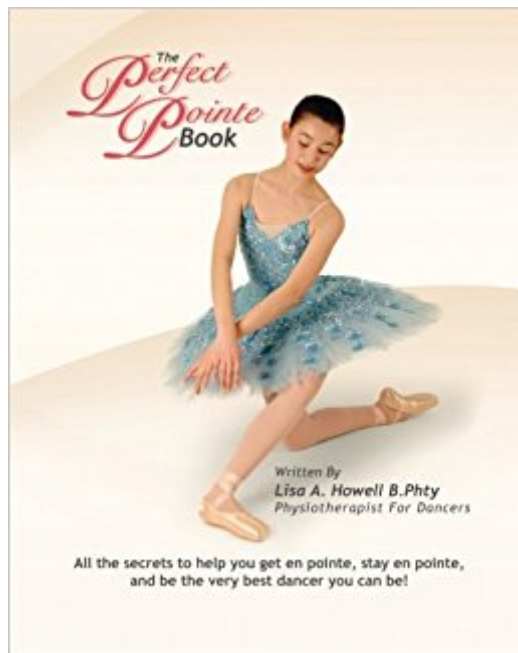


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# The Perfect Pointe Book: All You Need To Get On Pointe, Stay On Pointe And Be The Very Best Dancer You Can Be!



## Synopsis

This unique book gives you the extra help you need to really get strong enough for pointe work. It includes lots of exercises, divided into four simple stages to work on; the flexibility of your feet and ankles, the strength of your little foot muscles, your turnout and your core control. It also guides you through tests for each stage so that you can work out where your problem areas are! This book is essential for any student preparing for, or already on pointe, and any teacher wanting to learn more about safely preparing students for the most beautiful of dance forms!

## Book Information

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Average Customer Review: 4.1 out of 5 stars Â Â See all reviews Â (16 customer reviews)

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## Customer Reviews

This isn't the cheapest book and there weren't many reviews, so I was hesitant to buy it. But I wanted to dance better, so I tried it. Glad I did. I often rely on user reviews so I'll try and give a decent one here. I'm not a ballet dancer, but I got into ballroom and latin later in life. I like spins and turns but can't control them as well as I'd like. I figured, whatever it takes to enable one to dance on pointe, can't hurt for ballroom spins and turns. Besides, ballet is the grandmother of most all western dance and there's definitely ballet elements in the ballroom dances. I'm no couch potato, I work out seven days a week including an hour long weight lift routine 3X per week that is (I think) a decent full-body work out. I felt that my spins and turns problem was at least partly a lack of the right kind of leg strength, but I couldn't figure out how to work the right muscles. I take private dance lessons weekly and have been trying to improve my spins and turns, but it seems I've been stuck on a plateau for six months now. Need to break out of the rut. That's why I bought this book. So I got the book a few days ago, went through it, and grabbed every exercise that looked like it might hit muscles I'm not already working on. Wow! In the very first workout my body said "Now those are the

muscles you're using when you dance." My turn out muscles as she calls them (never head of them before) are weak, and the foot muscle control exercises are incredibly hard for me right now, but they seem awesome. I knew I needed foot muscle control for spins and turns but never knew how to develop it. I think this is going to help a lot.

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