

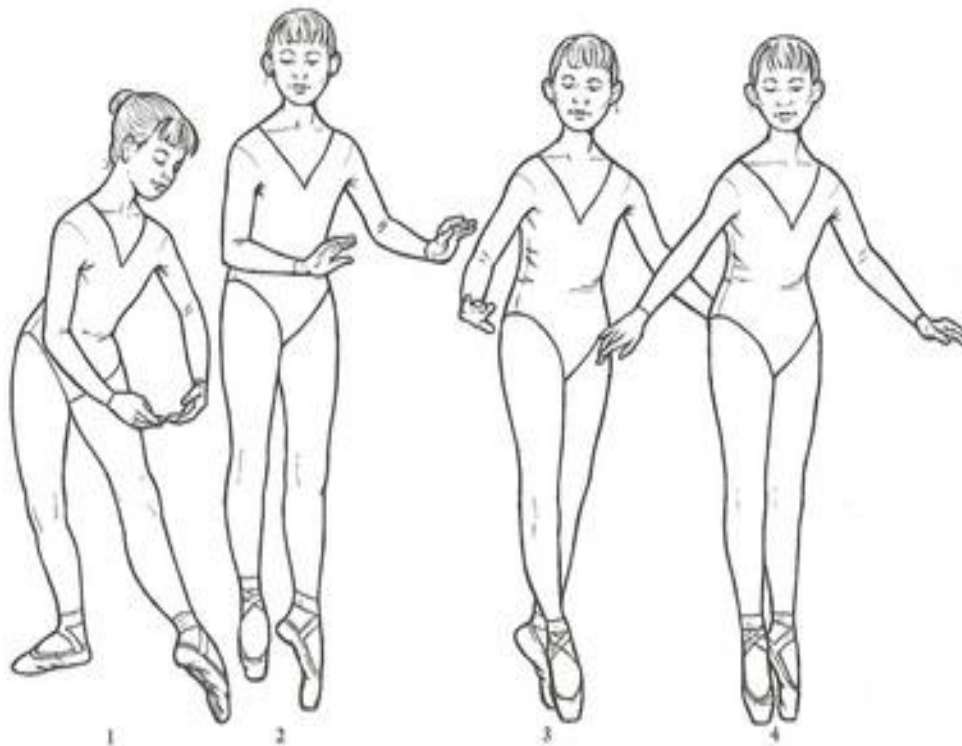


NORTH POINTE BALLET

Couru

[koo-REW]

Running. This is a progression on the points or demi-pointes by a series of small, even steps with the feet close together. It may be done in all directions or in a circle.



PAS DE BOURRÉE COURU

The word *couru* means running. This delicate step, done *sur la demi-pointe* or *sur la pointe*, is a series of tiny steps done very quickly, one after the other, with the feet in fifth or first position. *Couru*, also called *bourrée*, can remain in place, move in any direction, or turn. In *couru* the dancer seems to float. This dancer begins in *effacé devant*, the supporting leg in *plié*, the working leg in *tendu en avant*. The arms, in first position, reach forward as the body bends

slightly forward (1). She springs into *relevé* as the front leg pulls backward into fifth position (2). She has prepared for *couru* in place or moving to the left. In figures 3 and 4 we see *couru* moving to the right. A tiny step is taken to the side with the front foot, followed by a tiny step into fifth with the back leg. The steps continue one after another (the knees flex and straighten slightly each time) and the dancer moves across the floor.