

## Upright Caper

Upright capers can be used to move forward or can be done “in place”. Upright capers are also used for leapfrogging, with the leapfrog taking the place of the vertical leap.

Cecil Sharp called these “full capers”. They are done to slow music. Fall back onto one foot on beat 1. Bring the other foot down next to it and leap from both feet on beat 2. Land with both feet on beat 3. Fall back onto the original foot on beat 4. Hankies are in balance position on beat 1, they move briskly upward on beat 2, reaching the apex at beat 3. As soon as the dancer reaches the ground on beat 3, the hankies start floating down slowly and gently in an outward arc, arriving in balance position on beat 4.

Because there are two fall back steps and only one leap (which can propel the dancer forward), the dancer needs to take care not to move too far backward on the fall backs.

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