fabulous depiction of McMurdo and the winter residents captures the beauty, humor, and danger of such an isolated existence. An adventure story with lots of heart." —*Booklist*

*Firebird* Misty Copeland 2014-09-04 In her debut picture book, Misty Copeland tells the story of a young girl—an every girl—whose confidence is fragile and who is questioning her own ability to reach the heights that Misty has reached. Misty encourages this young girl's faith in herself and shows her exactly how, through hard work and dedication, she too can become Firebird. Lyrical and affecting text paired with bold, striking illustrations that are some of Caldecott Honoree Christopher Myers's best work, makes *Firebird* perfect for aspiring ballerinas everywhere.

*The Dancer's Way* Linda H. Hamilton, Ph.D. 2015-09-22 In the current dance scene, performers contend with choreography that involves extreme dance, multiple techniques, and acrobatic moves, exemplified in the popular reality television show, "So You Think You Can Dance." The dilemma for aspiring professionals is that dance class no longer provides sufficient preparation for performing at this level. Dancers who want to achieve their best, avoid injury, and perform at their peak will welcome the insight and advice in the pages of *The Dancer's Way*. The world-renowned New York City Ballet developed their proven wellness program to help dancers reach their potential without compromising their health. As one of the key designers of this program, former dancer and clinical psychologist Linda Hamilton, Ph.D. provides the essential principles of wellness that will help you achieve your goals in all levels and forms of dance. These include keeping yourself physically healthy, nutritionally sound, and mentally prepared as a dancer. New York City Ballet's celebrated program, here for the first time in book form, highlights every tool you'll need to stay in great shape.

*Bunheads* Sophie Flack 2011-10-10 A vibrant and absorbing novel about the competitive world of professional ballet, written by a former New York City Ballet dancer. As a dancer with the ultra-prestigious Manhattan Ballet company, nineteen-year-old Hannah Ward juggles intense rehearsals, dazzling performances, and complicated backstage relationships. But when she meets a spontaneous and irresistibly cute musician named Jacob, her universe begins to change. Until now, Hannah has happily followed the company's unofficial mantra, "Don't think, just dance." But as Jacob opens her eyes to the world beyond the theater, Hannah

must decide whether to compete against the other "bunheads" for a star soloist spot or to strike out on her own. Don't miss this behind-the-scenes look at the life of a young professional ballet dancer, written by an insider who lived it all.

**Yuli: The Carlos Acosta Story** Carlos Acosta 2008-09-04 NOW AN AWARD-WINNING FEATURE FILM STARRING CARLOS ACOSTA

**The Ballet Companion** Eliza Gaynor Minden 2007-11-01 A New Classic for Today's Dancer *The Ballet Companion* is a fresh, comprehensive, and thoroughly up-to-date reference book for the dancer. With 150 stunning photographs of ballet stars Maria Riccetto and Benjamin Millepied demonstrating perfect execution of positions and steps, this elegant volume brims with everything today's dance student needs, including: Practical advice for getting started, such as selecting a school, making the most of class, and studio etiquette Explanations of ballet fundamentals and major training systems An illustrated guide through ballet class -- warm-up, barre, and center floor Guidelines for safe, healthy dancing through a sensible diet, injury prevention, and cross-training with yoga and Pilates Descriptions of must-see ballets and glossaries of dance, music, and theater terms Along the way you'll find technique secrets from stars of American Ballet Theatre, lavishly illustrated sidebars on ballet history, and tips on everything from styling a ballet bun to stage makeup to performing the perfect pirouette. Whether a budding ballerina, serious student, or adult returning to ballet, dancers will find a lively mix of ballet's time-honored traditions and essential new information.

**My Daddy Can Fly!** (American Ballet Theatre) Thomas Forster 2021-11-23 For young dance lovers, a picture book about a young boy whose father has the unique position as a ballet dancer. Written by American Ballet Theatre principal dancer Thomas Forster. Ben and his friends are playing in their favorite part of the classroom-- the dress-up corner! They are talking about what they want to be when they grow up. Rachel wants to be a taekwon do master, Dixie wants to be a doctor like her auntie, and John wants to be a teacher just like their teacher, Mr. Underwood. But when Ben says he wants to fly just like his daddy, his friends are sure his daddy must be a pilot. Ben tells his friends that they aren't even close, but he offers a few more clues. His daddy is strong, gentle, fierce, and fast. His friends have lots of guesses, but no one lands on the right one until Ben gives them the biggest clue of all. Written by a dad who is also a professional ballet dancer, this story will appeal to all ballet dancing children and their loved ones.

**Dancing Shapes Once Upon A Dance** 2020-10-30 What elements define the shapes of dance? With over 50 poses to contemplate and/or recreate, readers develop an eye for detail and explore concepts such as pointed/flexed, tilted, weight, and straight/bent/curved. Dancers increase body awareness, spatial perception and balance, as well as practice ballet technique. Ballet vocabulary is highlighted, along with the value of practice and healthy choices. Spectacular photos of dancing shapes found in nature, creative fantasy, and ballet movements, positions, and forms offer a glimpse into one dancer's ballet journey. A wonderful resource and inspiration for young dance fans.

**Misty Copeland** Elizabeth Krajnik 2017-12-15 It isn't very often that late bloomers are called prodigies, but Misty Copeland is an extraordinary case. At the age of 13, she began her formal ballet training, which is considerably later than most children begin ballet. In 2015, Copeland was promoted from soloist to principal at American Ballet Theatre, one of the world's premiere ballet companies. She has written a memoir and a children's book, and starred in the screen adaptation of her memoir. She advocates for inclusivity in the classical ballet world and as well as body positivity for young women.

**How to Be a Princess** Caitlin Matthews 2011-03-01 Some girls are born princesses and others become them, but everyone has to start somewhere. With the help of the book's narrator, Princess Petal, the reader learns the craft of being a princess, from etiquette and deportment to contacting your fairy godmother, dealing with enchantments, finding a prince and attending balls. Drawing on a wealth of traditional fairytales, this book's unique approach has a more practical edge than many rival titles.

**Ellie's Chance to Dance** Alexandra Moss 2005 Nine-year-old Clara has won a place at a top London ballet - it's what she's always wanted, but as well as excitement there are nerves too - what if all the other girls are better than her? And what about the friends she's leaving behind...? Book One: Clara gets a letter offering her a place at the ballet school. Although she's over the moon, it means saying goodbye to her old friends and ballet teacher, Miss Zindel, and preparing to start a new school and make new friends...

**Misty Copeland** Laurie Calkhoven 2016-12-27 Pirouette across the stage and get to know Misty Copeland—the first African-American woman to become a principal ballerina with the American Ballet Theater—in this fascinating, nonfiction Level 3 Ready-to-Read, part of a new series of biographies about people “you should meet.” Misty Copeland had always dreamed of becoming a dancer, but she had many obstacles to overcome before she could reach her dream. Although she was always challenged by the things that set her apart from other dancers, with a lot of hard work, dedication, and exceptional talent, Misty has become one of the most well-known dancers in America. On June 30, 2015 Misty stepped on stage as the first female African-American principal dancer for the American Ballet Theater and made history! A special section at the back of the book includes extras on subjects like history and math, plus a fun timeline filled with interesting trivia facts about dance. With the *You Should Meet* series, learning about historical figures has never been so fascinating!

**To Dance** Siena Cherson Siegel 2019-10-01 A beautifully refreshed and expanded special edition of the Sibert Honor–winning graphic memoir about the dreams and realities of becoming a ballerina. Ballerinas are young when they first dream of dance. Siena was six—and her dreams kept skipping and leaping, circling and spinning, from airy runs along a beach near her home in Puerto Rico, to dance classes at the School of American Ballet, to her debut performance on stage with the New York City Ballet while working with ballet legend George Balanchine. Part family history, part backstage drama, this beautifully updated graphic memoir—which features a refreshed design and a brand-new scrapbook of Siena's mementoes—is an original, firsthand look at a young dancer's beginnings.

**Lara's Leap of Faith** Alexandra Moss 2005-01-01 Ellie's first term at the Royal Ballet School is filled with excitement, hard work, homesickness, an unexpected chance to perform, and new friendships, tainted only by the rude and hateful behavior of Lara, the girl she crashed into during their audition.

**No Ballet Shoes In Syria** Catherine Bruton 2019-04-25 Aya is eleven years old and has just arrived in Britain with her mum and baby brother, seeking asylum from war in Syria. When Aya stumbles across a local ballet class, the formidable dance teacher spots her exceptional talent and believes that Aya has the potential to earn a prestigious ballet scholarship. But at the same time, Aya and her family must fight to be allowed to remain in the country, to make a home for themselves, and to find Aya's father - separated from the rest of the family during the journey from Syria. With beautiful, captivating writing, wonderfully authentic ballet detail, and an important message championing the rights of refugees, this is classic storytelling - filled with warmth, hope and humanity.

**Ballet** DK 2019-01-15 This DK visual guide to ballet history goes beyond other ballet books, with beautiful photography that captures famous dancers and key stories. Discover more than 70 of the most famous ballet dances, from *The Nutcracker* and *Swan Lake* to *The Rite of Spring*. Learn the stories behind renowned companies such as The Royal Ballet and the Bolshoi Ballet. Explore the lives and achievements of dancers across the centuries, such as Margot Fonteyn, Carlos Acosta, and Darcey Bussell. Meet composers and choreographers, from Pyotr Ilyich Tchaikovsky to Matthew Bourne. From its origins at court and the first national ballet companies, to the contemporary scene and extraordinary venues that stage the productions, this book covers an impressive history of ballet and provides an invaluable overview of the subject. Filled with rarely seen photographs covering all the key figures, pieces, and performances, and compelling facts about each dance--the sources they draw from, their production history, and their reception over time--*Ballet: The Definitive Illustrated Story* is an essential gift for all ballet enthusiasts.

**Life in Dance** Darcey Bussell 1998

**Ballerina Body** Misty Copeland 2017-03-21 The celebrated ballerina and role model shares the secrets of how to reshape your body and achieve a lean, strong physique and glowing health. Misty Copeland believes "There has been a shift in recent years in which women no longer desire the bare bones of a runway model. Standards have changed: what women do want is a long, toned, powerful body with excellent posture." In other words, the body of a ballerina. In her first health and fitness book, Misty will show women how to get healthier and stronger and how to reshape their bodies to be lean and flexible with: Step-by-step advice Meal plans focusing on healthy fats Workout routines Words of inspiration, including excerpts from Misty's personal journal

**Attitude** Robin Stevenson 2013-10-01 When Cassie comes to Vancouver from Australia for an intensive summer program at a prestigious ballet school, she finds

it hard to fit in. A clique of girls who have been at the school a long time don't want the newcomers to get any attention. At first Cassie tries to go along to get along, but when she realizes that some of the visiting summer students are being bullied and threatened, and that she herself is being sabotaged, she finally speaks out, and finds out how far some girls will go to succeed.

*The Maxi Mounds Guide to the World of Exotic Dancing* Maxi Mounds 2004-11 Maxis book is an honest account of the whole Exotic Dance scene, good and bad, written by an insider who loves being an Exotic Dancer and isn't ashamed of her art, her life or her world. It's funny, wry, and candid and includes an excellent history of Exotic Dancing that goes back to Neolithic times.

*Misty Copeland* 2016-09-27 The first authorized photographic tribute to the prolific and wildly inspiring ballerina, these unique and evocative artful color photographs by the celebrated photographer Gregg Delman, capture Misty's grace and strength, and are much anticipated by the worldwide audience who can't get enough of Misty. This stunning volume of photographs captures the sculpturally exquisite and iconic ballerina. Misty Copeland has single-handedly infused diversity and personality into the insular world of ballet, creating an unexpected resurgence of appreciation within contemporary popular culture. Her story is famously what movies are made of, and in 2015 she became an icon and household name when she became the first African-American female principal dancer in the long and prestigious history of the American Ballet Theatre. Copeland's physique is what sculptures are modeled on, heralding the new physical ideal of strength and athleticism, beauty and grace. Misty Copeland is a collection of gorgeous, artful photographs, taken in many studio visits from 2011 through 2014. Delman's talent for capturing movement is reflected in these images, which range from formal ballet positions to more athletic poses and candid moments, all together building an intimate portrait of Copeland as an athlete, an artist, and a woman. With striking and vibrant color photographs, this incredibly intimate volume is a visual tribute to the brilliant mystique of Misty Copeland, showcasing both her grace and strength.

*Hope in a Ballet Shoe* Michaela DePrince 2014-12-30 *Hope in a Ballet Shoe* tells the story of Michaela DePrince. Growing up in war-torn Sierra Leone, she witnesses atrocities that no child ever should. Her father is killed by rebels and her mother dies of famine. Sent to an orphanage, Michaela is mistreated and she sees the brutal murder of her favourite teacher. Michaela and her best friend are adopted by an American couple and Michaela begins to take dance lessons. But life in the States isn't without difficulties. Unfortunately, tragedy can find its way to Michaela in America, too, and her past can feel like it's haunting her. The world of ballet is a racist one, and Michaela has to fight for a place amongst the ballet elite, hearing the words 'America's not ready for a black girl ballerina.' And yet . . . Today, Michaela DePrince is an international ballet star, dancing for The Dutch National Ballet at the age of nineteen. This is a heart-breaking, inspiring autobiography by a teenager who shows us that, beyond everything, there is always hope for a better future.

*Ballerina Dreams* Michaela DePrince 2017-04-04 One windy day, a magazine blew down the road. I reached out and caught it. A pretty picture of a woman was on the front cover of the magazine. She wore a short pink dress that stuck out around her in a circle. She looked very happy. At the age of three, Michaela DePrince found a photo of a ballerina that changed her life. She was living in an orphanage in Sierra Leone at the time, but was soon adopted by a family and brought to America. Michaela never forgot the photo of the dancer she once saw, and decided to make her dream of becoming a ballerina come true. She has been dancing ever since, and after a spell as a principal dancer in New York, now dances for the Dutch National Ballet in Amsterdam. Beautifully and gently illustrated by Ella Okstad, *Ballerina Dreams* is the younger-reader edition of Michaela DePrince's highly moving memoir, *Hope in a Ballet Shoe*.

*Tiny Dancer* Siena Cherson Siegel 2021-10-26 "Siena Cherson Siegel dreamed of being a ballerina. Her love of movement and dedication to the craft earned her a spot at the School of American Ballet. Siena has worked hard her whole life to be a professional ballet dancer, then makes the difficult decision to quit dancing and tries to figure out what comes next. But what do you do when you have spent your entire life working toward a goal, having that shape your identity, and then decide it's time to move on? How do you figure out what to do with your life? And how do you figure out who you are?"-

*The Illustrated Book of Ballet Stories* Barbara Newman 2005 Text and pictures show scenes and steps from the ballets "Sleeping Beauty," "Giselle," "Coppelia," "Swan Lake," and "The Nutcracker," while the enclosed CD includes the stories told scene-by-scene.

*Dancing Through It* Jenifer Ringer 2014-02-20 "A glimpse into the fragile psyche of a dancer."—The Washington Post Jenifer Ringer, a principal dancer with the New York City Ballet, was thrust into the headlines after her weight was commented on by a New York Times critic, and her response ignited a public dialogue about dance and weight. Ballet aficionados and aspiring performers of all ages will want to join Ringer behind the scenes as she shares her journey from student to star and candidly discusses both her struggle with an eating disorder and the media storm that erupted after the Times review. An unusually upbeat account of life on the stage, *Dancing Through It* is also a coming-of-age story and an inspiring memoir of faith and of triumph over the body issues that torment all too many women and men.