

MY FIRST DANCE BOOK



by

Nadia Chilkovsky and

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Nicholas Nahumck

THIS IS DANCE WRITING. IT IS CALLED LABANOTATION.
IT WAS INVENTED BY MR. RUDOLPH LABAN.
THIS BOOK SHOWS US HOW TO READ AND TO WRITE
WALKING, JUMPING AND THE FIVE BALLET POSITIONS
FOR THE FEET.

THERE ARE OTHER BOOKS WHICH SHOW US HOW TO
READ AND TO WRITE MOVEMENTS FOR THE WHOLE
BODY.

WHEN WE HAVE LEARNED ALL THESE THINGS WE
SHALL BE ABLE TO DO DANCES THAT OTHER PEOPLE
HAVE WRITTEN DOWN AND WE SHALL ALSO BE ABLE
TO PERFORM DANCES WHICH WE MAKE UP
OURSELVES.



STAND ON RIGHT FOOT

KNEE STRAIGHT

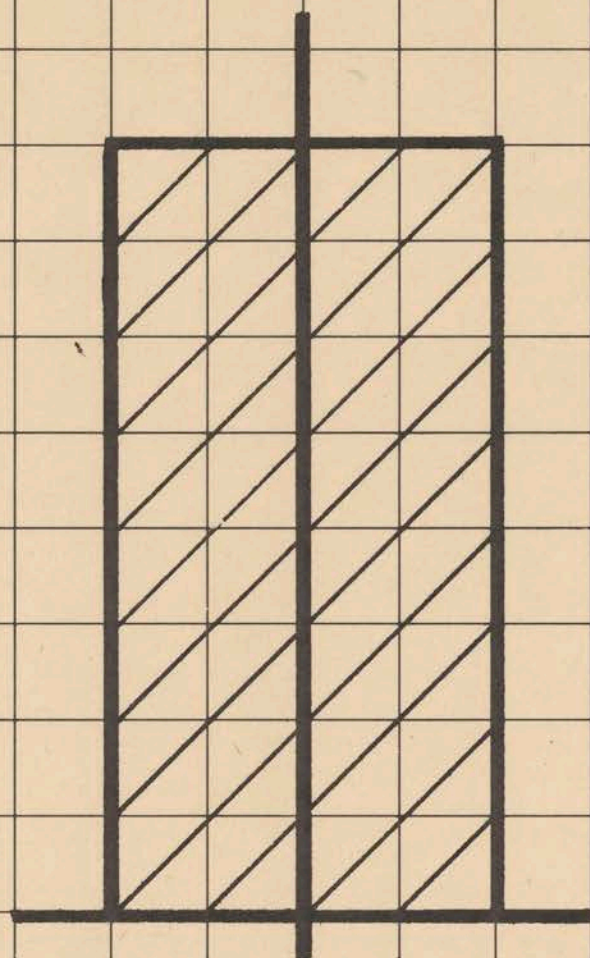
MIDDLE LEVEL



STAND ON LEFT FOOT

KNEE STRAIGHT

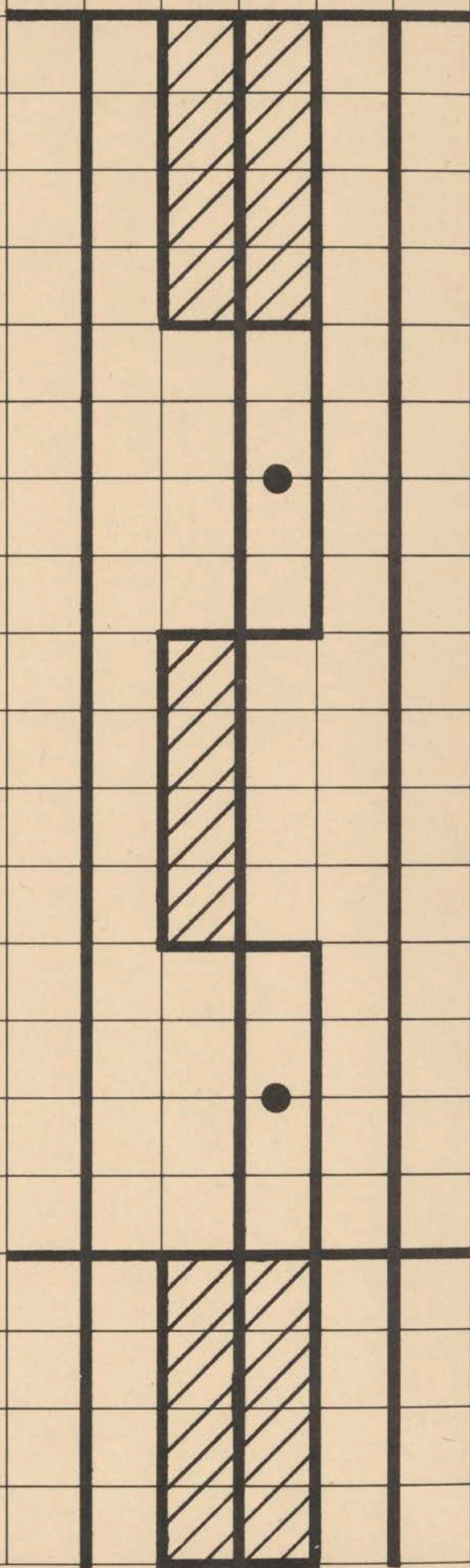
MIDDLE LEVEL

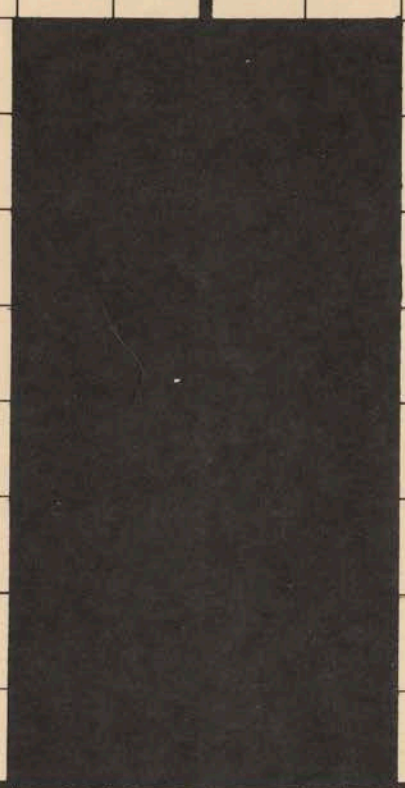


STAND ON BOTH FEET ON THE TOES

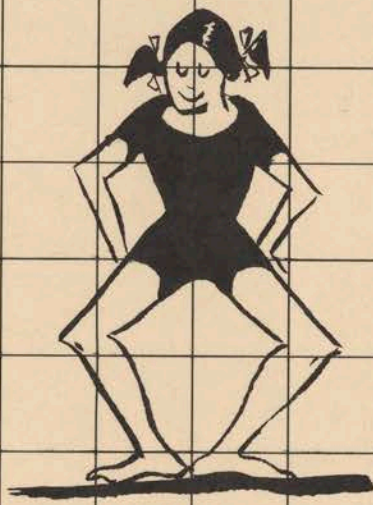


HIGH LEVEL

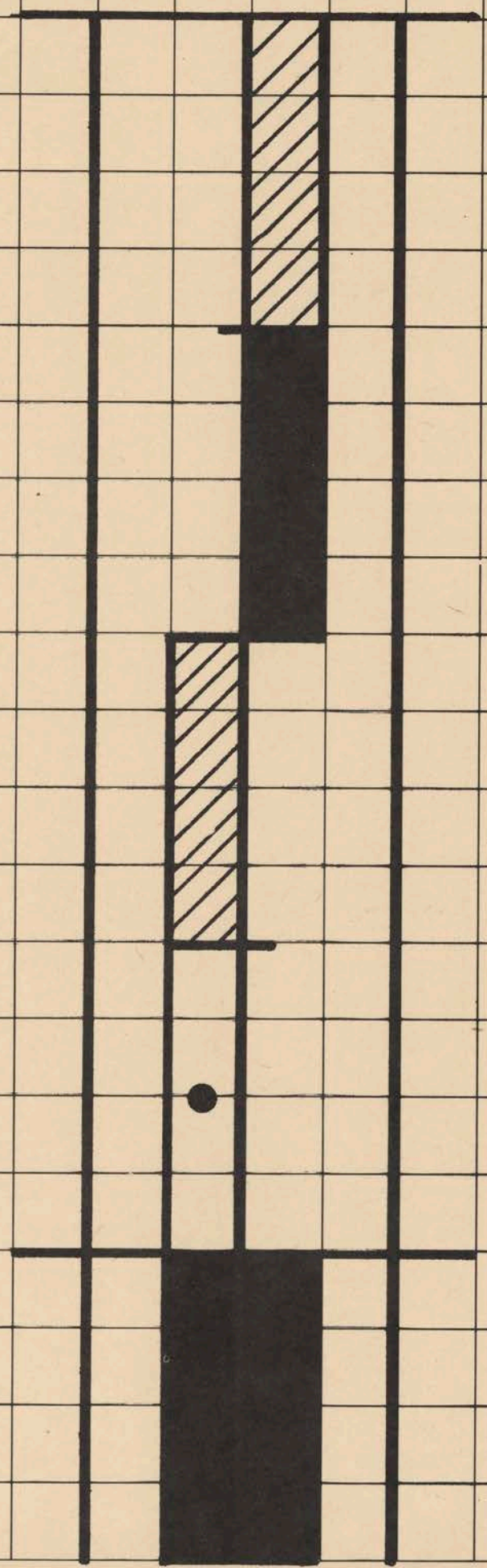


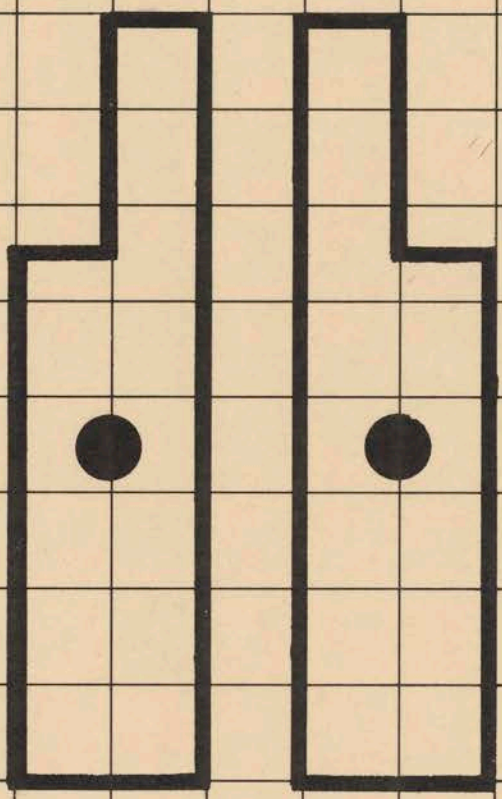


STAND ON BOTH FEET KNEES BENT



LOW LEVEL



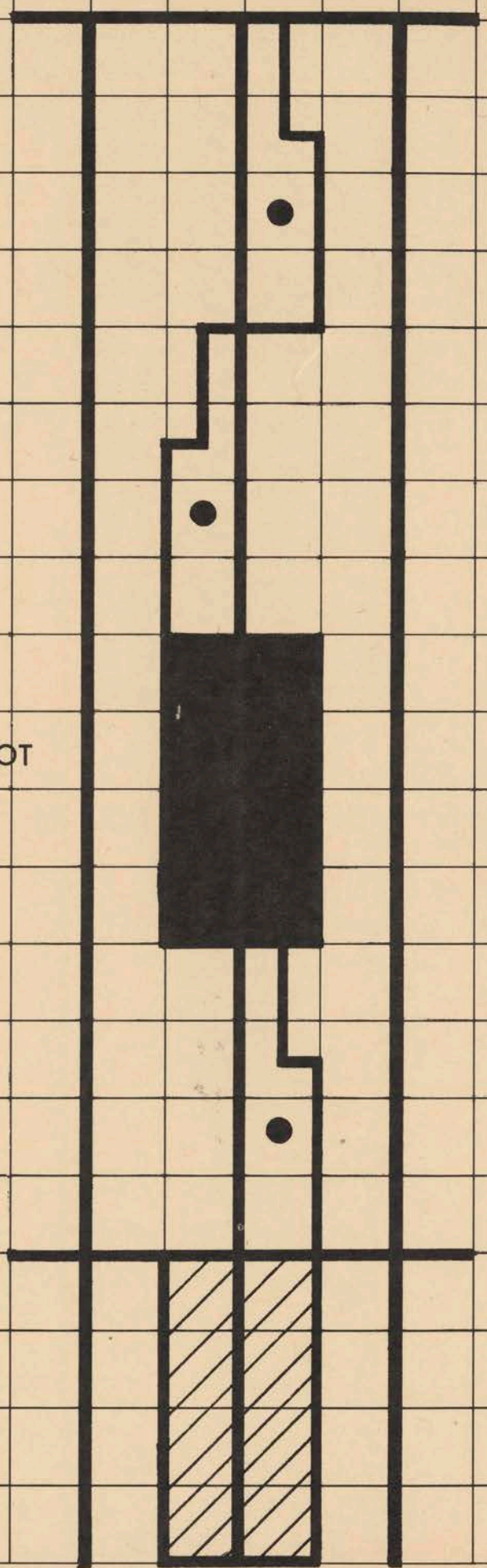


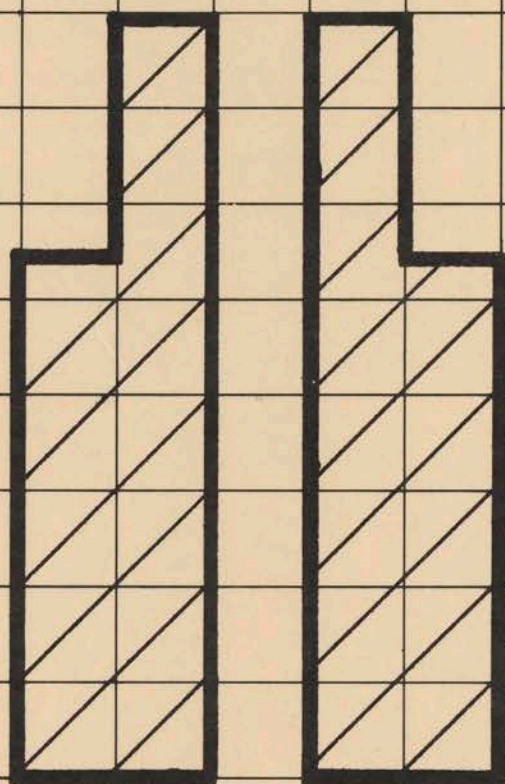
LEFT FOOT

RIGHT FOOT

STEP FORWARD

MIDDLE LEVEL



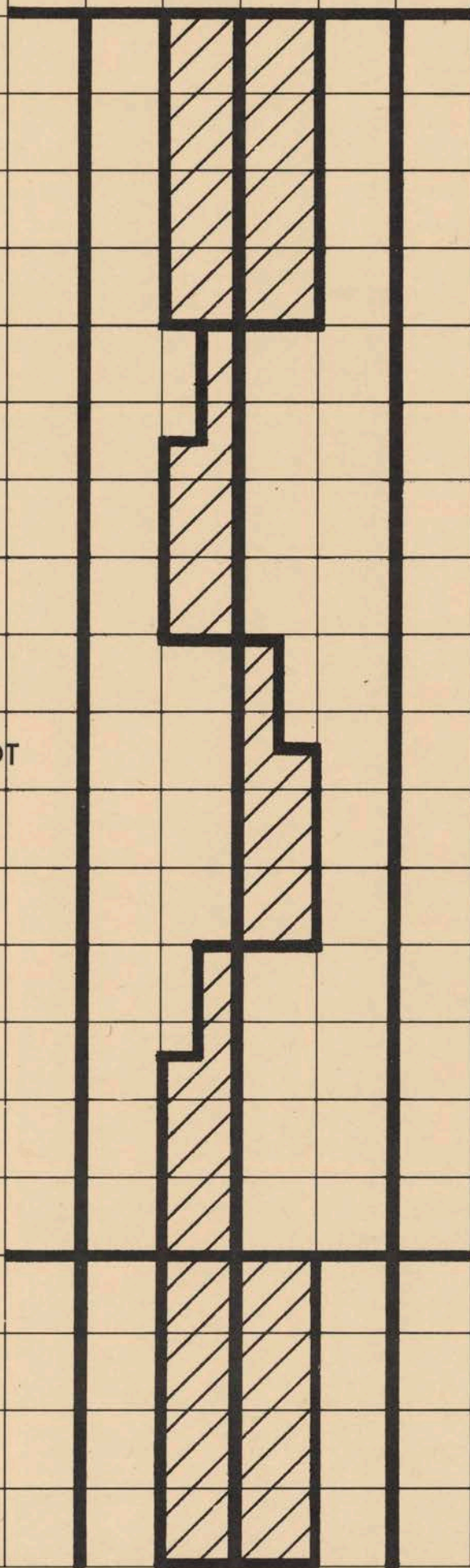


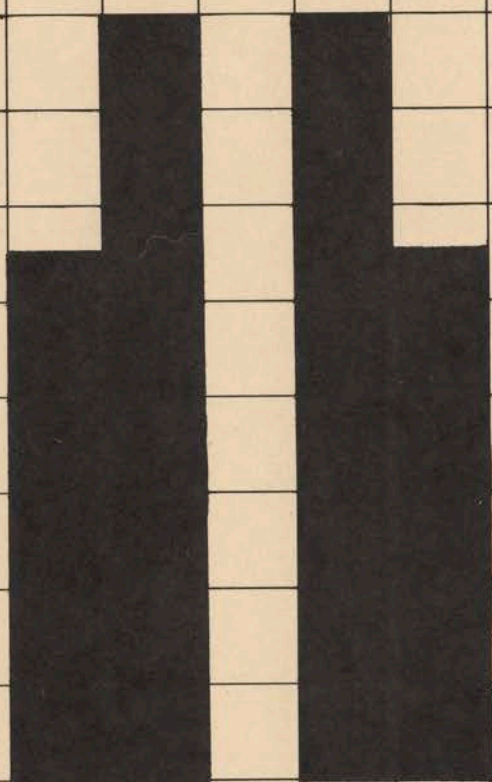
LEFT FOOT

RIGHT FOOT

STEP FORWARD

HIGH LEVEL



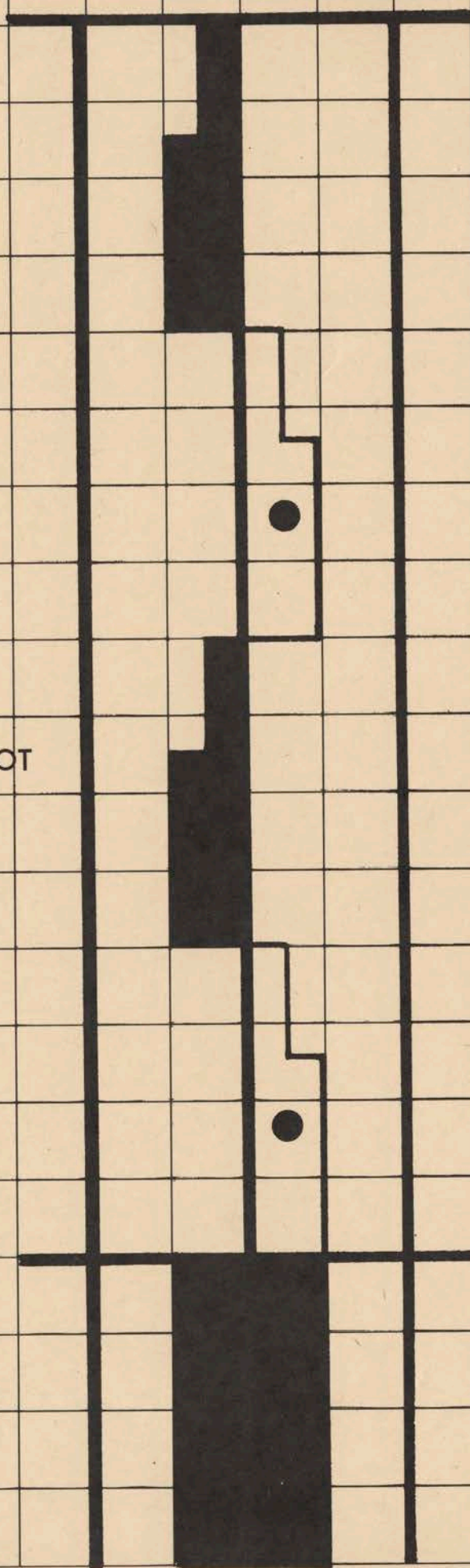


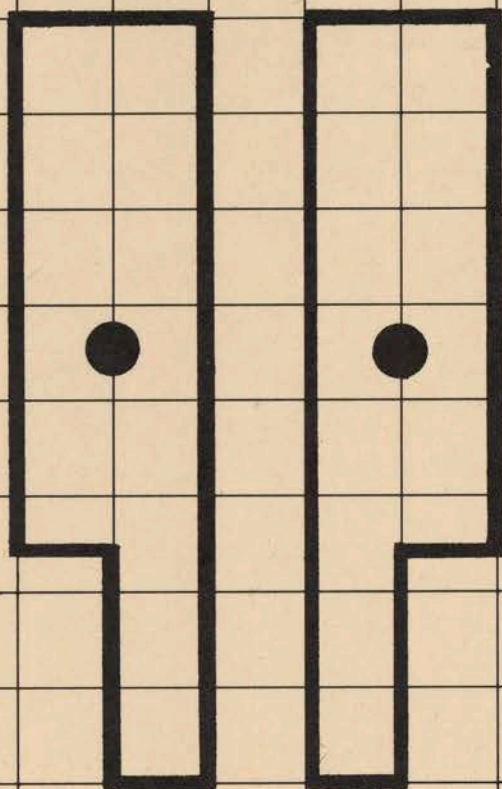
LEFT	FOOT
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RIGHT FOOT

STEP FORWARD

LOW LEVEL



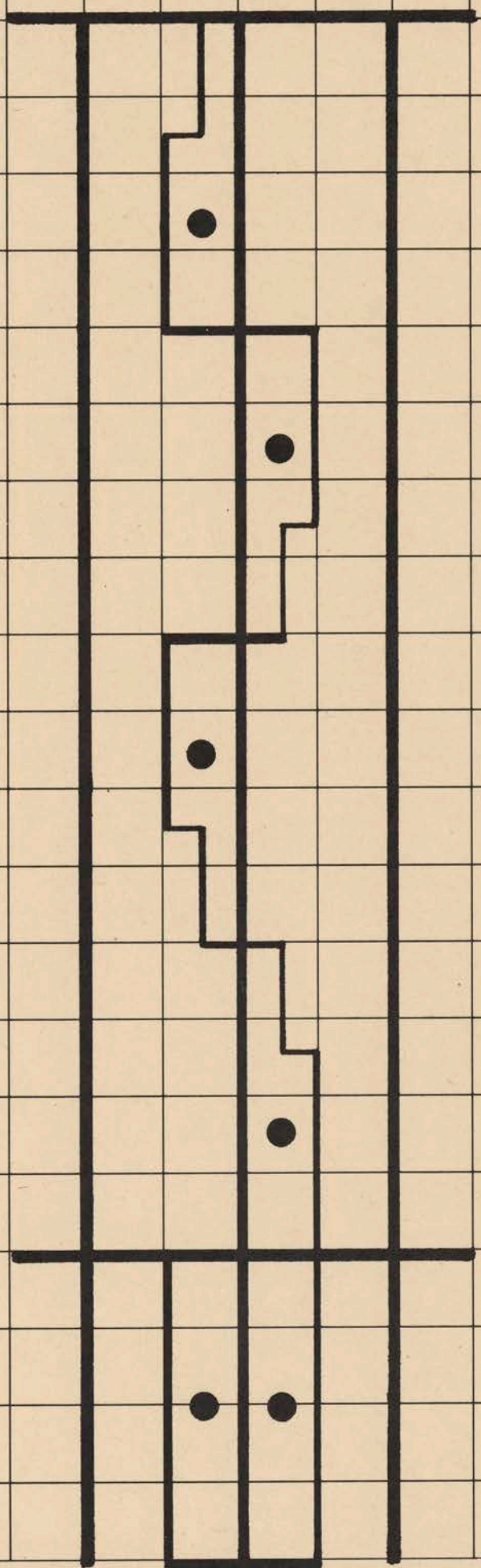


LEFT FOOT

RIGHT FOOT

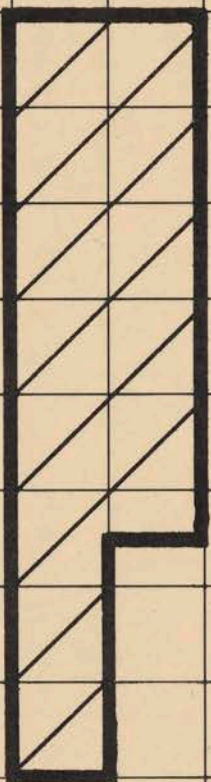
STEP BACKWARD

MIDDLE LEVEL





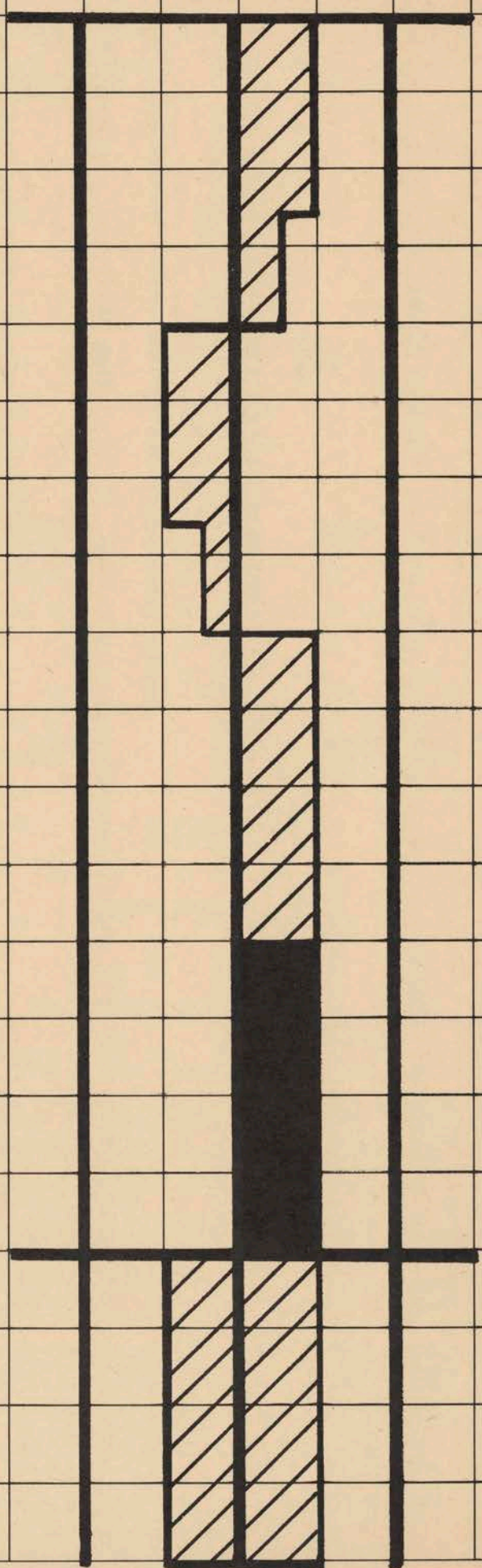
LEFT FOOT

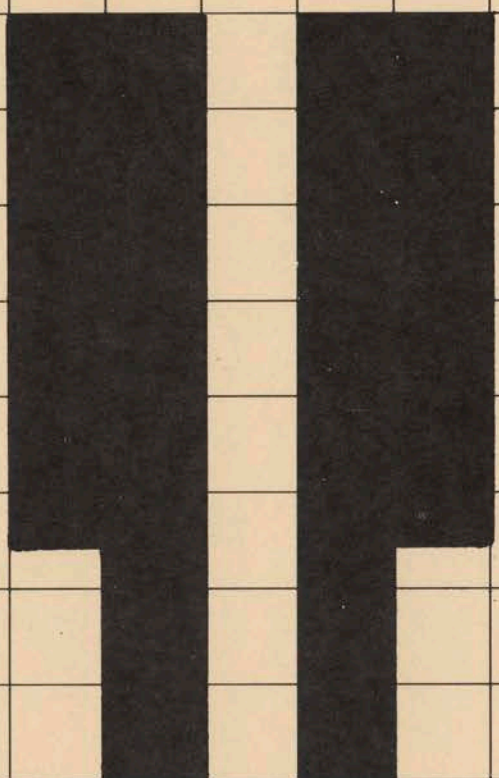


RIGHT FOOT

STEP BACKWARD

HIGH LEVEL



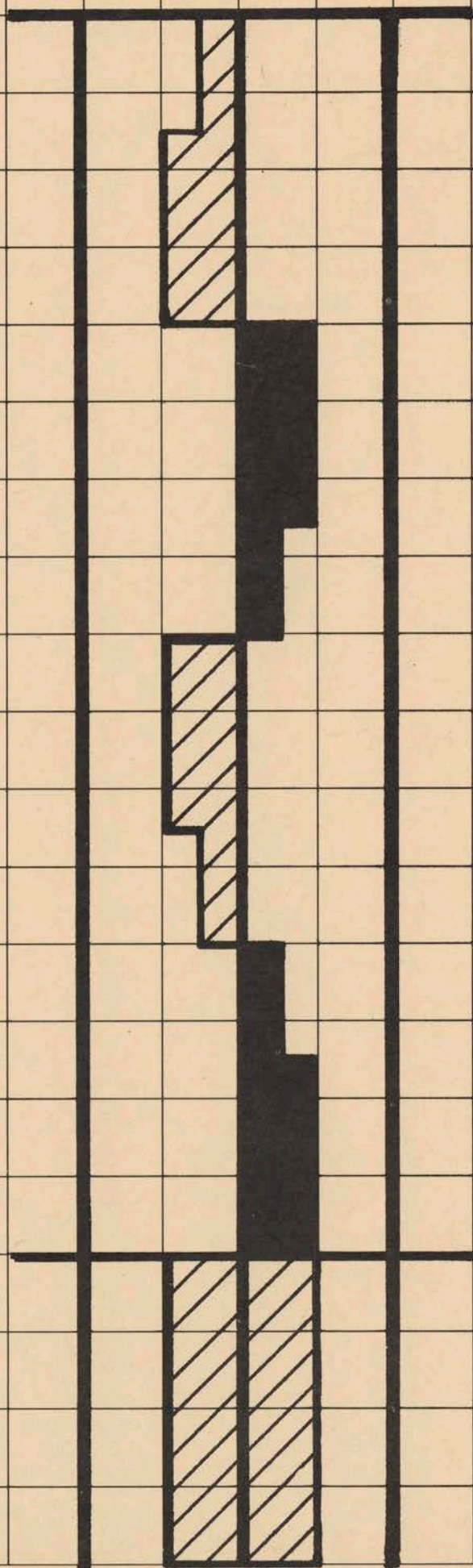


LEFT FOOT

RIGHT FOOT

STEP BACKWARD

LOW LEVEL

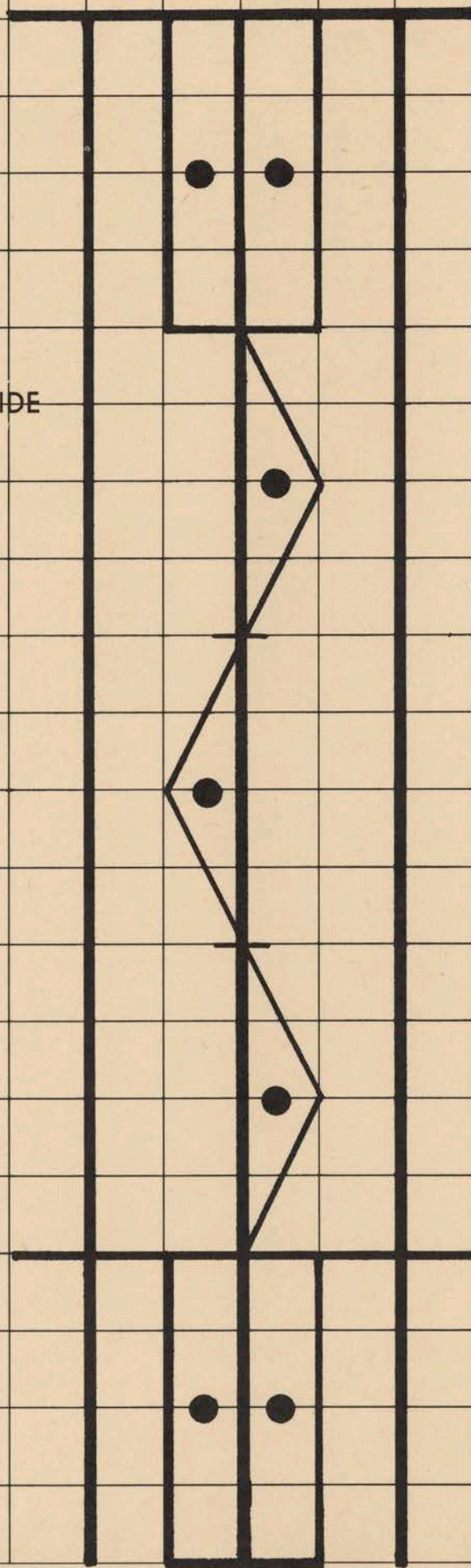


LEFT SIDE

RIGHT SIDE

STEP SIDEWARD

MIDDLE LEVEL

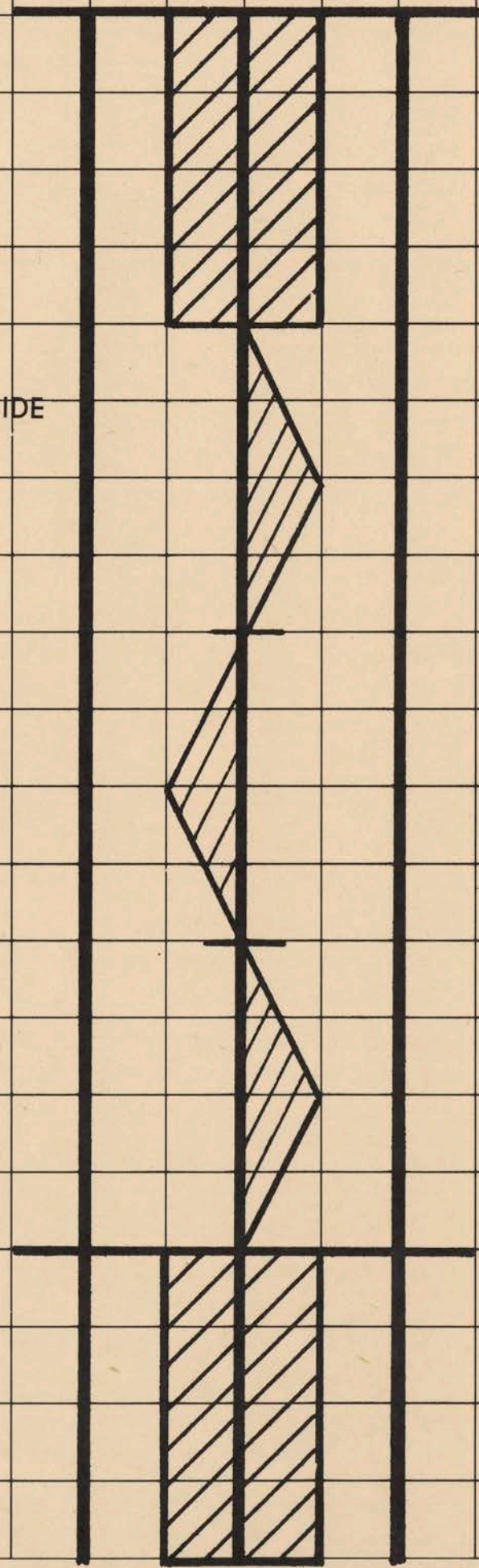
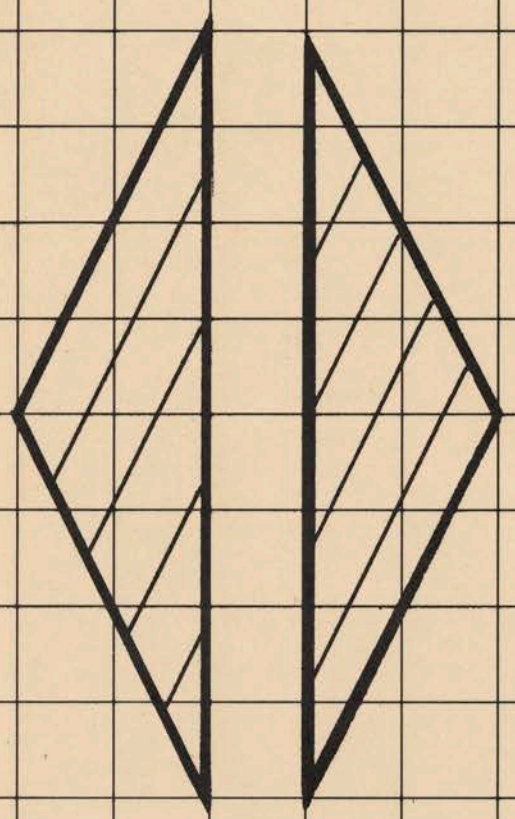


LEFT SIDE

RIGHT SIDE

STEP SIDEWARD

HIGH LEVEL

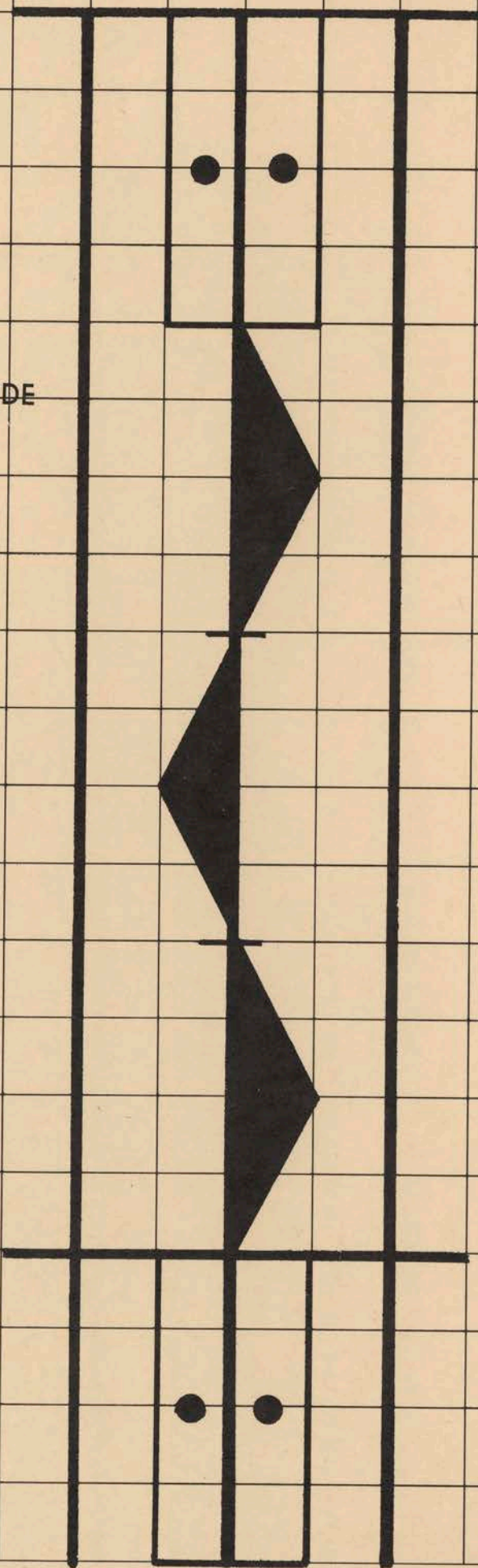


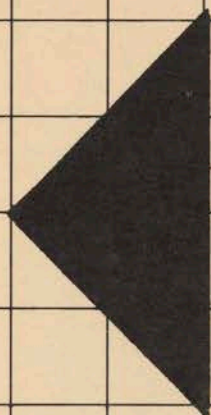
LEFT SIDE

RIGHT SIDE

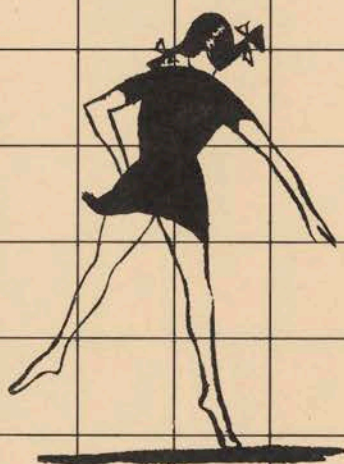
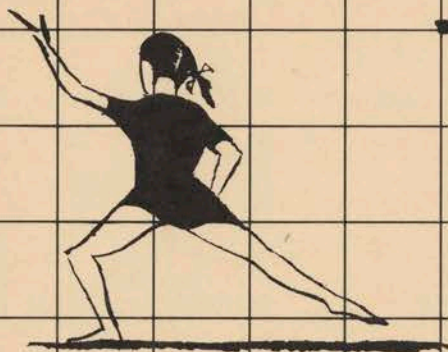
STEP SIDEWARD

LOW LEVEL

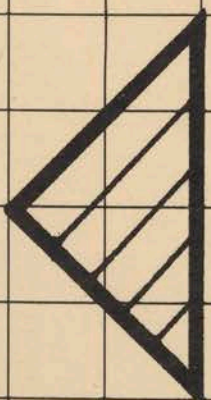




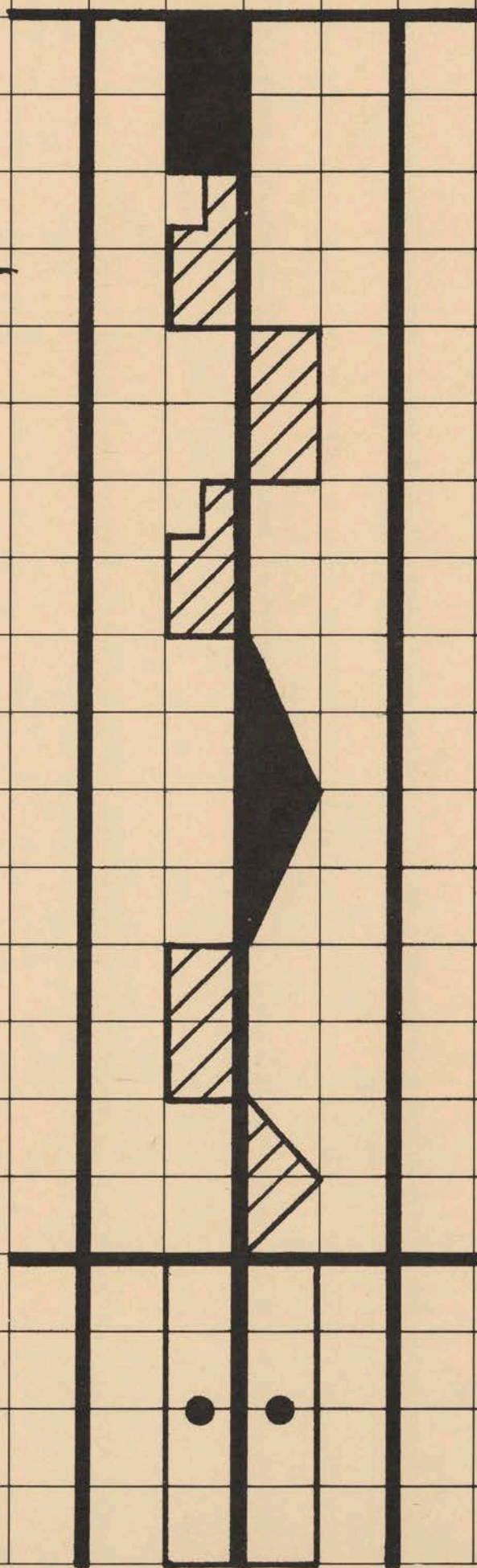
QUICK STEP

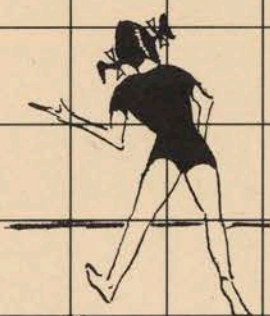
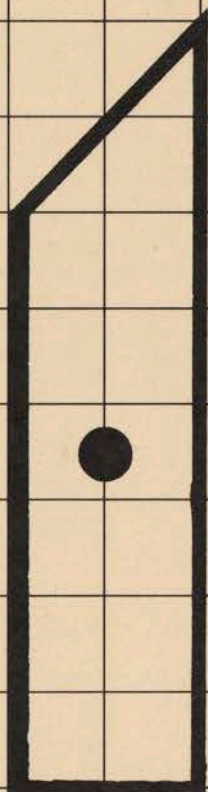
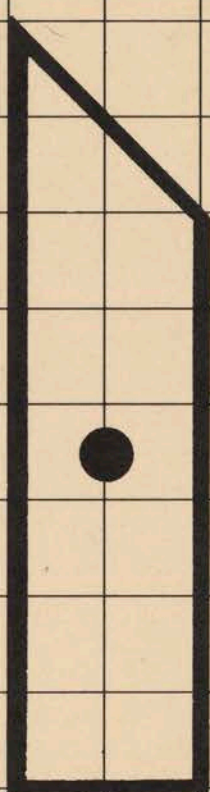


SLOW STEP



QUICK STEP

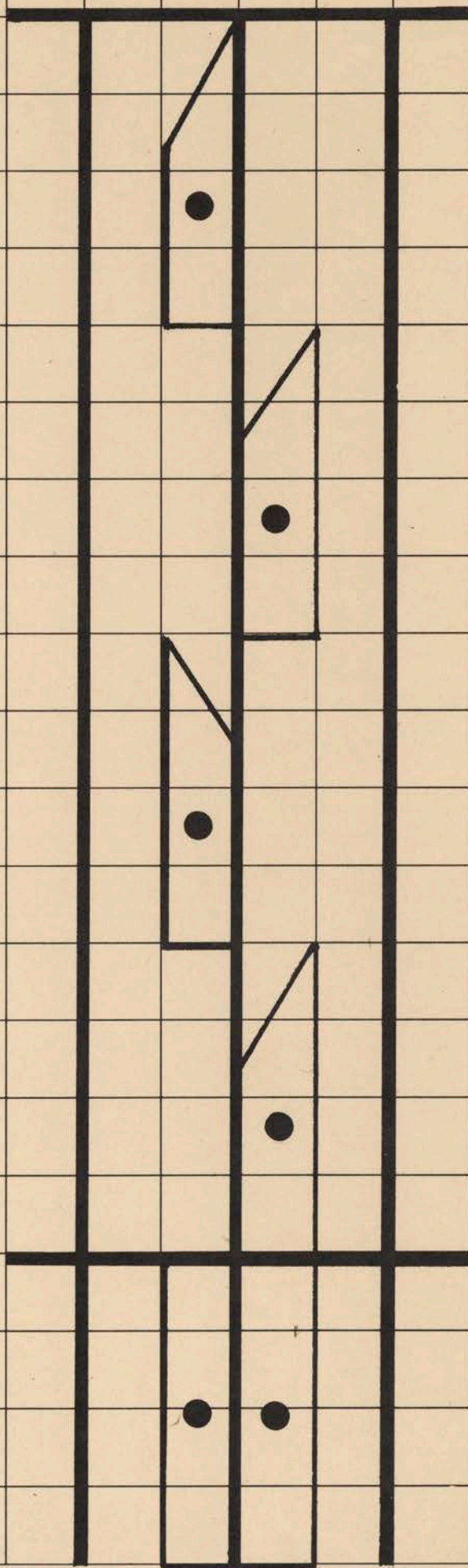


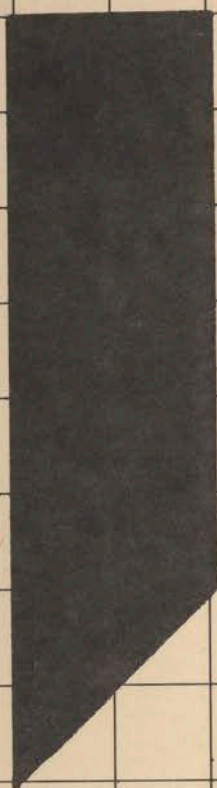


Diagonally
Left Forward



Diagonally
Right Forward



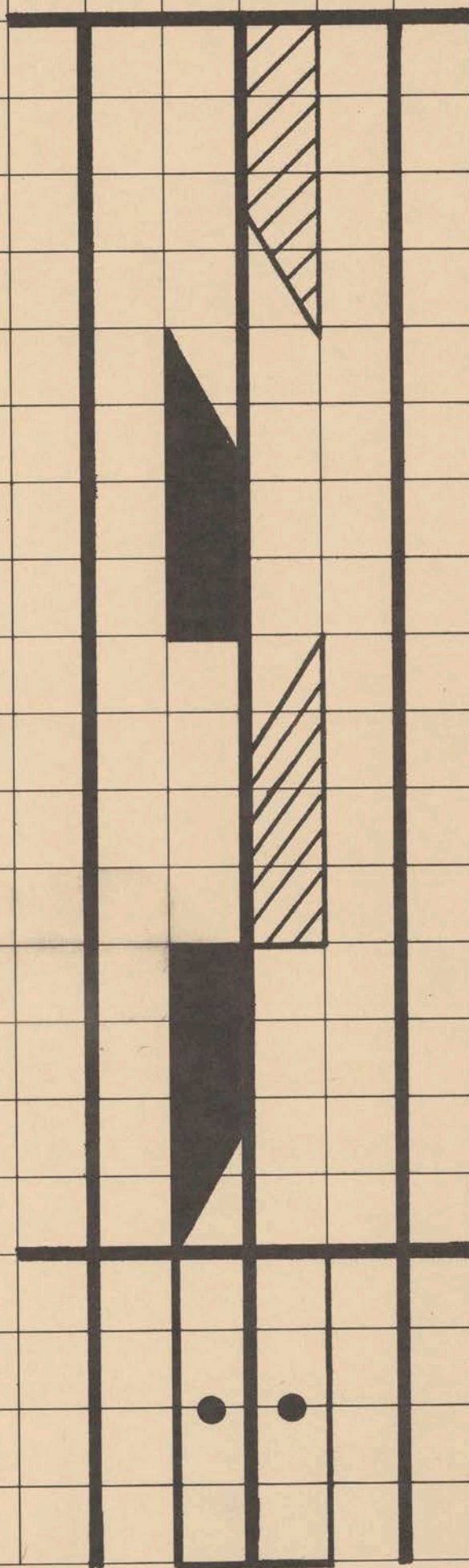


Diagonally
Left Back

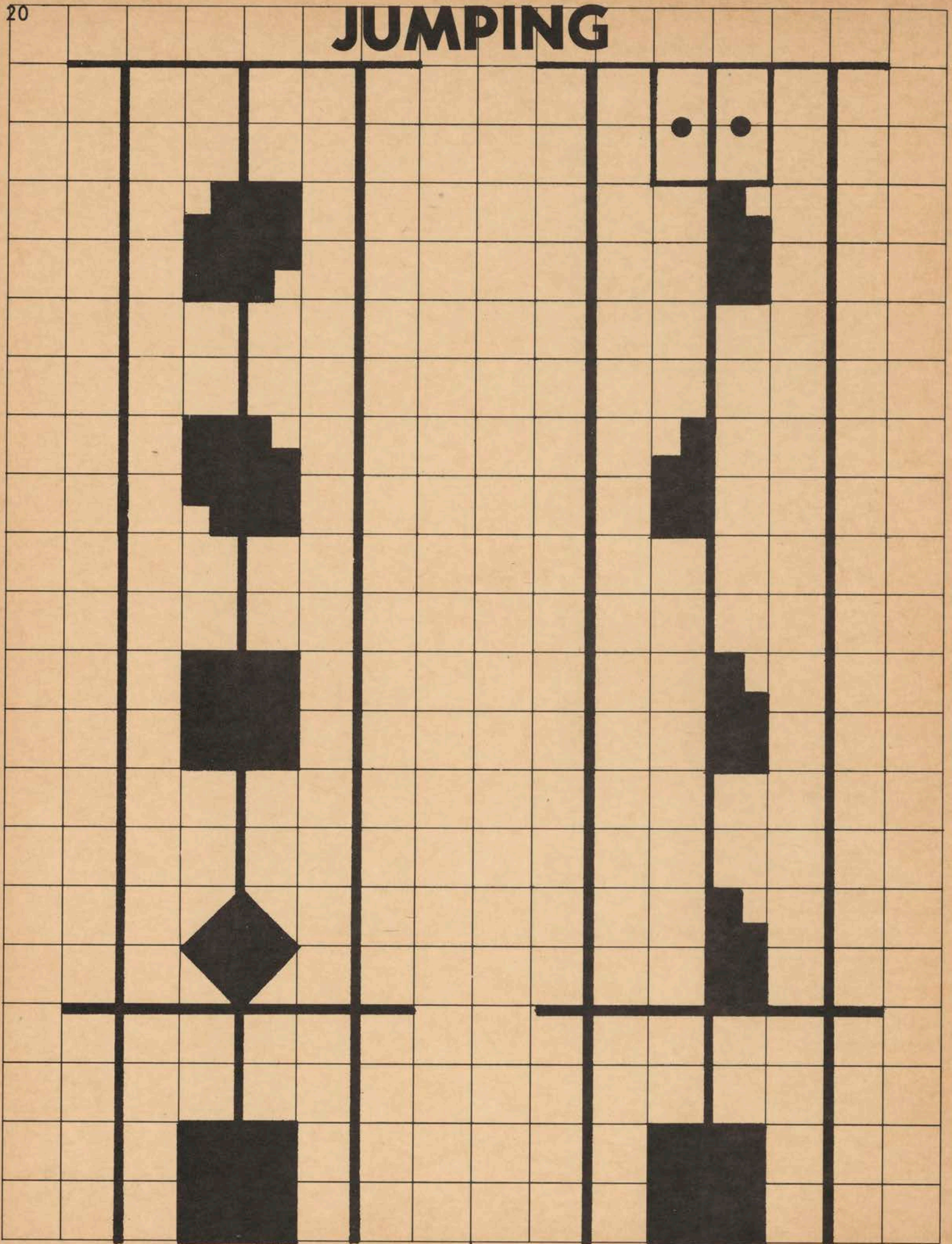
KNEE BENT

Diagonally
Right Back

ON THE TOE



JUMPING

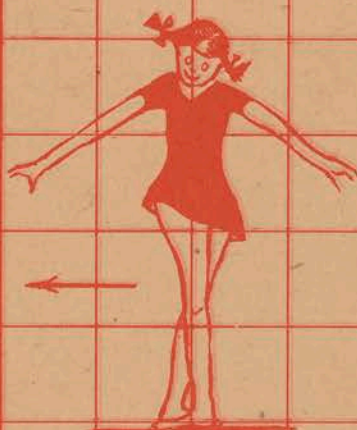


BALLET POSITIONS FOR THE FEET

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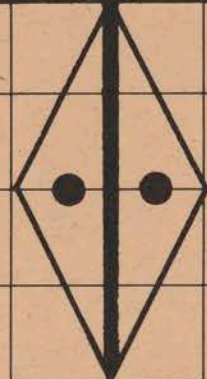
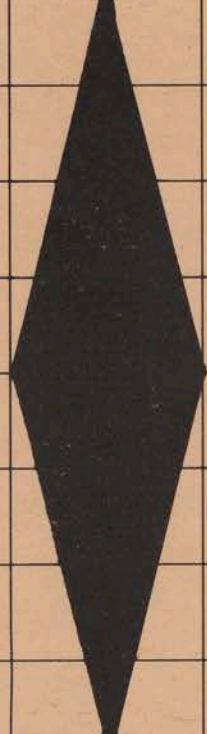
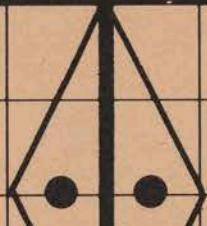
3rd POSITION



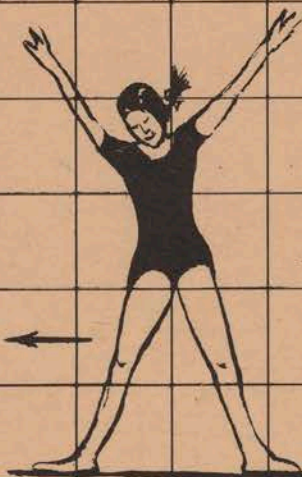
5th POSITION



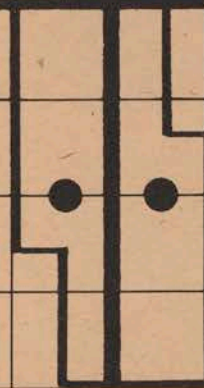
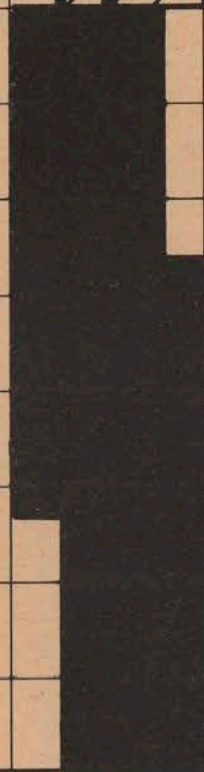
1st POSITION



4th POSITION

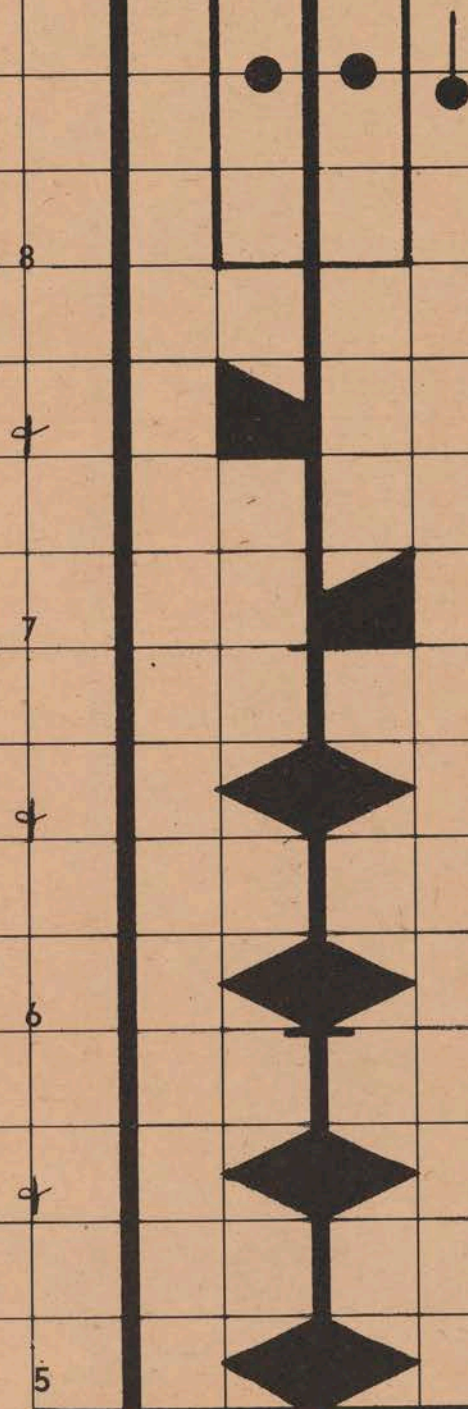
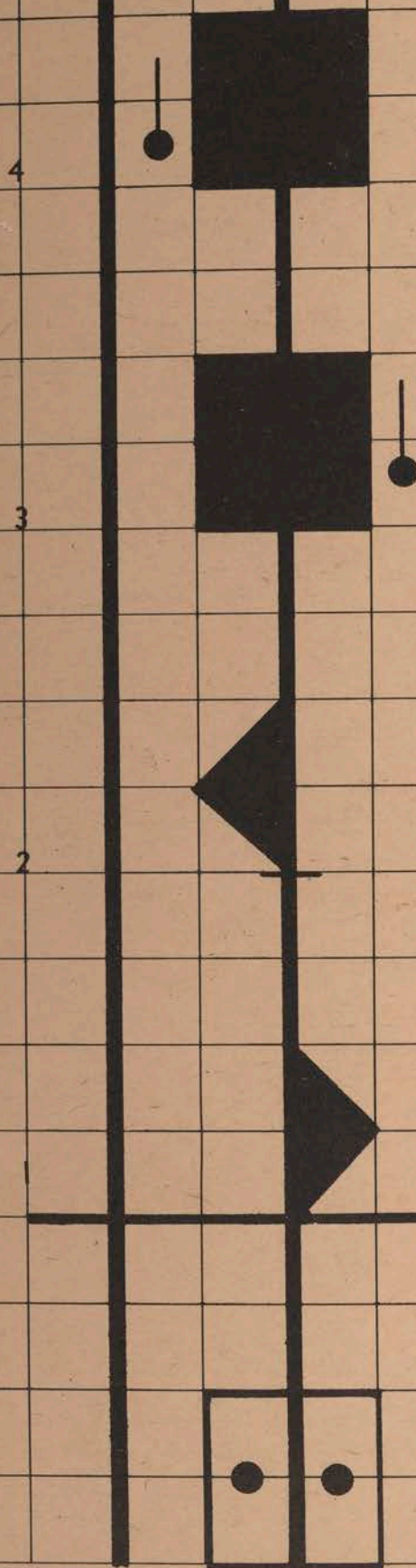


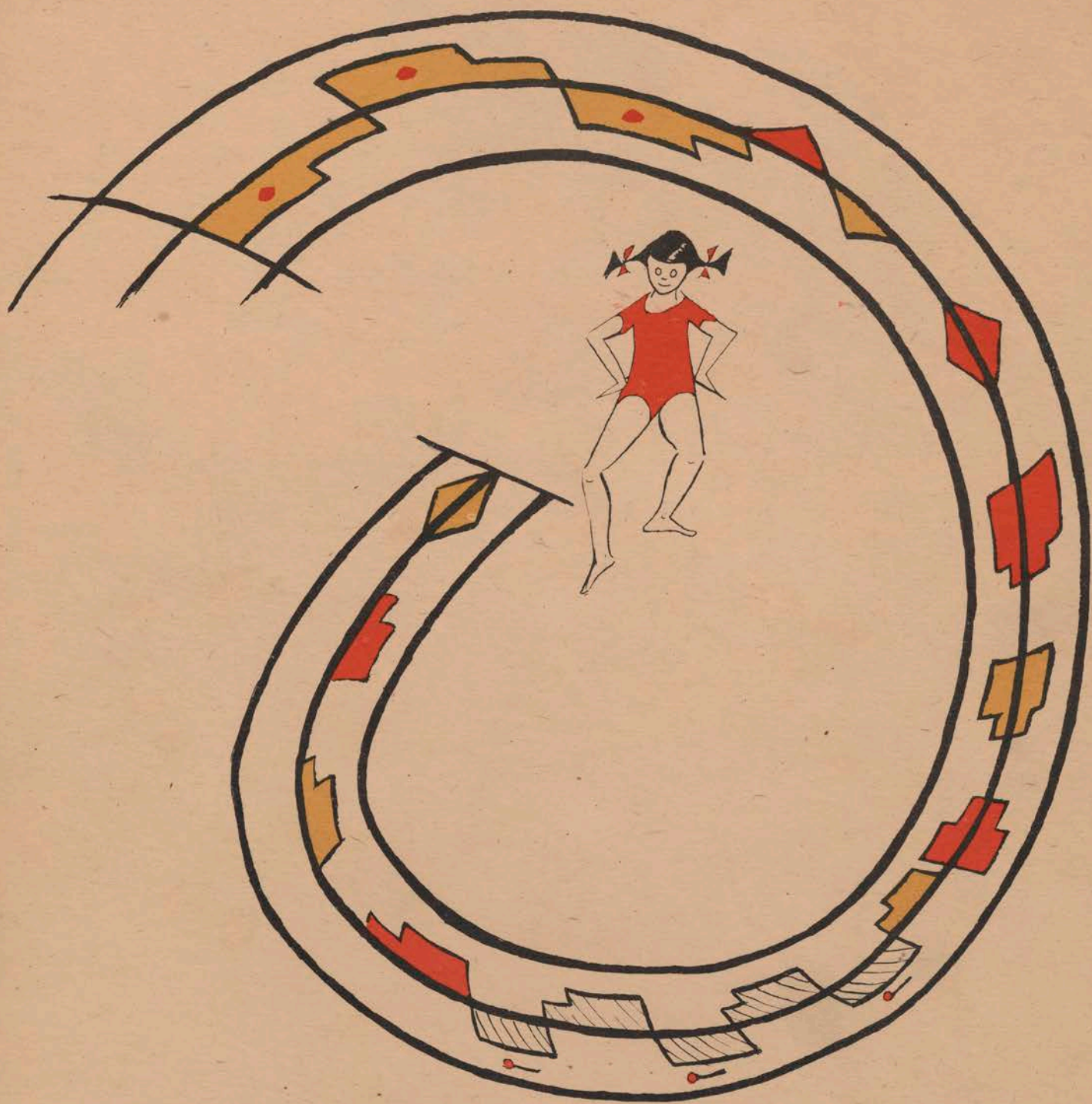
2nd POSITION



JUMPING DANCE

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NAME _____

ADDRESS _____