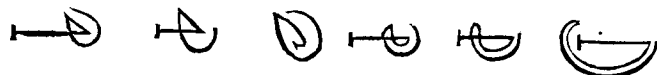


## The Art of Dancing.

The <i>Wrist</i> moving round downwards.	The <i>Elbow</i> moving round downwards.	The whole <i>Arm</i> moving round downwards.	Double Movement of the <i>Wrist</i> upwards and downwards.	Double Movement of the <i>Elbow</i> upwards and downwards.	Double Movement of the whole <i>Arm</i> upwards and downwards.
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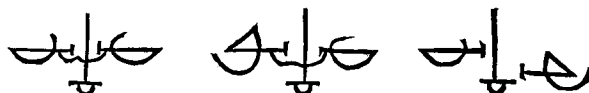


The *Arms* may either move both together, or one after the other ; you will know when the *Arms* are to move together, by a *Line* or *Tie* drawn from the one to the other ; and when there is no *Tie*, they are then to move one after the other.

The *Arms* may either move alike with the same Movement, as when both *Arms* either open or extend themselves together, or close, or approach each other at the same time.

Or they may move contrary one to the other, when the one opens, and the other closes.

Both <i>Arms</i> moving together with the same Motion.	Both <i>Arms</i> moving together with a contrary Movement.	Both <i>Arms</i> moving one after the other, first the right, and then the left.
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### *Some Rules to be observ'd in writing of Dances.*

**Y**OU must resolve in what part of the *Room* the *Dance* is to begin, and there place the beginning of the *Tract* ; then trace out the *Figure*, and mark thereon the *Position* ; then describe the *Steps*, as I have shewn in the foregoing Examples ; and if you find any Difficulty in writing any of the *Steps*, you must make Use of your *Table of Steps* ; and in finding the *Step* you have Occasion for, you ought first to consider what *Step* it is, whether *Courant*, *Coupee*, *Bowree*, *Bound*, *Contretemps*, &c. Suppose, for Example, the *Step* to be a *Bouree*, turn then to the *Table of Bourcés* or *Fleurets*, and having found the *Step* you want,