



NORTH POINTE BALLET

<http://www.supercoloring.com/coloring-pages/nutcracker-ballet>

Pas de bourréé

[pah duh boo-RAY]

Bourréé step. A movement in which the dancer transfers body weight quickly from foot to foot, on the point or demi-pointe, in a series of small steps.



PAS DE BOURRÉE DESSOUS SUR LES DEMI-POINTES

Pas de bourrée has a delicate and precise quality. There are several variations, and it can move in all directions. It often links one step to another. This student does pas de bourrée dessous (under), with change of feet to the right. She begins facing the right corner, head facing left. The right foot is lifted and pointed behind the ankle, left arm low, right arm to the side (1). After demi-plié on the left leg, she steps into fifth position sur la demi-pointe with the

right leg, lifts the left leg into petite retiré, turns her body en face, and lowers the right arm (2). The left leg then stretches fully and steps to the side sur la demi-pointe as the right leg pulls into petite retiré (3). The legs come together in fifth position sur la demi-pointe before rolling down and into plié facing the other corner. She lifts the left foot to begin the other side (4).

<https://allaboutpointe.weebly.com/ballet-class-coloring-pages.html>