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Dances You Do In Ballet



Point

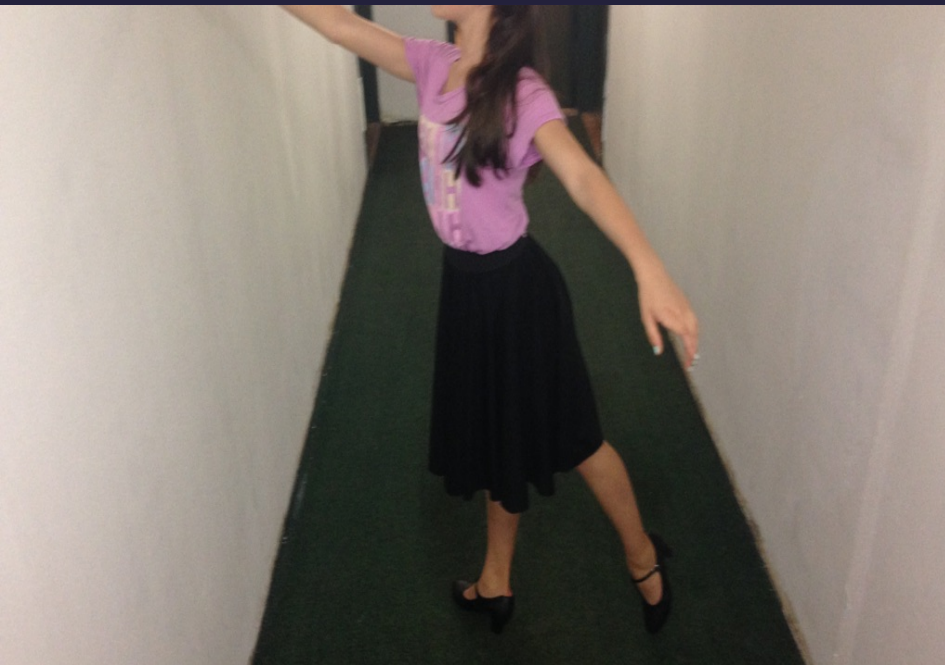
Point is actually a block where your toes are.

It is pretty hard to stand on without falling. When you try point you have to have a protection that protects your toes called toe pads. It secures your toes so when you jump on point your toes don't hit the ground hard your toes land gently.



Character

Character is a type of dance where you learn to do different dances but the different dances have the same outfits. Character is a very hard dance to learn because you have these 3 or 4 inch heels that you have to jump, kick, and stomp with it puts a lot of pressure on your heels



Jazz

Jazz is a very fun dance to learn because it's not a serious dance, it's a dance where you can have fun and be comfortable with.

Jazz can help you with ballet because in ballet you have to jump high and do split leaps, jazz makes you jump higher and makes you so tired you can't even breathe because you jumped so much and so high.



Stretch

Stretch may not be a dance in ballet but you do it in ballet it can help you with many things like, kicking your legs higher, but most importantly it can help you balance.



Modern

Modern is a type of dance where you do your dances very slowly... It can help you by pointing your feet and relaxing your body with the music. Modern can also help you spot. Spotting means when you have to look in one direction to another without getting dizzy it can help you with your turns.



Arabesque

Arabesque is a very hard movement to do because you really have to put balance on your supporting foot. Many people do Arabesque on point which is extra hard because you have to be on block.



There are many types of dances that can help you with ballet. For example Point, Character, Jazz, Stretch, Modern, and Arabesque. All these dances can help us with ballet. It can help us have strength in our body, but most importantly have balance. You have to have a lot of balance in your body because if you are doing a show, you can't just fall right down, you have to balance to make your body stronger.

Point can help you in ballet because, since point has block on where your toe is it helps secure your toe so your toes don't get messed up. If you have point you also need these toe pads that help secure your toes. When you jump, the toe pads help you land softly, on the ground. If you don't wear toe pads, and you jump your toes will hit the ground so hard it can cause bleeding. That's why many dancers, including me wears toe pads to help secure, your toes so they can start dancing again.

Character can help you in ballet because, character shoes have heels on them, and so if you dance with heels it can help you, to just be a character in a story. For example on Broadway many people wear many different cloths' to play their character, but you still have to dance. But it may be hard to dance in those outfits. That's what character is, playing another character. It can also help you not only being another character, but other dances in different countries.

Jazz can help you with ballet, because in ballet you have to jump really high and, really move your body. If you can't jump high then, you just got to keep on practicing, there really is no other option. You just got to reach your goal. Unless your goal is not to be a better dancer. In jazz you feel like you can just relax, and just not do anything, but actually jazz is pretty hard to be an expert at, even if you're a very advanced student or teacher, you cant be an expert at it even if you try really hard that your sweating, like a waterfall.

Stretch may not be a dance, but it is really important in ballet. Stretch can help you with many things but the most important ones are having strength in your body, and balance. The two words can make a whole new movement in ballet. Using your strength is if your leg is really high and it's perfect you really have to lower it like you're going in slow motion. Balance is when you lower your leg you have to pretend that if you fall or even wiggle you can fall in a puddle of water or lava.

Modern can help you in ballet because you can really relax your body. You might be thinking is it not like jazz? No it really is not. Jazz and modern are completely two different things to do. Modern can help you really use your head, and move up your legs higher in when you're doing a movement. Modern can also help you with your pirouettes in ballet.

Conclusion

In conclusion there are many different types of dances that you can use in ballet. Now you can learn about these different types of dances that are used in the dance ballet.