

## Foot Up & Down

Face up. Two [double steps](#) in the “up” direction (one stationary, one in place). [Galley](#) (out from the center). [Foot-together-jump](#) to face down. Face down. Two [double steps](#) in the “down” direction (one stationary, one in place). [Galley](#) (out from the center). [Foot-together-jump](#)  $\frac{3}{4}$  of the way around to face across.

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