

The Art of Dancing.

Dancing is compos'd of *Positions, Steps, Sinkings, Risings, Springings, Capers, Fallings, Slidings, Turnings* of the Body, *Cadence* or *Time, Figures, &c.*

Positions, are the different Placings of the Feet in Dancing.

Steps, are the Motions of the Feet from one place to another.

Sinkings, are the Bendings of the Knees.

Risings, are when we rise from a *Sink*, or erect our selves.

Springing, is a *rising* or leaping from the Ground.

Capers, are when in *rising* or leaping from the Ground, one Leg beats against the other, which we call *Cutting*.

Fallings, are when the Body, being out of its proper Poise, falls by its own Weight.

Slidings, are when, in *moving*, the Foot slides on the Ground.

Turnings, are when the Body turns either one way or the other.

Cadence or *Time*, is a right understanding of the different Measures, and Observation of the most remarkable places in the *Tune*.

Figures, are *Tracts* made by *Art*, on which the *Dancer* is to move.

Before I proceed to demonstrate what I have already explain'd, I shall describe the *Room* or *Stage*, where *Dancing* is perform'd ; as also the different *Tracts* or *Figures* to be made thereon, and the *Posture* and *Presence of the Body*, in which the *Performer* ought to stand.

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