

# Pantuso Dance Dance Facts Week 4



## ***Did You Know?***

### **Ballet Fun Facts**

The amount of energy needed to perform a ballet is about the same as playing two full football matches or running 18 miles!

Ballet began over 500 years ago in Italy as a form of entertainment in the courts for the Kings and Queens!

A male ballet dancer lifts over 1.5 tons worth of ballerinas during a performance. That's like lifting 1,350 big bags of sugar!

*Look for more dance facts from your Pantuso instructors next Monday...*

