

Hop Back

The hop back is used to move backward.

The pattern is “1-hop 2-hop”, like skipping backwards. The free leg is mostly straight and the free foot is turned slightly outward.

In *hankie dances*, the hankies are held out to the sides in “balance position”. In *stick dances*, the stick is held vertically. On the first hop back, the hands are held out to the sides. They are brought in to the dancer's chest on the final hop-back before a foot-together-jump.

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