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Ballet Secrets for Skaters:

How to Hone Your Artistic Competitive Edge

by Barbara Denise Files

Do you command an audience's attention using graceful arm and head positions? Learn how...in the first ballet book designed for skaters! Ballet Secrets for Skaters unlocks the secrets of ballet technique in a fun and friendly style. Discover many tools and tips for proper placement of the upper body—the first place an audience looks.

- ▶ Photos of real figure skaters show common pitfalls and how to avoid them.
- ▶ Ballet Secrets and Quick Checks help you remember these points on the ice.
- ▶ Emphasis on making a winning impression—even when you stand still.

Bonus! Olympic Gold Medallist Viktor Petrenko and World Ladies Champion Yuka Sato—famous for their artistic expression—offer advice and inspiration for today's competitive skaters. Russian-trained dancer, teacher and choreographer Barbara Denise Files designed this essential guide for skaters, coaches, dance teachers and skating enthusiasts of all ages and abilities.

For more information about the book or workshops, E-Mail your comments or questions to:

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