

Foot-Together-Jump

The foot-together-jump is “in place” (not moving in any direction), and is used as an arrival at the end of a stepping sequence or musical phrase.

The pattern is “squat-jump-land”. This happens slowly. The squat (not too low so it doesn't look ridiculous) happens through beats 1 & 2. The jump happens somewhere around beat 3, adjusting the timing so the dancer lands exactly on beat 4. Hands are brought in front of the dancer's chest.

In *hankie dances*, the hankies are thrust upwards on beat 4 so that they arrive at their highest point on the “and” (half-beat) after beat 4. In *stick dances*, clash on beat for at the same time as the landing.

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