

Hockle Back

The hockle back is used to move backward.

Hockle backs are a little like hop backs. The stepping is 1-hop 2-hop, moving backwards, and the arms are in "balance position". The difference is that in hockle backs, the free leg is swung far out to the side (at least 45° above vertical; closer to 90° is better) and lands behind the (previously) weight-bearing foot.

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