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Ballet began as an entertainment form that was only available to elites during the Renaissance. It is a form of art that includes many styles, including jumping, turning, and twisting. It is an excellent way to express emotions, as well as learn a new skill.

It doesn't matter if you are an absolute beginner or a pro dancer, the basics of ballet are important. To begin with, you must know how to control your body and move properly. It is also important that you know how to hold your hands in different positions so you can maintain your balance and elegance during performance. You should be able to master the three principal movements of ballet.

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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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Company Website : <https://www.americandanceinstitute.com/>

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