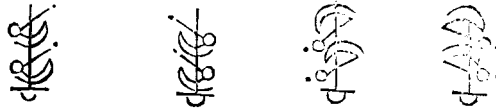


Waving on both Toes, the Heels moving to the Right. | The same to the Left. | Waving on both Heels, the Toes moving to the Left. | The same to the Right.



Examples of waving and unwaving Positions, where the Feet turn and return both on the same side.

To turn on the Toes, the two Heels moving to the Right, and returning to the Left. | The same to the Left, and to the Right. | To turn on the two Heels, the Toes moving to the Left, and then returning to the Right. | The same to the Right, and to the Left.



Of the Change of Positions.

THE Change of Positions, is changing or shifting from one Position to another, whether true or false; to wit, from the first to the second, from the second to the third, and so on.

The Change of Positions is made two ways, either by *springing*, or *waving*.

Those which are perform'd by *springing*, are done when you *spring* from one Position, and fall in another; and those which are perform'd by waving, must be done on the Ground, by waving the two Feet, or each Foot separately, either on the Toes or Heels.

The shifting of Positions by *springing*, may be known by what follows, *viz.* by two Positions, one of which has *springing* on it, and the other none.