

## THE GHOSTLIGHT ARTS INITIATIVE

### Dance Foundations:

*Building With the Barre*

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#### **BASICS:**

[Ballet Education Book PDF](#)

[Ballet Terms & Definitions PDF](#)

[Misty Copeland 5 basic stretches](#)

[Ballet Positions JPEG](#)

[Basic Ballet Positions Webpage](#)

[Ballet Glossary YouTube Resources](#)

#### **BLACK DANCE COMPANIES:**

[Alvin Ailey Classes](#)

[Deeply Rooted Dance Theatre Classes](#)

[ABT History w/ Misty Copeland](#)

[ABT convo w/ Misty Copeland & Calvin Royal III about R&J](#)

[Alvin Ailey - LAZARUS by Rennie Harris](#)

[Rennie Harris on choreographing for Alvin Ailey](#)

[Alvin Ailey - Ounce of Faith by Darrell Grand Moultrie](#)

[Alvin Ailey Dance Theatre: Chroma, Grace, Takademe, Revelations \(2015\)](#)

[Inside look - Dance Theatre of Harlem](#)

[Dance Theatre of Harlem - Da' Von Doane](#)

[Dance Theatre of Harlem - Dancing Through Harlem](#)

#### **BALLET SUBGENRES**

[Contemporary Ballet example](#)

[Classic Ballet example](#)

#### **PURCHASES:**

[Black Dancewear companies](#)

[Fulfit Portable Ballet Barre](#)

[Best Freestanding Barre Bars](#)

[The 10 Best Foam Rollers](#)

[Theraband Resistance Band Set](#)

OBSIDIAN  
THEATRE  
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