



# **On Pointe: Basic Pointe Work Beginner–Low Intermediate and a Look at the USA International Ballet Competition**

*Thalia Mara, Janice Barringer*

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This redesigned, updated, and expanded version of *Fourth Steps in Ballet: On Your Toes!* presents a simple exposition of beginner–low intermediate pointe work while inspiring students toward higher achievement. Serving as a reference for ballerinas, it includes illustrations and concise explanations of the steps and techniques that comprise the foundation of dancing on pointe, the ultimate in technical achievement. Information for further study leading up to preparation for competition, a history of the USA International Ballet Competition, and interviews with competition winners who have gone on to professional careers are provided. Also included are basics on the care of the feet and selecting and preparing slippers.

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