

Plain Caper

Plain capers can be used to move forward or can be done in place. In a few instances, plain capers can be used to turn (gradually).

"Slow 1-2." Leap slowly from one foot to the other, landing on beats 2 and 4. The body should be in motion the entire time.

In *hankie dances*, the hankies move exactly like in double steps—down slowly on beats 1 & 2 ending just behind the dancer's back, up on beat 3 and flick at the highest point on beat 4. In stick dances, the tip of the stick is moved down and up with the same timing as with a hankie.

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