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Ballet can be a difficult and exhausting form of dance. The career of a professional ballet dancer can last for up to thirty years. Although it's rewarding and challenging, the work can also be extremely dangerous. A dancer must be healthy and fit.

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dance classes Olympic Hills

Ballet dances today are choreographed often to modern music. While some ballet fans love this new style, traditionalists see it as an insult to the tradition. It's also important to remember that ballet has always been a dynamic art form and changes over time. Although the most current form of ballet has been around for less than 100 years, the art form has seen a great deal of change over time.

When dancing, you should dress comfortably. Comfortable leggings are a great choice. It's also a good idea to have a water bottle with you. Prepare your dance bag and extra tights before you go to the first lesson. You should also bring some healthy snacks.

In addition to being fun, dancing also improves your mental health. You improve your mental and physical strength, balance and agility as well. Plus, it reduces stress and depression. It has been demonstrated that dancing can improve moods, and decrease the risk of getting many kinds of illnesses. You can lose weight, feel happier and healthier through dancing.

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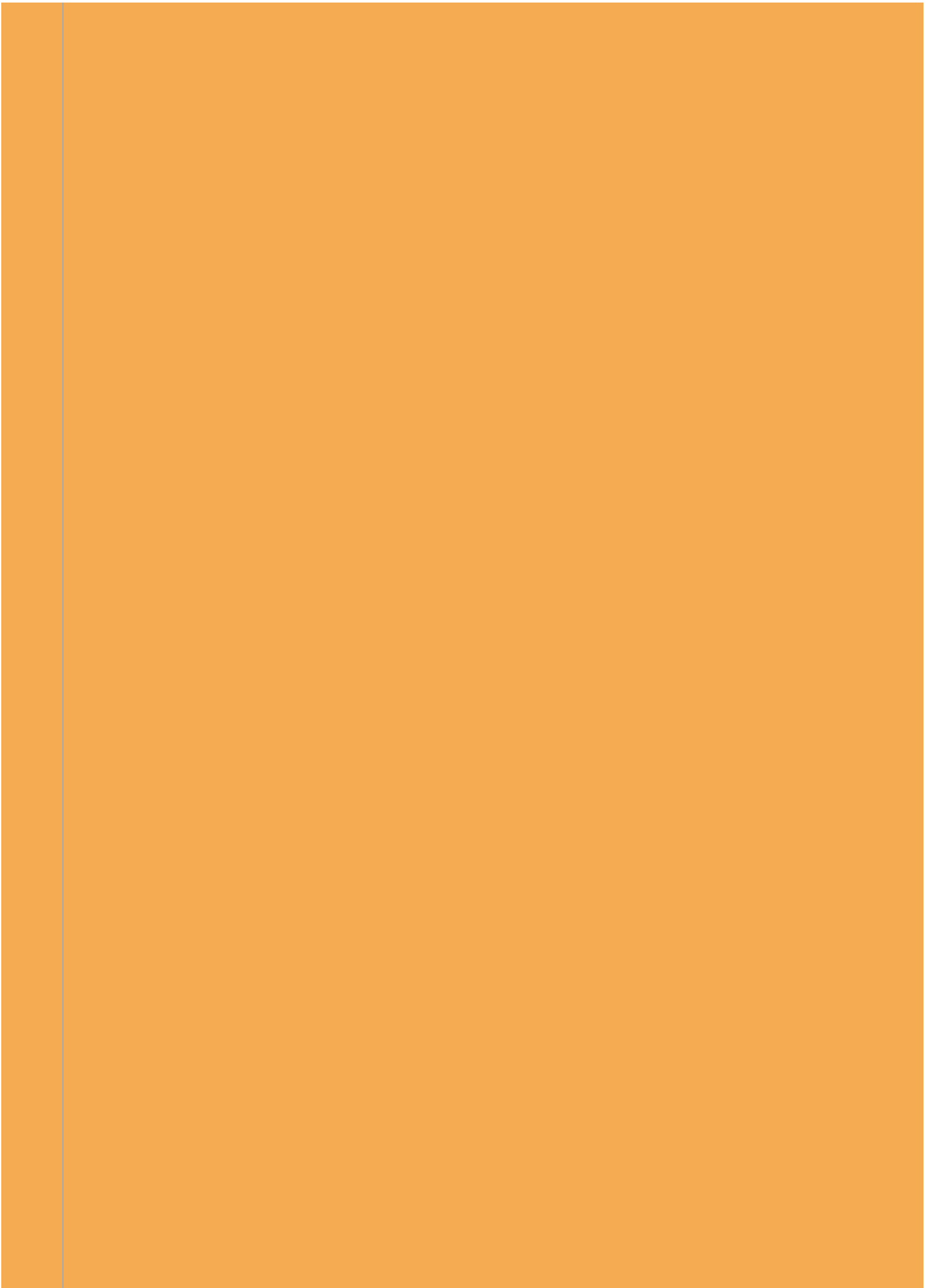
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Wikipedia says this about Shoreline



Wikipedia

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The Free Encyclopedia

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Shoreline, Washington

From Wikipedia, the free encyclopedia

Shoreline, Washington

City

Shoreline City Hall

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Shoreline City Hall

Location of Shoreline, Washington

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Location of Shoreline, Washington

Coordinates:

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47°45'23"N 122°20'23"W

Coordinates:

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47°45'23"N 122°20'23"W

Country

United States

State Washington

County King

City 1995

Government

• **Type** Council–manager

• **Mayor** Keith Scully^[1]

• **Manager** Bristol S. Ellington

Area

^[2]

• **Total** 12.44 sq mi (32.21 km²)

• **Land** 11.63 sq mi (30.13 km²)

• **Water** 0.80 sq mi (2.08 km²)

Elevation 476 ft (145 m)

Population

(2020)[3]

• **Total** 58,608

• **Estimate**

57,918

(2021)[4]

• **Rank**

US: 683rd

WA: 22nd

• **Density**

4,901.33/sq mi (1,892.46/km²
)

Time zone

UTC-8 (Pacific (PST))

• Summer (DST)	UTC-7 (PDT)
ZIP codes	98133, 98155, 98177
Area code	206
FIPS code	53-63960
GNIS feature ID	1699810[5]
Website	shorelinewa.gov

Shoreline is a city in [King County, Washington](#), United States. It is located between the city limits of [Seattle](#) and the [Snohomish County](#) border, approximately 9 miles (14 km) north of [Downtown Seattle](#). As of the [2020 census](#), the population of

Shoreline was 58,608,^[3] making it the 22nd largest city in the state. Based on [per capita income](#), one of the more reliable measures of affluence, Shoreline ranks 91st of 522 areas in the state of Washington to be ranked.

History^[edit]

Shoreline began in 1890 with the platting of the neighborhood of Richmond Beach, on [Puget Sound](#), in anticipation of the arrival of the [Great Northern Railway](#) the next year. Over the next two decades, Shoreline was connected to [Seattle](#) via the Seattle-[Everett Interurban streetcar](#) line (1906) and North

Trunk Road (now Aurora Avenue N., [State Route 99](#)) (1913), helping to increase its population.

The name "Shoreline" was applied to this stretch of unincorporated King County in 1944 when it was given to the school district, since the school district boundaries stretched from "Shore to Shore" ([Puget Sound](#) to [Lake Washington](#)) and "Line to Line" (the old Seattle city limit of 85th St to the [Snohomish County](#) Line). Though the modern borders of the city do not stretch to Lake Washington, the area has kept the "Shoreline" name.

After the incorporation of [Lake Forest Park](#) in 1961, the remainder of the Shoreline School District remained an unincorporated portion of King County. The school district remained the main identifier for the area for several decades; a set of [welcome signs](#) were installed in 1983 by the Shoreline Chamber of Commerce bearing the name.[\[6\]](#) The City of Seattle began studying an annexation of the area in 1988, causing local residents to organize an incorporation measure to retain their separate school system.[\[7\]](#) A half-century after it had been named, on August 31, 1995, Shoreline was officially incorporated as a code city,

and it adopted the [council–manager form](#) of government.

Police[\[edit\]](#)

Shoreline contracts with the [King County Sheriff's Office](#) for police services. Deputies assigned to Shoreline wear city uniforms and drive patrol cars marked with the city logo. As of 2012, there are 52 full-time employees assigned to the Shoreline Police Department.[\[8\]](#) The Shoreline Police Department has a burglary/larceny unit, traffic unit, and a street crimes unit.[\[9\]](#)

Geography[[edit](#)]

Shoreline is located at [47°45'23"N 122°20'23"W](#) (47.756519, -122.339657).[10]

According to the [United States Census Bureau](#), the city has a total area of 11.70 square miles (30.30 km²), of which, 11.67 square miles (30.23 km²) is land and 0.03 square miles (0.08 km²) is water.[11] The city of Shoreline also contains a [gated community](#), [The Highlands](#), which manages its utilities separately from Shoreline. The Richmond Beach neighborhood occupies the northwest corner of the city, around [47.7695415°N 122.3901313°W](#). [12][13]

Shoreline's 25 parks hold a total of 330 acres (130 ha) of park land. Boeing Creek and Shoreview Park, which abuts Shoreline Community College, contains Boeing Creek, flowing on its way to Hidden Lake and Puget Sound.

Demographics[[edit](#)]

Historical population

Census	Pop.	Note	%±
1990	52,109	—	
2000	53,025		1.8%
2010	53,007		0.0%

2020 58,608 10.6%

2021 (est.) 57,918 [4] -1.2%

U.S. Decennial Census[14]

2020 Census[3]

2010 census[edit]

As of the [census](#)[15] of 2010, there were 53,007 people, 21,561 households, and 13,168 families living in the city. The [population density](#) was 4,542.2 inhabitants per square mile (1,753.8/km²). There were 22,787 housing units at an average density of 1,952.6 per square mile (753.9/km²). The [racial makeup](#) of the city was 71.4% White, 5.0% African

American, 0.8% Native American, 15.2% Asian, 0.3% Pacific Islander, 2.2% from other races, and 5.1% from two or more races. Hispanic or Latino of any race were 6.6% of the population.

There were 21,561 households, of which 27.9% had children under the age of 18 living with them, 46.4% were **married couples** living together, 10.3% had a female householder with no husband present, 4.4% had a male householder with no wife present, and 38.9% were non-families. 29.7% of all households were made up of individuals, and 10.4% had someone living alone who was 65 years of age or older. The average household size was 2.39 and the

average family size was 2.96.

The median age in the city was 42.1 years. 19.1% of residents were under the age of 18; 8.2% were between the ages of 18 and 24; 26.7% were from 25 to 44; 30.9% were from 45 to 64; and 15.2% were 65 years of age or older. The gender makeup of the city was 48.7% male and 51.3% female.

2000 census[\[edit\]](#)

As of the [census](#) of 2000, there were 53,025 people, 20,716 households, and 13,486 families living in the city. The [population density](#) was 4,546.0/sq mi (1,755.2/km²). There were 21,338 housing units at an

average density of 1,829.4/sq mi (706.3/km²). The racial makeup of the city was 76.99% White, 2.77% African American, 0.91% Native American, 13.23% Asian, 0.32% Pacific Islander, 1.51% from other races, and 4.27% from two or more races. Hispanic or Latino of any race were 3.87% of the population.

There were 20,716 households, out of which 30.6% had children under the age of 18 living with them, 51.2% were married couples living together, 10.0% had a female householder with no husband present, and 34.9% were non-families. 26.4% of all households were made up of individuals, and 9.1% had someone living alone who was 65 years of age

or older. The average household size was 2.50 and the average family size was 3.03.

In the city, the population was spread out, with 22.5% under the age of 18, 7.7% from 18 to 24, 30.4% from 25 to 44, 24.8% from 45 to 64, and 14.5% who were 65 years of age or older. The median age was 39 years. For every 100 females, there were 93.2 males. For every 100 females age 18 and over, there were 90.1 males.

The median income for a household in the city was \$51,658, and the median income for a family was \$61,450. Males had a median income of \$40,955 versus \$33,165 for females. The [per capita income](#) for

the city was \$24,959. About 4.4% of families and 6.9% of the population were below the [poverty line](#), including 6.1% of those under age 18 and 7.3% of those age 65 or over.

dance classes

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adult dance classes near me Shoreline

When you sign up for a dancing class, there are certain things you should anticipate happening.

There are certain dance instructors that employ a method of instruction that is quite detailed.

The pupil may become more frustrated as a result of this strategy.

The most difficult stages should be taught to students first by their instructors so that they can acquire the most possible repetitions.

The instructor needs to be adaptable so that she can meet the specific requirements of each child.

For instance, some children who have special needs might not like to be handled, and others might require that their bodies and feet be adjusted in some way.

If this is the case, the kid's parents should communicate this information to the dancing instructor so that the instructor can modify the lesson to meet the requirements of the child.

Technique and choreography are two aspects of dancing that are typically covered in dance classes

Entertaining and age-appropriate classes are vital

The majority of the time, dance is performed without speaking.

Nonetheless, there are a great number of different styles that call for the performance of physical music.

In dance classes, it is essential to develop an appreciation for many types of music.

It is essential that you pay attention so that the instructor does not become frustrated with you.

You should take advantage of the first class as an opportunity to get to know both your instructor and your fellow students.

It is essential that you get there in a timely manner.

It is best to arrive at least five to ten minutes before the start of your class.

Because of this, you will have sufficient time to warm up and become familiar with the instructor.

Always keep an eye out for other people dancing around you.

Dress appropriately for dancing: In general, a dancer need to dress in clothes that permit the learner to move around freely.

You might also wear leggings that are comfortable.

The addition of a water bottle is highly recommended.

When you go to the first lesson, make sure you have your dance bag packed with additional tights and other dancing essentials.

In addition to that, you ought to include some nutritious snacks.

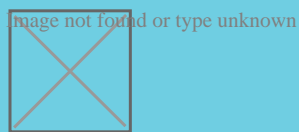
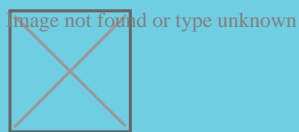
Be aware that it's likely going to be difficult for you to complete some of the tasks if you're more of an introvert.

This may initially lead to a variety of difficulties.

Put your attention not just on the challenging parts of dance but on all of it.

The instructor needs to pay attention to the motions that you make, such as how your arms and legs are positioned in relation to one another.

Students may benefit from learning about these aspects of dance through the utilization of mirror images as a teaching method.



dance

classes

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dance studio Esperance WA

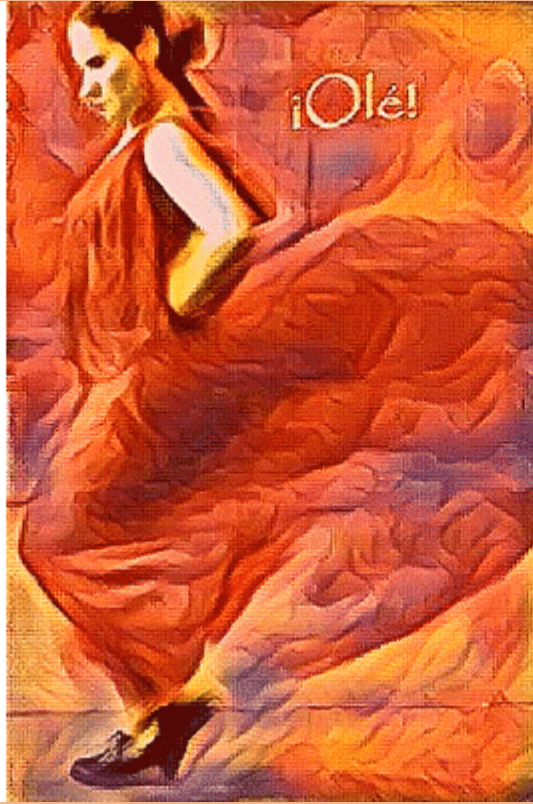
In the 1600s, professional ballet companies began to emerge. Academie Royale de Musique (still in existence) is

an example of such a company. Performers on stage have radically altered the art of ballet. Before, ballet audiences saw the performers from all angles. Choreography, however, changed this and began to focus on one aspect of dancers. The acceptance of ballet for female dancers was increased in the 19th Century. Marie Ann Cupis de Carmago raised their hemlines in order to better show their footwork. Marie Salle was Marie's successor and he focused more on athleticism. He also removed ballet shoes from his feet.

Ballet is a theatrical form of dance. It involves elaborate steps, movements, music, and formal choreography. It originated in the 15th century in Italy and spread to France and Russia as a form of performance art. Ballet has evolved into a vast genre which has had an influence on other types of dance. Ballet has seen many changes

throughout its history, yet its fundamental elements have remained the same.





dance schools Brier WA

It is important to ensure the appropriate dance moves for your age are chosen. Never be made to do a move you're not comfortable doing. The teacher should be consulted if there are any moves you don't feel comfortable performing. Let the teacher know before you start a new step.

The 1600s brought the beginning of professional ballet companies. The Academie Royale de Musique is one such company, and it still exists today. The style and presentation of ballet on stage has changed dramatically. Before, ballet audiences saw the performers from all angles. Choreography, however, changed this and began

to focus on one aspect of dancers. In the 19th century, ballet was also made more acceptable for female dancers. Marie Ann Cupis de Carmago raised their hemlines in order to better show their footwork. Marie Salle, Marie Ann Cupis de Carmago's successor, emphasized athleticism, and took the ballet shoes off of the feet.

Different definitions can be given to dance, but each has its unique qualities. There are many kinds of dances, including cheerleading, martial art, cheerleading, synchroized swimming and marching bands. No matter if you're interested in classical or modern dancing, there are styles for everyone. You can learn a lot about your body by

dancing if you're interested.

dance studios near me

dance studio
Lynwood WA

Modern ballet dances are often choreographed to contemporary music. Some fans prefer this style, while traditionalists consider the modern versions as a denigration of the ballet tradition. Ballet has been evolving over the centuries and is therefore a fluid art form. While the most recent ballet form is only a century old, it has undergone many changes over the years.

Dancing Explained's original text was unclear and did not include detailed steps descriptions. However, point maps or tracings are often used in conjunction with a written description. They would however not be sufficient information to recreate a particular dance. The author therefore added numbers to each step.

Louis-Guillaume Pecour published Ballets of 1704 which marked the beginning of the notational evolution in dances. The compilation of these works helped Weaver in his preparation of his

treatis on Dancing

The Art of Dancing Explained By Reading is a great resource for anyone who wants to learn how to dance. This 1735 work by Kellom Tomlinson provides a detailed explanation of dancing steps. The unique format of the book combines graphically rendered dance steps with text.



adult dance classes
Lake Forest Park

Good dance teachers should be able to teach material clearly and maintain students' attention. Students can then concentrate fully on learning the lessons without any distractions. You don't have to worry if your child doesn't grasp concepts fast enough. The teacher will work with them individually.

It should be a time for you and your classmates to meet each other before the lesson begins. You should try to be on time for this. It is best to arrive at least five-ten minutes prior to class begins. This gives you plenty of time to practice

your moves and make friends with the teacher.

Be sure to watch out for other dancers.

Teacher should also be flexible in order to cater for each child's needs. Some children may be sensitive to touch or require adjustments to their feet and bodies. If this is the case, parents should inform the dance teacher, so they can make adjustments to the class to accommodate the child's needs.





dance studio Edmonds WA

Even if you are not a ballet professional, learning the fundamentals of ballet is essential. It is essential that you are able to properly hold your feet and arms if you want to learn ballet. It is also important that you know how to hold your hands in different positions so you can maintain your balance and elegance during performances. Ballet has three major movements. It is important to

learn these moves and then practice until you are proficient.

If you are looking to take a class in dance, it is important that you know what to expect. A lot of dance teachers have their own styles. The student may become frustrated by this approach. So that students can learn the most from their lessons, they should be taught the hardest steps by teachers first.

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