

Long Foot Up & Down

Face up. Two [double steps](#) in the “up” direction (one stationary, one in place). Four [hop backs](#) back to place & turn to face across. Two [double steps](#) in place. [Galley](#) $\frac{1}{4}$ turn to face down. Face down. Two [double steps](#) in the “down” direction (one stationary, one in place). Four [hop backs](#) back to place & turn to face across. Two [double steps](#) in place. [Galley](#) 360° to continue to face across.

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