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O, what a ballet-dance! Without missing even one, I looked at every step that the small ballet dancers performed on the annual day of the school where I was a teacher. I couldnâ€™t look anywhere else until the performance got over. The smooth moves with those baby pink colored frocks with frills on them was interesting to watch, and anybody who has interest in dance would want to perform on the stage with the little small girls with an appearance of angels. I was proud for being a part of the school where ballet is taught to the students, because of which they could perform so well and also their talents had been exhibited.

Ballet is a type of dance that originated in the Italian Renaissance in the 15th century, and which was further developed in countries like France and Russia as a form of dance concert. The early parts led the development of the proscenium stage and were presented in huge halls with most of the spectators seated on rows or galleries surrounding three sides of the dance floor. Since then it has become a highly technical dance form with a flow completely of its own. It is primarily done with the addition of classical music and has been prominent as a form of classic dance throughout the globe. Ballet is mostly taught in ballet schools across the world, which use their own cultures and societies to let others know their art, but now in many schools also it is been taught to the students.

Trained artists choreograph the ballet dance before it is being performed because the dance steps are quite difficult and cannot be taught easily if the trainers themselves are not fully trained. It is a balanced style of dance that includes the initial techniques that can help many other dance forms as well. This specific genre of dance is quite difficult to learn and teach and also requires much practice.

Ballet is taught in many schools as a dance form these days with a motive to teach students a different genre of dance. Schools teach dance to the students also to keep them fit and healthy because dance is considered to be the best physical exercise. They allow students to participate dance classes from an age of three years. The more somebody dances, the more the personâ€™s health will be fine. In many schools, it is mandatory for the students to join dance classes. Therefore, for students also it is much beneficial.

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