



STEP BY STEP

THINK ballet is easy? Think again.

Behind the seemingly effortless leaps and spins lie hours of hard work.

Sweat and tears are a common sight in this humble dance studio.

These dancers are rehearsing for the Singapore Dance Theatre's upcoming production, *Giselle In The Park*.

Set in the unique location of Fort Canning Green, the story about the triumph of noble love over selfish deceit will run from 27 to 30 Mar.

"Dance brings me into another world," says Miss Xia Hai Ying, a veteran dancer.

A world in which elegant dancers soar as if carried by invisible wings.

▲ A pair of worn-out ballet shoes lies on the studio floor. Despite so many shoes being strewn all over the studio, the dancers still manage to pick out their own shoes. Each pair can cost up to \$100 and are discarded after two to three practices.



Pictures taken by
Kua Chee Siong
using Nokia N82

captions |
charissa yong,
kua chee siong



▲ Stretching properly before even the simplest of warm-up routines is a must for dancers to avoid serious injuries and to give them flexibility to perform demanding steps.

◀ Ms Natalie Clarke, 33, appears to be suspended in the air as she makes an elegant grand jeté, or flying leap. The dancers' daily routine includes nearly two hours of warm-up exercises at the barre and on the dance floor.