

Sink and Rise before the | *Sink and Rise in moving.* | *Sink and Rise after moving.*
Foot moves.



Sink before Moving, and | *Sink as before, and Rise af-* | *Sink in Moving, Rise after*
Rise in Moving. | *ter Moving.* | *the Movement.*



Observations upon Springings.

S*pringings* may be perform'd two ways, *viz.* with both Feet at once, or with one Foot only.

The *Springings* which are made on both Feet, are mark'd upon the *Positions*, as hereafter will appear; whereas the *Springings* that are made in moving, are mark'd upon the *Steps*, as has been already shewn, and will again appear by the Sequel.

Of springing Steps.

A *Springing Step*, is perform'd two ways, either by *springing* and *falling* on the same Foot which moves forward, which I shall, for the future, call a *Bound*; or *springing* and *falling* on the Foot that does not move forward, which I shall call a *Hop*.

When there is a Mark of a *Spring* upon the *Step*, and no Mark for the holding up of the Foot after it, it shews, that the *Spring* is to be made with the *Foot* that moves, which is call'd a *Bound*.

A Bound.