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In the 1600s, professional ballet companies began to emerge. Academie Royale de Musique (still in existence) is an example of such a company. Performers on stage have radically altered the art of ballet. Before, ballet audiences saw the performers from all angles. Choreography, however, changed this and began to focus on one aspect of dancers. The acceptance of ballet for female dancers was increased in the 19th Century. Marie Ann Cupis de Carmago raised their hemlines in order to better show their footwork. Marie Salle was Marie's successor and he focused more on athleticism. He also removed ballet shoes from his feet.

For dancing, dress should be comfortable. A pair of comfortable leggings is a good choice. An excellent idea is to always have water with you. Also, make sure you have extra tights or bobby pins in your dance bag before the first lesson. A healthy snack is a must.

Ballet can be a difficult and exhausting form of dance. The career of a professional ballet dancer can go on up to thirty years. It can be very rewarding but it is also extremely strenuous, which can result in serious injuries. It's vital that a dancer be physically fit and have a healthy mind.

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**Does the American Dance Institute studio in Shoreline,
Washington teach kids and adults?**

Yes, the American Dance Institute studio in Shoreline,
Washington, teaches kids and adults

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American Dance Institute Shoreline

206-402-6561

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