

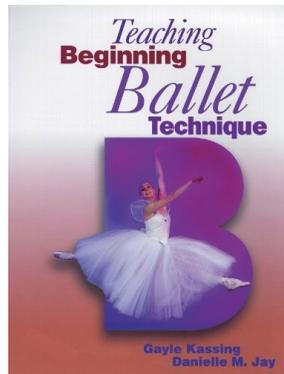
Morley College Waterloo Library A guide to resources for Ballet



Periodicals—Dancing Times

Technique and teaching (792.807)

A dictionary of ballet terms
Classical ballet technique
First steps in ballet: basic exercises at the barre
Second steps in ballet: basic center exercises
Third steps in ballet: basic allegro steps
Fourth steps in ballet: on your toes! - basic pointe work
Inside ballet technique, separating anatomical fact from fiction in the ballet class
On pointe: basic pointe work - beginner - low intermediate and a look at the USA International Ballet Competition
Teaching beginning ballet technique
The foundations of classical ballet technique
The language of ballet: a dictionary
Training turnout



Injury prevention and health (792.86)

Conditioning for dance: training for peak performance in all dance forms
Dance and dancers' injuries
Dance technique and injury prevention
Dancing longer, dancing stronger: a dancer's guide to improving technique and preventing injury
The injured dancer
The dance cure: the surprising secret to being smarter, stronger, happier

Ballet performances and documentaries on DVD (selection)

Ballet class for adult beginners
Ballet conditioning
Ballet fitness
Choreography by Balanchine (2 discs)
Coppelia
Dancing for Mr. B: six Balanchine ballerinas
Pavlova: a woman for all time
Sleeping Beauty (Kirov Ballet)
Swan Lake (Adventures in Motion Pictures)
Swan Lake (Kirov Ballet)
Sylvia (Royal Ballet)
The Nutcracker (Royal Ballet)
The Royal Ballet (Ondine, The Firebird and Swan lake, Act III)
The video dictionary of classical ballet

Ballet class music on compact disc

Laurent Choukroun Ballet Class music:
CDs, 1866, 1867, 1868, 1869, 1870, 1871
From the corner: original pieces for daily ballet class, CD 1874
Ballet music for barre and centre floor: elementary / intermediate / advanced CD 1621/1622/1623
Advanced 2 classical ballet CD 1917
Ballet barre CD 1916
Ballet centre CD 1914
Ballet class no.3 CD 2051
David Plumpton plays New Classics: inspirational ballet class music CD 2050
New music for ballet class CD 1915

More information about the library can be found on Moodle, vle.morleycollege.ac.uk. Note: Moodle will be phased out by the end of 2022 and material transferred to a new platform. We also have access to [JSTOR](http://www.jstor.org) log in as **MorleyCollege**, password **knowledge2019** using the login at the top right.



JSTOR

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