

10 AUDIO PICKS + 10 BALLET REEL IDEAS

The Ballet Audio Edit

Simple filming plans for busy ballet studio owners.

OPEN THE INTERACTIVE GUIDE >



LUCAS LABRADOR / IN THE STUDIO

10 AUDIO PICKS + 10 BALLET REEL IDEAS

Your next ballet Reel starts here.

Tap a sound. Choose three clips. Make something your studio community recognizes.

START WITH THESE THREE

01 Start the season

September

02 Use everyday footage

Yummy Little Day

03 Show your people

Two Best Friends

THE REST OF YOUR EDIT

04 Sunny

05 Ring My Bell

06 Someone New

07 Kiss of Life

08 Professional, but also...

09 POV: your phone is ringing

10 Girls Just Want to Have Fun

Sources reviewed September 15, 2026. Reported September trends, not a live ranking or a promise of reach. Check audio access and permitted use in your account.

WELCOME FAMILIES

September

Earth, Wind & Fire

[OPEN AUDIO](#)[SEE EXAMPLE](#)

Your studio, back in motion.

12 seconds | 10-minute edit (estimate)

ON-SCREEN TEXT

September at [Studio]: new goals, familiar faces.

01 CHOOSE THESE CLIPS

0-3s: Open with your strongest class or rehearsal moment.

3-8s: Add two clips: a teacher greeting and a group at the barre.

8-12s: Finish with a happy class moment and your studio name + town.

02 PUT THEM TOGETHER

Choose an upbeat excerpt in Instagram. Trim the joins to its pulse; keep each ballet movement intact.

03 PERSONALIZE THIS CAPTION

Back in the studio, one class at a time. Welcome to our September season in [town]. New to ballet? Message START and we will help you choose a class.

SOUND UNAVAILABLE?

Use a bright disco instrumental cleared for your use, or a teacher's welcome over class ambience.

Reported by SocialPilot | Sources reviewed Sep 15, 2026

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BUILD PARENT TRUST

Yummy Little Day

emilogue

[OPEN REEL + SOUND](#)[SEE EXAMPLE](#)

A little day at the ballet studio.

15 seconds | 10-minute edit (estimate)

ON-SCREEN TEXT

A little ballet day at [Studio].

01 CHOOSE THESE CLIPS

0-4s: Open the studio door, then show the teacher preparing the room.

4-10s: Show shoes being tied and one welcoming classroom moment.

10-15s: End with a wave or group bow and the class name.

02 PUT THEM TOGETHER

Use five clips of about three seconds. Leave time to read the labels: arrive, settle in, learn, try, celebrate.

03 PERSONALIZE THIS CAPTION

A welcome, a small challenge and something to feel proud of. Here is a little day at [Studio]. Save this if you are considering a first class.

SOUND UNAVAILABLE?

Tap the sound name on the example Reel. Record a teacher narrating the five moments, or choose a gentle instrumental cleared for your use.

Reported by Buffer | Sources reviewed Sep 15, 2026

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ENCOURAGE SHARING

Two Best Friends

Mix by @lisahoogendoorn

OPEN AUDIO

SEE EXAMPLE

Two teachers. Two rehearsal personalities.

12 seconds | 15-minute edit (estimate)

ON-SCREEN TEXT

Same love of ballet. Very different rehearsal bags.

01 CHOOSE THESE CLIPS

0-3s: Film two willing teachers standing together.

3-9s: Alternate their preferences: counts vs. imagery; notebook vs. sticky notes.

9-12s: End with both teaching or laughing together.

02 PUT THEM TOGETHER

Alternate full-screen clips; no split-screen needed. Add one short label per person. Preview the selected mix before choosing your cuts.

03 PERSONALIZE THIS CAPTION

[Teacher A] brings [detail]. [Teacher B] brings [detail]. Together, they bring our classes to life. Which rehearsal personality is yours?

SOUND UNAVAILABLE?

Record the teachers saying their preferences over room sound; the contrast works without this mix.

Reported by Buffer | Sources reviewed Sep 15, 2026

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SHOW THE BEGINNER EXPERIENCE

Sunny

Boney M. / R3HAB

OPEN AUDIO

SEE EXAMPLE

Three small wins from one class.

12 seconds | 10-minute edit (estimate)

ON-SCREEN TEXT

Not every ballet milestone happens on a stage.

01 CHOOSE THESE CLIPS

0-4s: Show a dancer trying a simple classroom exercise.

4-8s: Show a teacher's encouragement or the group trying together.

8-12s: End with a smile or bow, with permission.

02 PUT THEM TOGETHER

Label the moments: tried something new, listened, celebrated. Use an upbeat section you can access; keep any teacher speech audible.

03 PERSONALIZE THIS CAPTION

Today we celebrated [true small win]. Our [age/level] class makes room to try, learn and enjoy the process. Ask us what a first lesson looks like.

SOUND UNAVAILABLE?

Use your own class applause or an upbeat instrumental cleared for your use.

Reported by SocialPilot | Sources reviewed Sep 15, 2026

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SHOW PERFORMANCE PREPARATION

Ring My Bell

Anita Ward

[OPEN AUDIO](#)[SEE EXAMPLE](#)

Rehearsal clothes to stage costume.

8 seconds | 15-minute edit (estimate)

ON-SCREEN TEXT

One rehearsal. One costume. A whole new character.

01 CHOOSE THESE CLIPS

0-3s: Film a consenting performer in rehearsal clothes.

3-6s: Film the same pose and camera position in costume.

6-8s: Hold the finished look with the production name.

02 PUT THEM TOGETHER

Keep your phone fixed. Cut between matching poses on a strong beat in your chosen excerpt. Keep feet and head in frame.

03 PERSONALIZE THIS CAPTION

From studio practice to [production/role]. Here is one part of the preparation behind our next performance. Which costume detail did you notice first?

SOUND UNAVAILABLE?

Keep the matched cut and add one recorded clap, or a disco track cleared for your use.

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INTRODUCE A TEACHER

Someone New

Hozier

[OPEN AUDIO](#)[SEE EXAMPLE](#)

Meet the person welcoming your dancer.

15 seconds | 10-minute edit (estimate)

ON-SCREEN TEXT

Meet the teacher behind your dancer's first class.

01 CHOOSE THESE CLIPS

0-4s: Teacher waves to camera; add their approved name and class.

4-10s: Show two moments of their teaching style.

10-15s: End on the teacher welcoming viewers to try a class.

02 PUT THEM TOGETHER

Use music quietly under speech, or use text if the source clips are silent. Give each sentence enough reading time.

03 PERSONALIZE THIS CAPTION

Meet [name], who teaches [class] at [Studio]. Their favorite part of teaching is [real answer]. Have a question about getting started? Leave it below.

SOUND UNAVAILABLE?

Let the teacher speak in their own voice. Quiet room sound is enough for this introduction.

Reported by SocialPilot | Sources reviewed Sep 15, 2026

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MAKE ARCHIVE FOOTAGE USEFUL

Kiss of Life

Sade

[OPEN AUDIO](#)[SEE EXAMPLE](#)

The stage detail you missed.

15 seconds | 15-minute edit (estimate)

ON-SCREEN TEXT

Watch the hands the second time.

01 CHOOSE THESE CLIPS

0-5s: Show one stage or rehearsal moment at normal speed.

5-10s: Replay it with text pointing out the hands, spacing or costume detail.

10-15s: Show the full moment again, with its production year.

02 PUT THEM TOGETHER

Choose a gentle section. Keep the full body visible and use one simple label. Avoid changing speed if it distorts technique.

03 PERSONALIZE THIS CAPTION

In this [year] moment from [show], notice [specific detail].
Our teacher explains: [one accurate sentence]. Save it and look again at your next performance.

SOUND UNAVAILABLE?

Use a teacher's explanation over the clip with audio you own or have cleared.

Reported by SocialPilot | Sources reviewed Sep 15, 2026

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SHOW THE OWNER BEHIND THE STUDIO

Professional, but also...

Mix by @alchemysticwellness

OPEN AUDIO

SEE EXAMPLE

A studio owner wears more than one hat.

12 seconds | 15-minute edit (estimate)

ON-SCREEN TEXT

Ballet teacher. Ribbon fixer. Lost-property detective.

01 CHOOSE THESE CLIPS

0-3s: Open on the owner leading a class or rehearsal.

3-9s: Show three jobs: fixing a ribbon, moving a prop, finding a lost bottle.

9-12s: Return to the teacher smiling at the camera.

02 PUT THEM TOGETHER

Put one job label on each clip. Keep the joke affectionate and focus on the adult team. Cut at natural pauses in the selected audio.

03 PERSONALIZE THIS CAPTION

A few of the jobs hiding behind the title 'studio owner.' [Add one real job from this week.] What would our team add to the list?

SOUND UNAVAILABLE?

Record the owner reading the three roles, then keep the same cuts and labels.

Reported by Buffer | Sources reviewed Sep 15, 2026

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MAKE SOMETHING DANCERS SHARE

POV: your phone is ringing

Original audio by @olyabelakoneva

[OPEN AUDIO](#)[SEE EXAMPLE](#)

The ballet bag that contains everything.

10 seconds | 10-minute edit (estimate)

ON-SCREEN TEXT

Your phone is ringing. Your ballet bag has other plans.

01 CHOOSE THESE CLIPS

0-2s: Adult teacher reaches into a rehearsal bag for a ringing phone.

2-8s: Pull out shoes, notebook, water bottle and a ribbon in quick cuts.

8-10s: Find the phone in a pocket; hold the reaction.

02 PUT THEM TOGETHER

Keep the phone fixed on the bag and hands. Use four quick cuts and no student belongings or personal messages in frame.

03 PERSONALIZE THIS CAPTION

Shoes? Yes. Spare ribbon? Always. Phone? Give us a minute. What is the most unexpected thing in your rehearsal bag?

SOUND UNAVAILABLE?

Record a ringtone you created and the bag sounds yourself. Keep the visual reveal.

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INVITE THE NEXT STEP

Girls Just Want to Have Fun

Cyndi Lauper

OPEN AUDIO

BROWSE EXAMPLES

A class invitation with personality.

12 seconds | 10-minute edit (estimate)

ON-SCREEN TEXT

Your sign to finally try that ballet class.

01 CHOOSE THESE CLIPS

0-3s: Teacher smiles at the camera beside an empty barre.

3-8s: Show a welcoming adult beginner class or demonstration.

8-12s: End with the class name, town and current inquiry step.

02 PUT THEM TOGETHER

Use this as a playful music bed. Keep the invitation warm and direct. For an adult-class invitation, use adult-class footage throughout.

03 PERSONALIZE THIS CAPTION

You do not need a perfect bun or years of experience to ask about our adult beginner class. We will explain what to wear, where to start and what to expect. Message BEGINNER.

SOUND UNAVAILABLE?

Record the invitation in the teacher's voice or use upbeat music cleared for the post.

Reported by Later | Sources reviewed Sep 15, 2026

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From this guide to Instagram.

1. Open the sound

Tap OPEN AUDIO on your phone. Sign in to Instagram if asked. Listen and check that the selected excerpt suits your audience.

2. Save it for later

Use the save option on the audio page if available. Save this PDF to Files so you can return to the filming recipe.

3. Add your clips

Choose Use audio when available. Select the excerpt before trimming your footage. Controls may differ by app version.

4. Keep it clear

Film vertically, keep feet and faces in frame, and put the hook on screen immediately. Use footage you have permission to share.

5. Name the next step

Use one action: save, share, ask a question or inquire about a class. Add your studio name and town so local families know who you are.

If a link does not open

Open the example Reel and tap its audio label. Search catalog tracks by title and artist. If unavailable, use the alternative on the card.

Recipe timestamps are a proposed video plan, not verified song timestamps. Choose a suitable excerpt before making your cuts.

LET US KNOW WHAT YOU ARE CURIOUS ABOUT.

Let's start with a question.

Choose a topic and ask BWC for more information by email. Tell us a little about your studio so we can suggest suitable support.



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REQUEST VIDEO EDITING INFO

REQUEST COACHING INFO

REQUEST SOCIAL MANAGEMENT INFO

Each button opens an email draft. Review it and send when ready. No commitment. You can also email hello@balletworldconnected.com with your topic.

About this edition.

Selected from September 2026 roundups. Ballet recipes, hooks and captions are original BWC adaptations. Example Reels show general trends; they are not BWC work or verified ballet results.

Audio destinations were checked in a signed-in browser on September 15, 2026. Access and permitted use can differ by account. Confirm the excerpt before editing; no audio guarantees reach.

Music access is not permission for every business use. Creator audio may contain copyrighted music. Use audio cleared for your post, especially for ads or boosted posts, or follow the voiceover alternatives.

[Buffer >](#)

[Later >](#)

[SocialPilot >](#)

[Instagram music guidance >](#)

[Meta Sound Collection >](#)

PHOTOGRAPHY

Lucas Labrador, from the BWC personal dance archive. Real photographs, not AI-generated imagery.