

The Art of Dancing.

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ings, and *Slidings*, are to be made upon the *Toe*, *Heel*, or *flat Foot*, as the following Examples will demonstrate.

When there is a Point at the end of the *sinking* Mark, it shews, that the *Toe* must be bent downwards.

Sink, the Toe towards the Ground.



When there is a Point behind the *sinking* Mark, it denotes, that the *Heel* must be bent downwards.

Sink, the Heel towards the Ground.



When there is a Point at the end of the *sinking* Mark, and another behind, it shews the *Sink* must be with a *flat Foot*.

Sink, the Foot flat.



When there is a Point at the end of a *rising* Mark, it shews the *Rise* must be made on the *Toe*.

Rise on the Toe.



When