








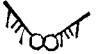












The Art of Dancing.

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Sink, and rise on one Foot.	Sink, and rise on both Feet.	Rise, and sink on one Foot.	Rise, and sink on both Feet.
			
Sink, and spring on one Foot.	Sink, and spring on both Feet.	Spring, and sink on one Foot.	Spring, and sink on both Feet.
			
Sink, spring, and sink on one Foot.	Sink, spring, and sink on both Feet.	Sink, and caper on one Foot.	Sink, and caper on both Feet.
			
Sink, and spring a half Turn to the Left on one Foot.	The same on both Feet.	Sink, caper a three quarter Turn to the Right on one Foot.	Sink, caper on both Feet a whole Turn to the Right.
			
Turn on the Toes a half Turn to the Left.	The same on the Heels.	Sink, rise, and turn a half Turn on the Toes to the Right.	The same on the Heels.
			

All the Marks of *sinking* and *rising*, which have been already demonstrated upon the *Step*, have Relation to the *Bendings* and *Risings* of both the *Knees*: But when it shall happen, that in moving in a Dance, one *Knee* only ought to *bend* or *rise*, the following Rules must be observed.

It will be necessary upon this Occasion, to understand when one Leg moves, what the other ought to do; to demonstrate which, I shall make use of a *half Position* and a *Step*, which must be ty'd together by a small Line, of which, one end is join'd to that which represents the *Heel* of the *half Position*, and the other to the Head of the *Step*. This Union denotes, that the *half Position* and the *Step*, are both to act at the same time.