MY FIRST DANCE BOOK

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by

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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 BOTH FEET
KNEES 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  RIGHT FOOT
STEP BACKWARD  MIDDLE LEVEL
STEP SIDeward
MIDDLE LEVEL
LEFT SIDE

RIGHT SIDE

STEP SIDeward

LOW LEVEL
Diagonally
Diagonally
Left Back
Right Back
Knee Bent
On the Toe
BALLET POSITIONS FOR THE FEET

3rd POSITION

5th POSITION

1st POSITION
JUMPING DANCE

Diagram consisting of geometric shapes and numbers arranged in a grid.