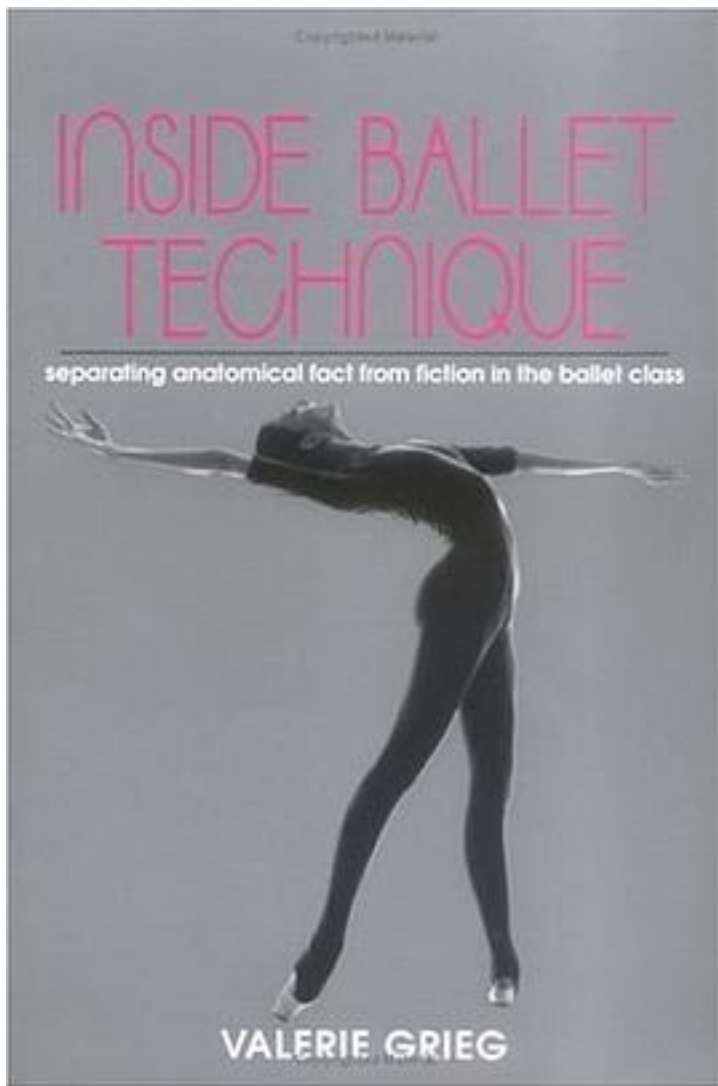


# Inside Ballet Technique



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著者:Valerie Grieg

出版者:Princeton Book Company Publishers

出版时间:1994-05

装帧:Paperback

isbn:9780871271914

With its focus on the natural laws governing human movement and ballet technique, this book gives clear and detailed scientific information relating to the ballet dancer's daily pursuit of strength, flexibility, mobility, and control.

作者介绍:

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