

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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