



The Perfect Pointe Book: All You Need to Get on Pointe, Stay on Pointe and Be the Very Best Dancer You Can Be! (Paperback) - Common

By (author) Lisa A Howell B Phty

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This unique book gives you the extra help you need to really get strong enough for pointe work. It includes lots of exercises, divided into four simple stages to work on; the flexibility of your feet and ankles, the strength of your little foot muscles, your turnout and your core control. It also guides you through tests for each stage so that you can work out where you problem areas are! This boo...

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