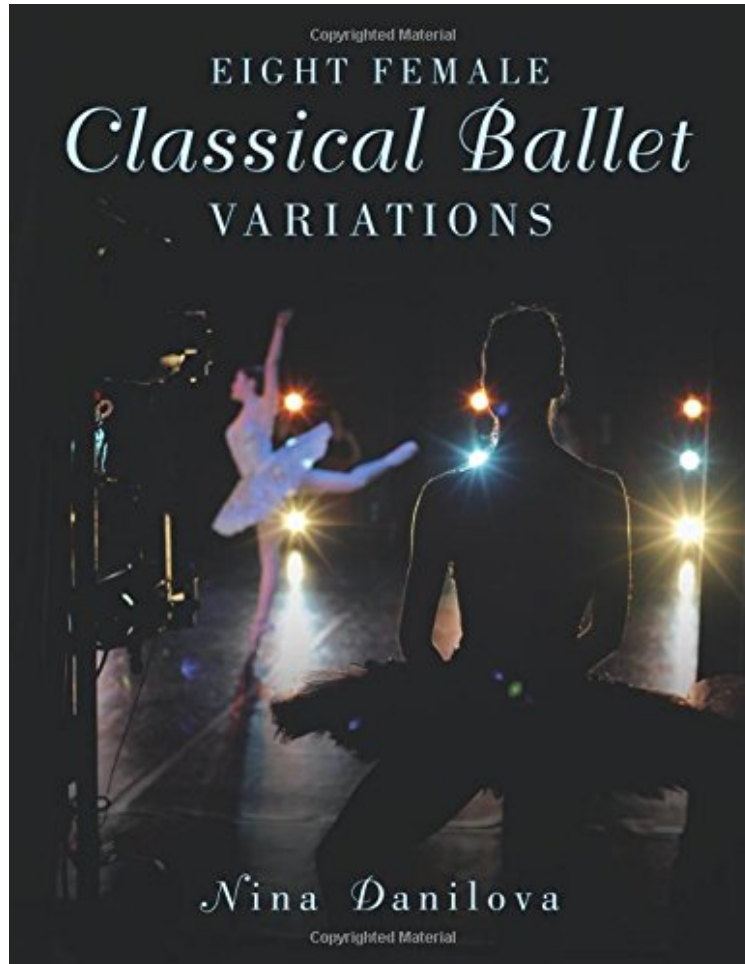


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Eight Female Classical Ballet Variations

Nina Danilova

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steps written out in an easy to learn abbreviated format with pictures to help you along, it provides important historical information to improve your understanding of what you are doing past executing the steps. There is additional information on how to incorporate this book into any school's variations program. With a unique take on how to work with students whatever their level (beginner to advanced), helping them to develop not only technically but as artist, while keeping true to classical ballet heritage. It's great for out of studio ballet study as well! 0 of 0 people found the following review helpful. this book is an excellent source for classical ballet teachers and mostly for classical ...By CustomerFor this era, where quantity is more important than quality, this book is an excellent source for classical ballet teachers and mostly for classical ballet students who are in the process of learning Variations, to understand the uniqueness of each Variation and the connection between the physical and spiritual phenomena of artistry, how Mrs Danilova explain in her book.

From the graceful flutter of Princess Florine at Sleeping Beauty's wedding to the playful jetes in the first act of Giselle, the variation - or short solo work - is one of the key elements of classical ballet. Arguing that true artistry requires in-depth knowledge, author Nina Danilova has worked with students for many years to focus on performing individual variations with the greatest extent of technical proficiency and artistic sensitivity. Eight Female Classical Ballet Variations lays out eight variations in the ballerina's repertoire. Each chapter is divided into five sections: a piano reduction of the score; a contextual note covering the history of the ballet, the plot, and memorable dancers who have performed the role; and instructions for dancing the variation itself, illustrated step by step. Accompanied by a comprehensive companion website, Eight Female Classical Ballet Variations pairs Danilova's method of teaching students with her decades of pedagogical experience.

"Nina Danilova has created a valuable resource for the aspiring dancer of classical ballet. Her system provides the teacher or the student with necessary tools to continue study and pass down classical variations to the next generation. Ms. Danilova is recognized in the dance world for her outstanding ability at training hundreds of young dancers for professional career. This book is a wonderful complement to any serious training program." -- Wanda H. Plemmons, Director, Academy of Dance Arts, Inc. "Nina Danilova has provided a detailed and useful guide for teaching these eight classical ballet variations. It is a valuable reference and resource to have in the classroom and ballet studio." -- Rick McCullough, Associate Professor, School of Dance, Florida State University "Nina Danilova has provided a detailed and useful guide for teaching these eight classical ballet variations. It is a valuable reference and resource to have in the classroom and ballet studio." -- Rick McCullough, Associate Professor, School of Dance, Florida State University "Its essentials are an excellent resource and a great benefit for all ballet students, delivering new perspectives for future professional careers."--Snezana Filipovska, Ph.D. "Nina Danilova's Eight Female Classical Ballet Variations book is a best example for gaining a knowledge of ballet skills. The years of her creative maturity, as an experienced dancer and professionally certified teacher, are an insidious source of inspiration to write this book, in which she has pointed out a well developed aesthetic principles of ballet skill. The Components and Models of teaching the Variations Course in her program, has enriched the theory bringing the artistic perfection to each student individuality, as well as improving the professional style. The textbook is marked with emotional hidden meanings and plastic meditations, in the manner that the students gain a new vision of genuine Variations."-- Snezana Filipovska, Ph.D. About the Author Nina Danilova is a Vaganova-trained dancer and a former member of the Kirov company. She holds a graduate degree in ballet pedagogy and has worked with the award-winning Pacific Northwest Ballet. She is currently Associate Professor of Dance at the University of North Carolina School of the Arts, where her popular variations class provided the inspiration for this book.