

## J-Loops

Beat 1 (right foot): dancers step in place Beat 2 (left foot): dancers surge forward to just past their partner Beat 3 (right): dancers slide to the right, passing behind their partner Beat 4 (left): dancers move slightly backward into a single straight line Beat 5 (right): dancers move backward, with the right foot crossing behind the left so that the motion is diagonally back toward their original place. Beats 6-8: dancers pass by the right shoulder to their partner's place, then turn around over the stick (right) shoulder to face their partner.

The figure repeats on beats 9-16, with the dancers ending up back in their original positions.

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