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Ballet originally was a form for entertainment. It was performed only to benefit the wealthy Renaissance elite. The art of ballet is now a variety of styles that include jumping, dancing, and other gestures. It's a wonderful way to show emotions or learn a new skill.

Introverts may have problems performing certain tasks. These can be a problem in the beginning. Rather than focusing on what's tricky for you, focus on the other aspects of dance. Focus on your movement, and how your arms and feet are aligned. Use mirror images to teach you more about the aspects of the dance.

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