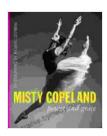
# Misty Copeland: A Legacy of Power and Grace



#### Misty Copeland: Power and Grace by Richard Corman

★ ★ ★ ★ ★
4.5 out of 5
Language : English
File size : 2373 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Print length : 60 pages



Misty Copeland is a true pioneer in the world of ballet. She is the first African American woman to be promoted to principal dancer at the prestigious American Ballet Theatre. Her journey to the top has been filled with challenges and triumphs, but she has never wavered in her pursuit of excellence. Copeland is not only an incredible dancer, but she is also a role model and an inspiration to young people everywhere.

#### **Early Life and Training**

Misty Copeland was born in Kansas City, Missouri, in 1982. She began taking ballet lessons at the age of 13, after her mother saw her dancing in a school talent show. Copeland quickly showed a natural talent for ballet, and she soon began to train with some of the best teachers in the country.

In 2000, Copeland joined the American Ballet Theatre's Studio Company. She was promoted to the main company in 2001, and she became a soloist in 2007. In 2015, Copeland made history when she was promoted to principal dancer, the highest rank in the company.

#### **Breaking Barriers**

Misty Copeland's success as a ballerina is even more remarkable when one considers the racial barriers she has had to overcome. For centuries, ballet has been a predominantly white art form. Copeland is one of the few African American women to have achieved success in the field.

Copeland has used her platform to speak out against racism and discrimination in the ballet world. She has also worked to provide opportunities for young dancers of color. In 2014, she founded the Misty Copeland Foundation, which provides scholarships and mentoring to aspiring dancers from diverse backgrounds.

#### A Role Model and Inspiration

Misty Copeland is more than just a talented dancer. She is a role model and an inspiration to young people everywhere. She shows that anything is possible if you have the determination to achieve it. Copeland's story is a reminder that we should never give up on our dreams, no matter how challenging they may seem.

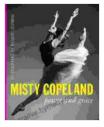
Copeland's accomplishments have earned her widespread recognition. She has been featured on the covers of magazines such as Time and Vogue. She has also appeared on television shows such as "Dancing with the Stars" and "The Ellen DeGeneres Show." In 2015, she was awarded the Presidential Medal of Freedom, the highest civilian honor in the United States.

### Misty Copeland: Power and Grace

Misty Copeland's autobiography, "Power and Grace," is a must-read for anyone who is interested in her life and career. The book provides a behind-the-scenes look at her journey to the top. It is also a source of inspiration and encouragement for anyone who is pursuing their dreams.

"Power and Grace" is a beautifully written and inspiring book. Copeland's story is one of resilience, determination, and triumph. It is a story that will stay with you long after you finish reading it.

Misty Copeland is a true inspiration. She is a role model for young people everywhere, and she is a reminder that anything is possible if you have the determination to achieve it. Her autobiography, "Power and Grace," is a must-read for anyone who wants to learn more about her life and career.



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