

A rhythmical bounding movement with a step-hop pattern.



- Step forward and hop on the same foot, then repeat on other foot; right foot down, left foot up and repeat
- "Step-hop-step-hop"
- Move arms in opposition to the legs
- Lift knees sharply upwards
- Land with the toes and ball of foot first

### I can also...

- folk dance
- play hopscotch
- do triple jump

### Self Check Questions:

- Do I alternate the leg I use to hop and the leg I use to step?
- Are my arms moving opposite to my legs?
- Can I skip to the music?