

The Art of Dancing.

To bend the left Knee, while the right moves extended.	To bend, and rise the left Knee, while the right moves extended.	To bend the left Knee, moving the right half way extended, and afterwards to bend in moving.	To bend the left Knee, the right moving extended, and sink in the middle of the Step, and rise on the Toes.	To bend the right Knee in moving, and rise towards the end, the left continuing extended.
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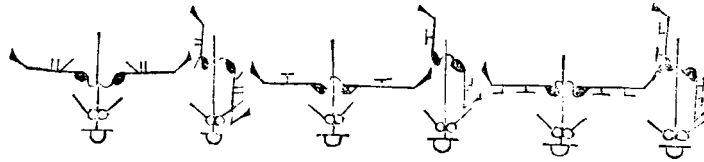


Two Steps ty'd together at the Heads, shew they are both to move at once, which can only be perform'd by *springing*, which I shall hereafter call a *starting Step*.

These kind of *starting Steps*, may be practis'd two ways, *viz.* with both *Knees* stiff, or falling with the *Knees* bent.

The first of these needs no other Mark for Direction, but the *sliding Mark*; but the other must have the *sliding* and *falling* Marks together.

To spring with both Feet open at once.	With one Foot forwards, and the other backwards, both at once.	A starting Step, with both Feet open, the <i>Knees</i> stiff.	A starting Step, one Foot forwards, the other backwards, the <i>Knees</i> stiff.	A starting Step, with both Feet open, and filling with both <i>Knees</i> bent.	The same, one Foot backwards, the other forwards.
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Of waving Positions, and half Positions.

A *Waving Position*, or *half Position*, is when the Foot *waves* or *turns* inwards or outwards, whether upon the *Toe*, the *Heel*, or with the *Foot* up, which is explain'd by a kind of *Half-Moon* proceeding from that place which represents either the *Heel* or *Toe*, and which demonstrates the Motion the *Heel* or

Toe