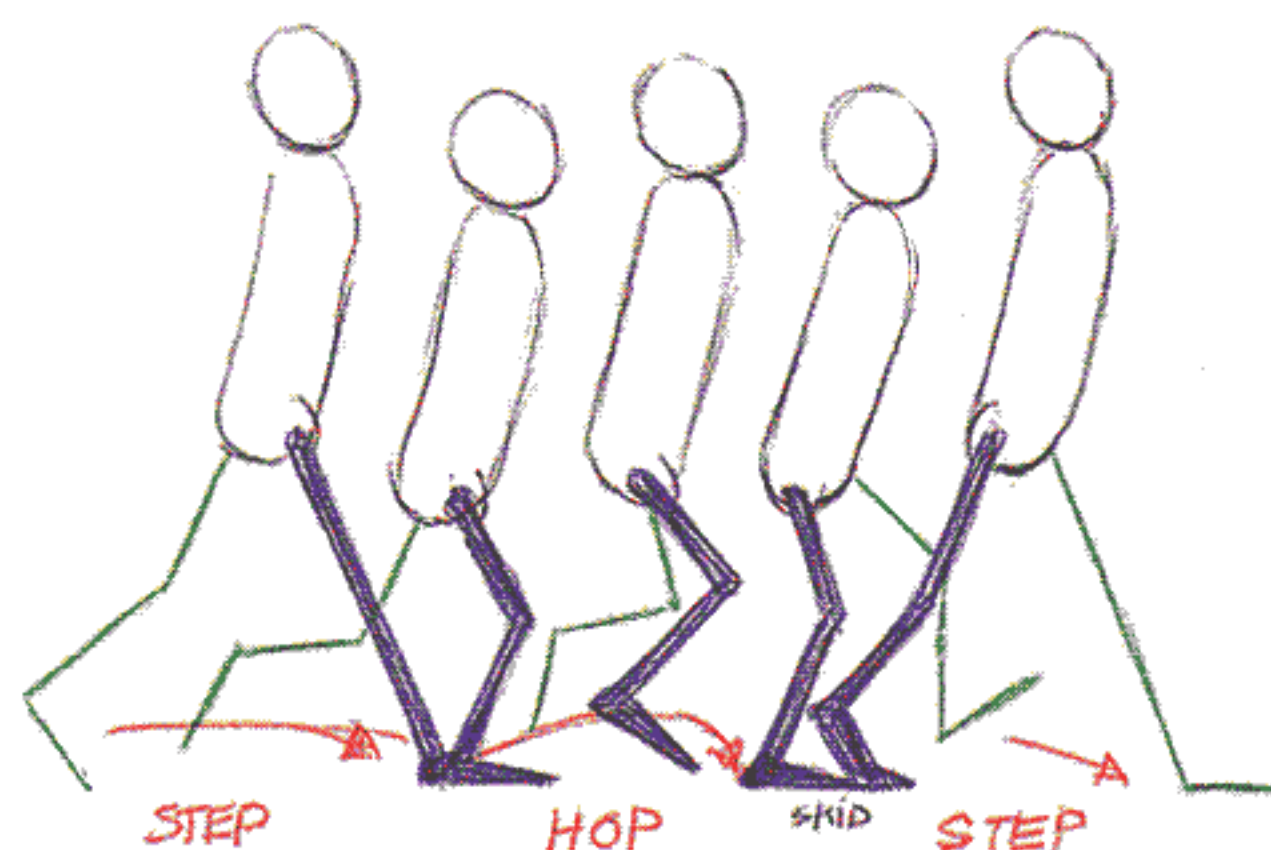


SKIPS

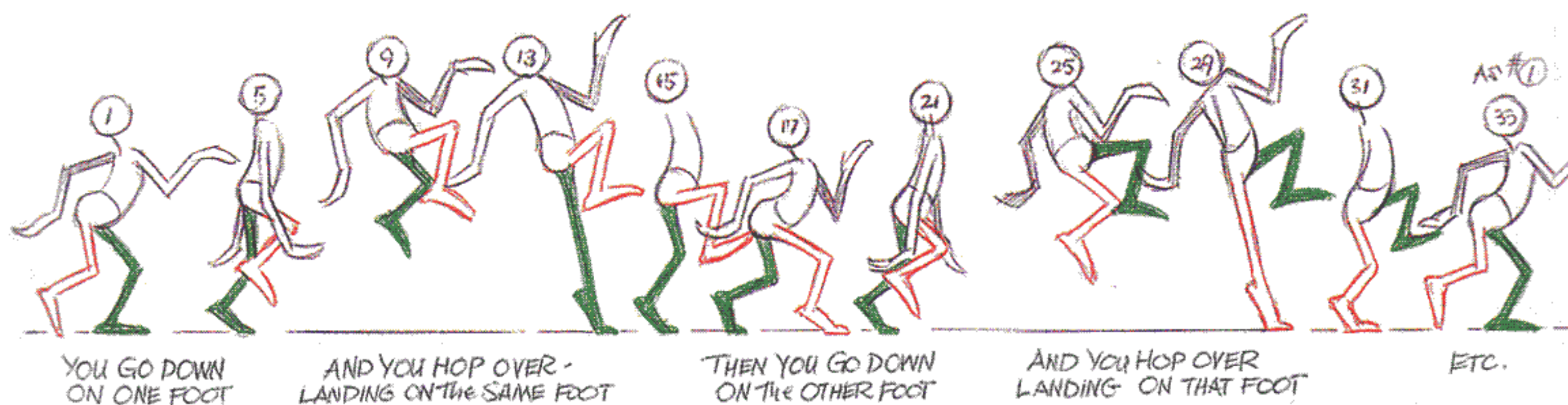
A SKIP IS TWO BOUNCES ON ONE FOOT
THERE ARE ALL KINDS OF SKIPS BUT THE BASIC ONE IS
STEP-HOP, STEP-HOP, STEP-HOP, STEP-HOP, etc.

WHEN WE GO FORWARD OUR FOOT SKIDS A BIT.



WE STEP AND HOP ON ONE FOOT -
THEN WE CHANGE FEET and HOP ON THE OTHER FOOT
USUALLY, WE TAKE TWICE AS LONG ON THE STEP
AS WE DO ON THE SKIP.

OR WE HOP BROADLY LIKE THE OLD LADY'S SKIP (HOPPING ON 16'S - ON ONES)



MANY THINGS CAN HAPPEN WITHIN THE ACTION - MOVEMENT OF ARMS, HEAD, ETC.
TO MAKE IT INTERESTING -

THERE ARE SO MANY VARIATIONS - VARIOUS TYPES - SO MANY POSSIBILITIES.
A LITTLE GIRL SKIPPING ROPE USES A DOUBLE BOUNCE. WITH QUITE DEFINITE ACCENTS.
A PRIZEFIGHTER SKIPPING ROPE HARDLY LEAVES THE GROUND. - HARDLY ANY MOVEMENTS.
THERE'S A DOUBLE BOUNCE ON EACH FOOT - VERY SLIGHT, VERY SLICK.

LET'S SAY WE DO A SUBTLE SKIP WALK

WE WANT THE FIGURE TO STEP and HOP,
CHANGE FEET, STEP and HOP,
CHANGE FEET, STEP and HOP, etc.
HAVING ACTED IT OUT (WHICH I'VE JUST DONE -
HOPPING AROUND THE ROOM TO DO THIS -)
WHAT DO WE DO FIRST?

Answer: The **CONTACTS**.

WHICH ONES? THERE'LL BE SEVERAL...

Answer: The **IMPORTANT** ONES -
AS WITH A NORMAL WALK, MAKE THE
TWO MAIN CONTACT POSITIONS.

OK, WHAT'S THE **TEMPO**?

Answer: WELL, TO ACCOMMODATE THE SKIPS
LET'S DO IT ON **24's** (1 SECOND FOR EACH
FULL STRIDE)

OK, NOW WHAT?

Answer: WELL, WE'VE GOT 24 FRAMES.

LET'S PUT IN THE **NEXT 2 STEP CONTACTS**.

LET'S MAKE THEM 8 FRAMES APART -
THAT GIVES US 3 CONTACTS PER SECOND
(WHICH IS ABOUT WHAT IT WAS WHEN
I HOPPED AROUND THE ROOM)

LET'S LEAVE OUT THE ARM ACTION FOR NOW.

FINE, NOW ALL WE HAVE TO DO IS PUT IN
THE **PASSING POSITIONS** BETWEEN EACH
CONTACT...

BUT WAIT A MINUTE, LET'S BE CLEVER -
LET'S BREAK THE ACTION UP A BIT -
LET'S MAKE THE ARM SWING AT ITS
WIDEST ON THE 2ND CONTACT POSITIONS #9 and #33

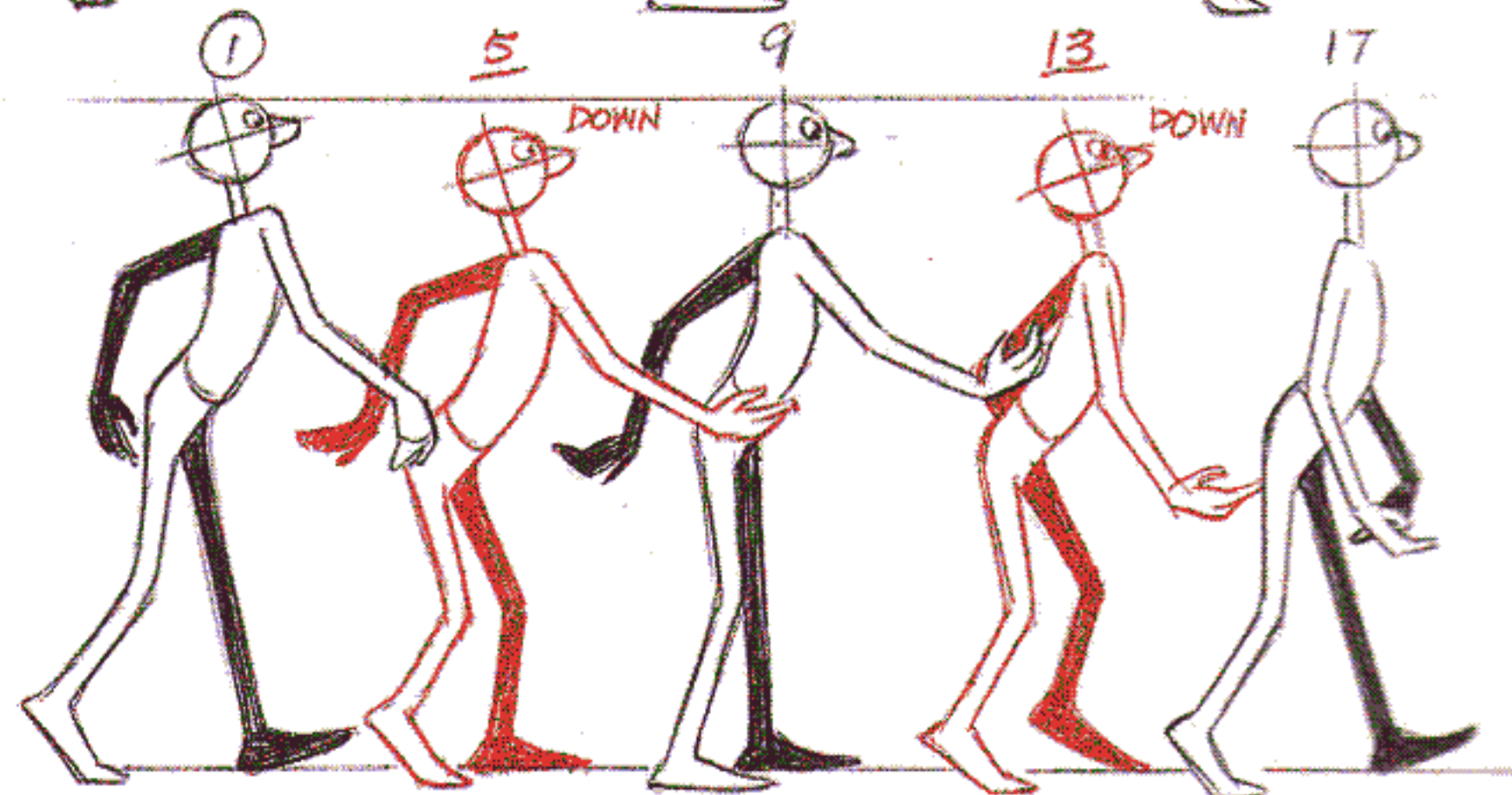
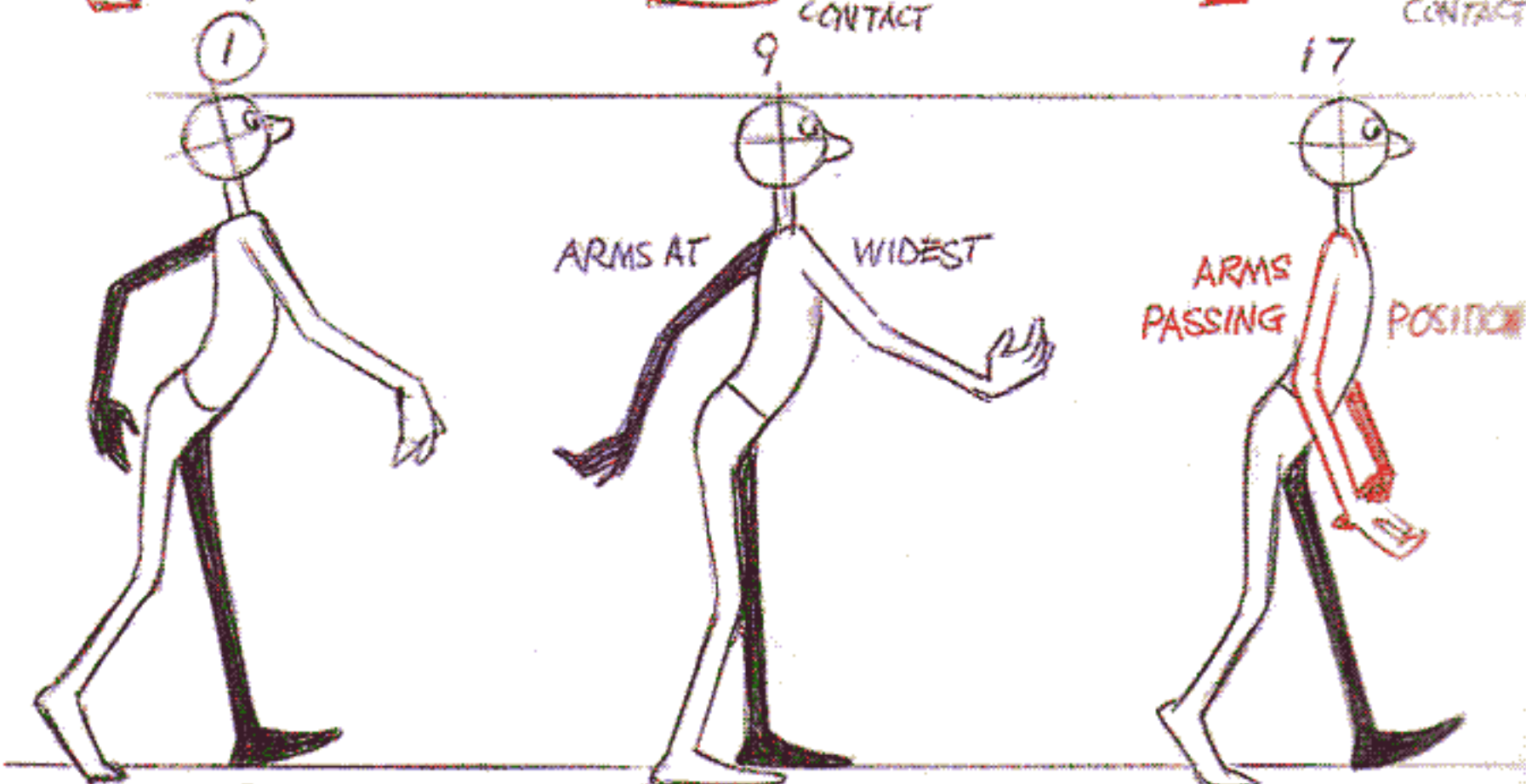
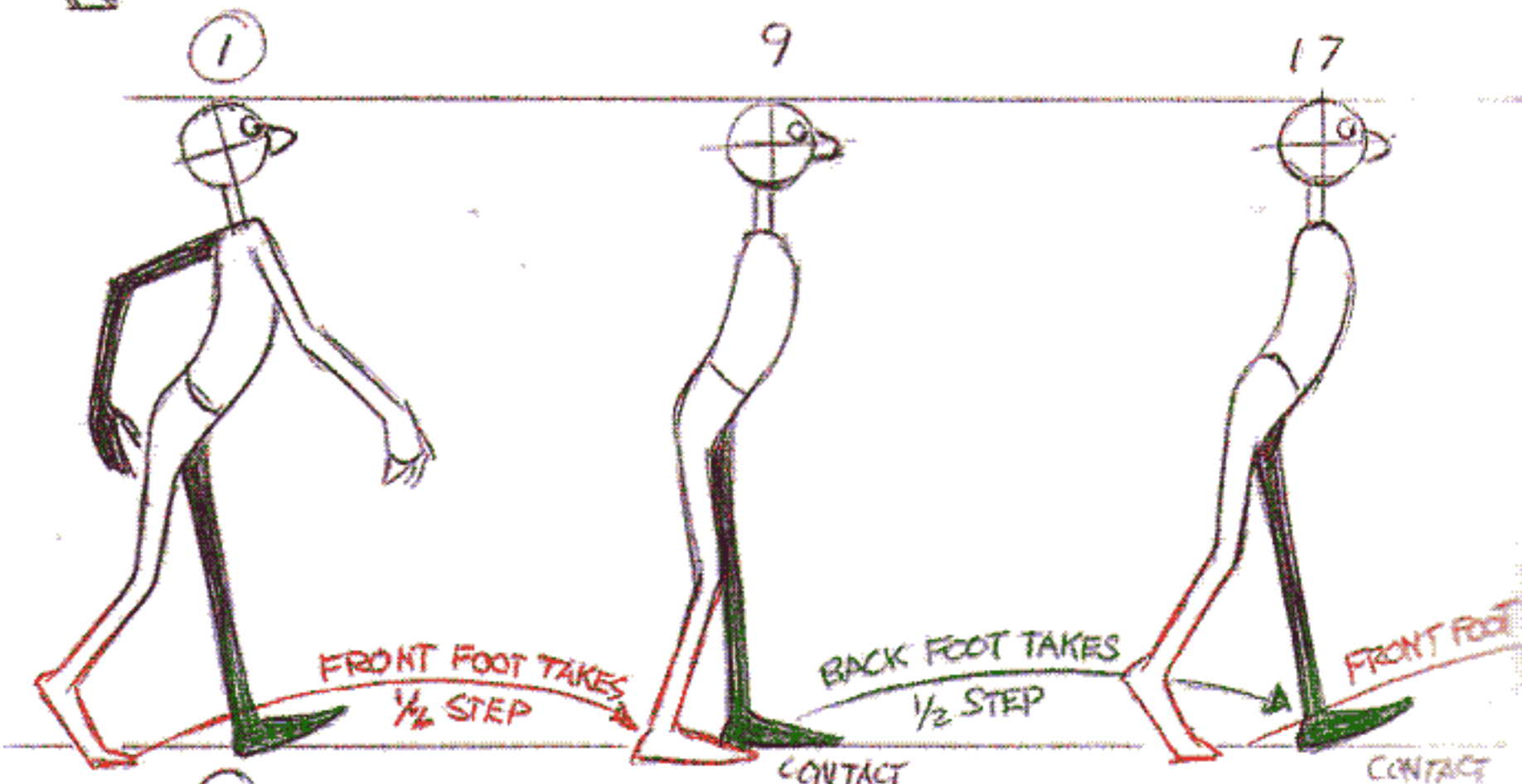
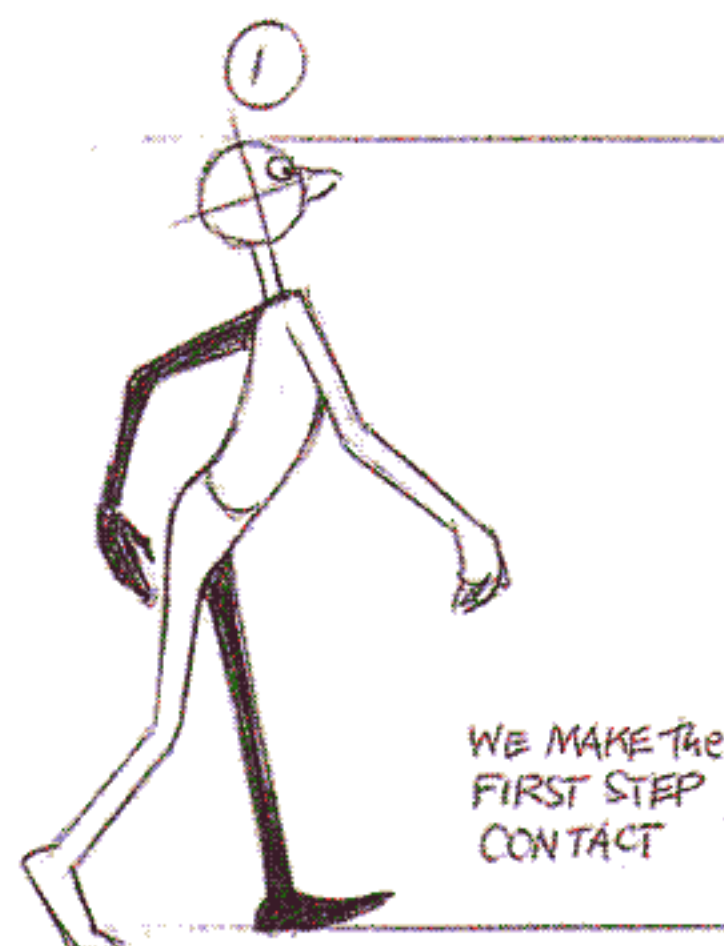
AND THAT WILL MAKE CONTACTS #17 and #41
THE PASSING POSITIONS FOR THE ARMS.

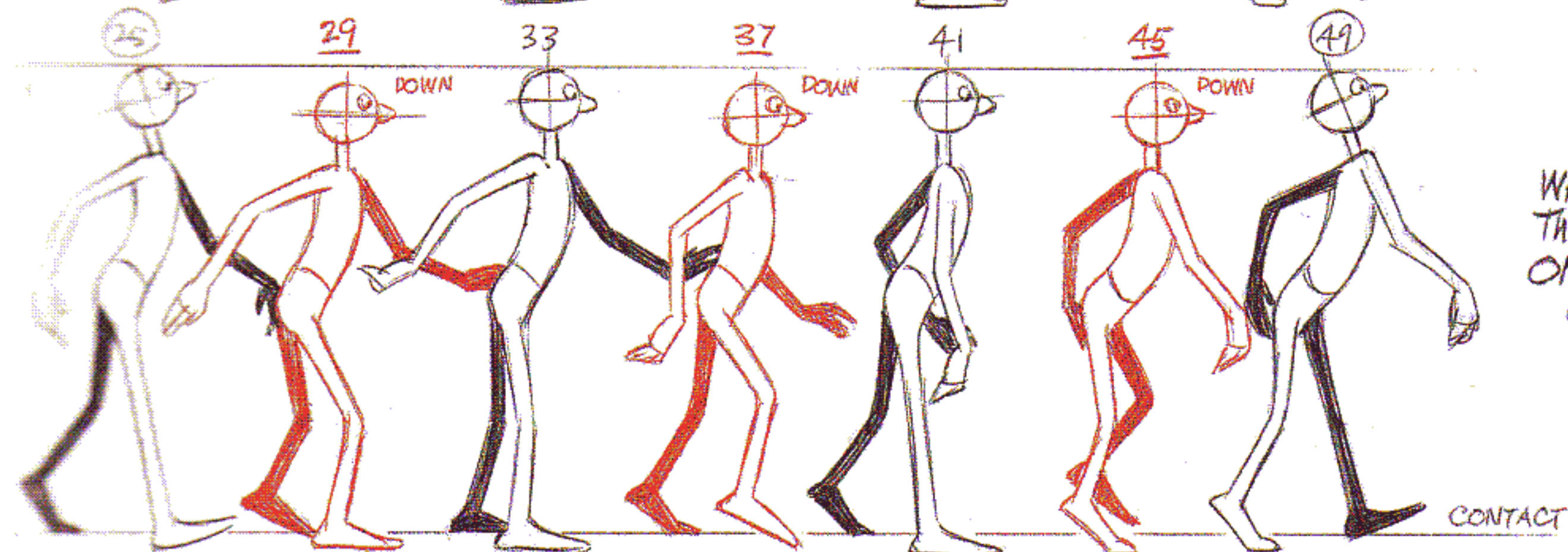
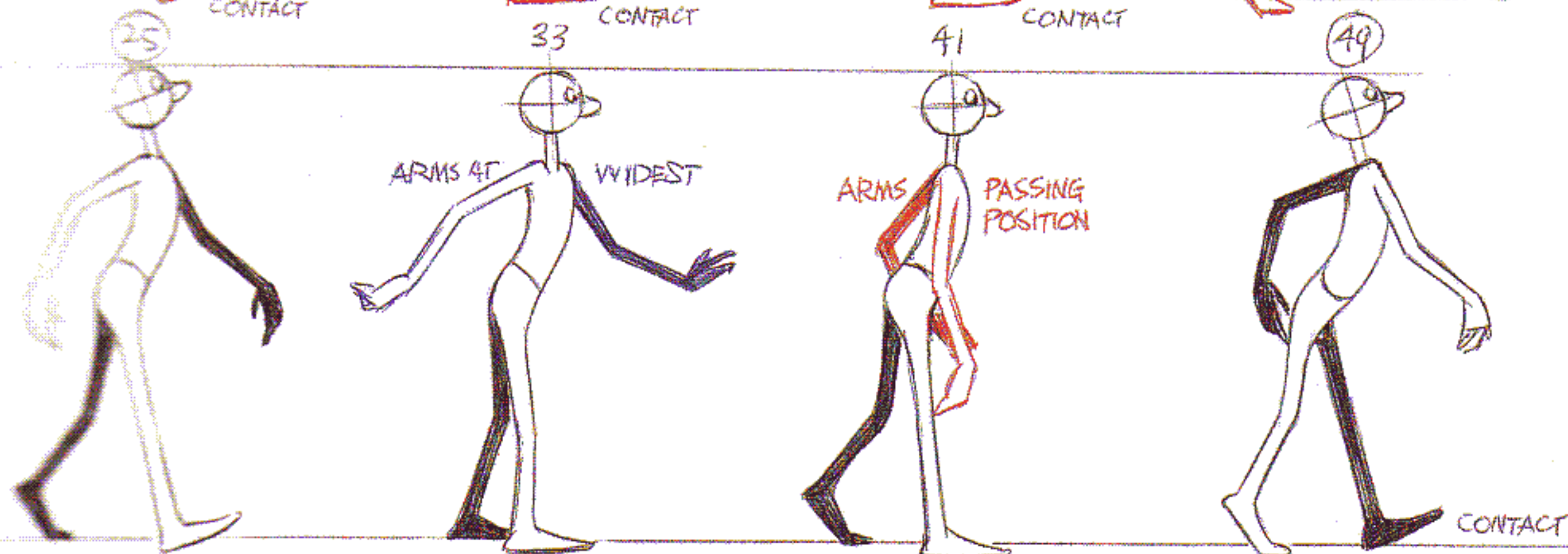
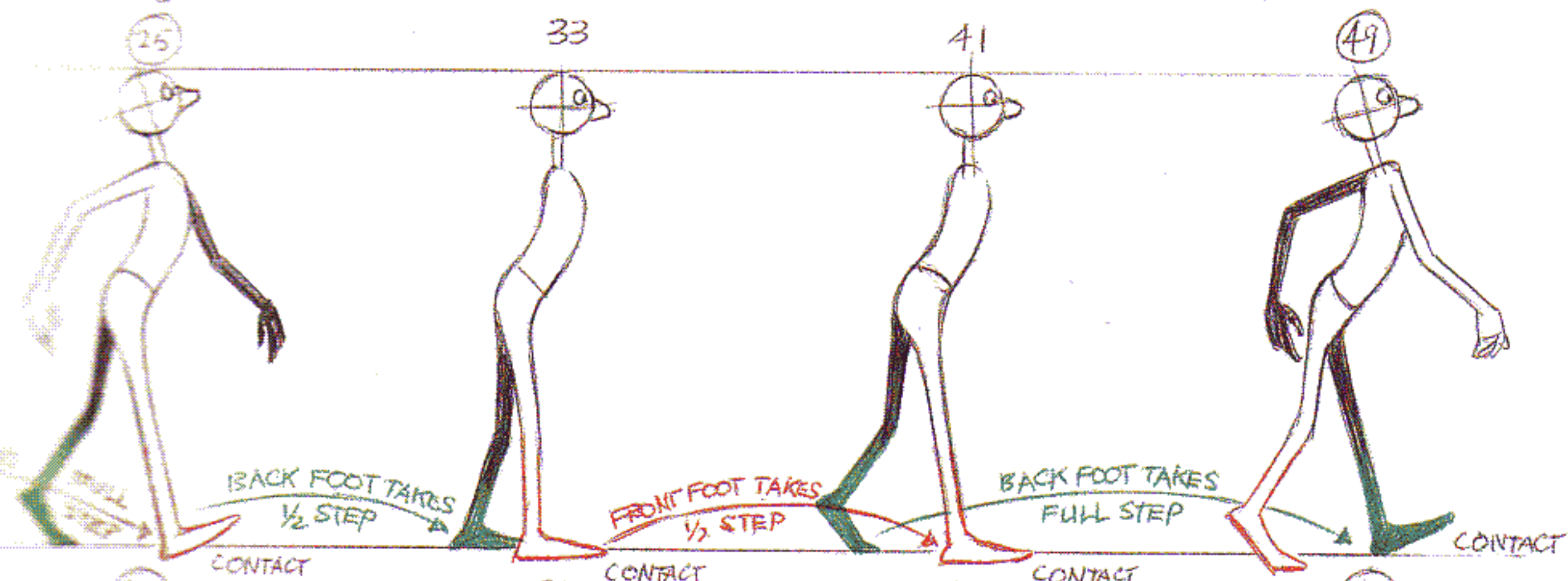
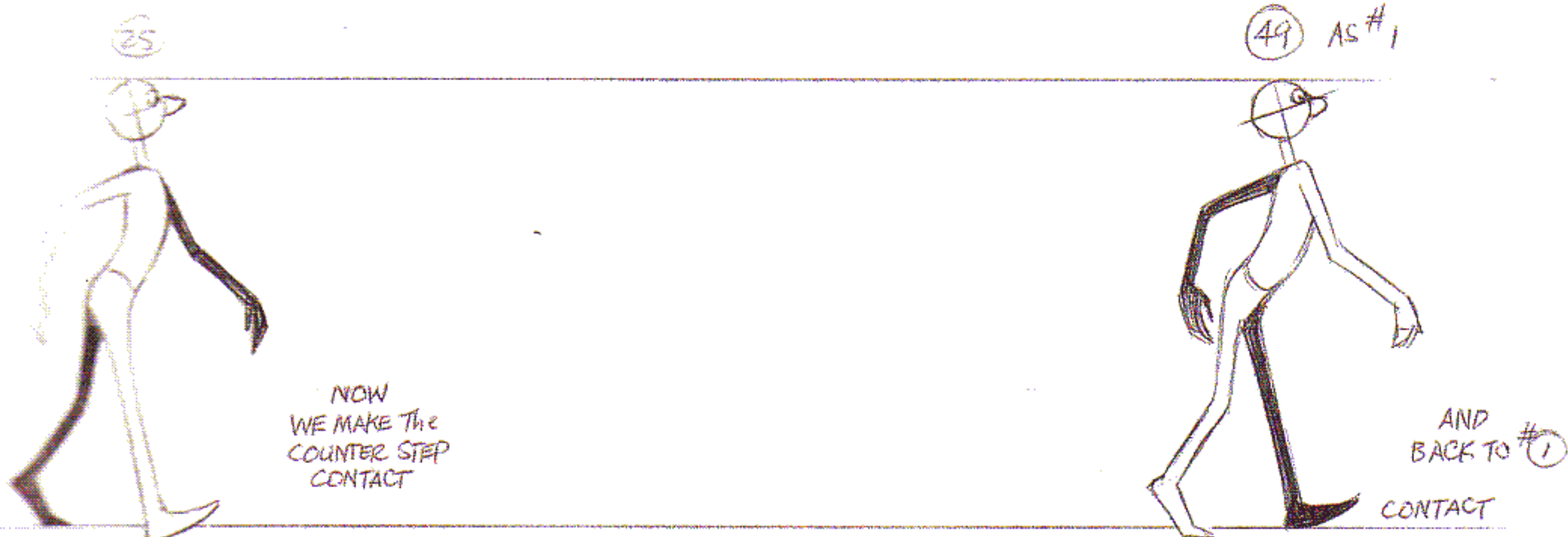
OK, NOW WE'LL PUT IN THE **PASSING POSITIONS**.
THEY WOULD NATURALLY GO **DOWN** A BIT
BETWEEN EACH CONTACT.

AND THAT GIVES US 3 DOWNS PER SECOND
GIVING US A **TRIPLE BOUNCE** DURING
EACH OVERALL STRIDE - NICE.

NOW ALL WE HAVE TO DO IS MAKE
INTELLIGENT INBETWEENS CUSHIONING
THE ARM SWINGS AT EACH END.

THIS WORKS WELL ON TWO'S (BUT WE
COULD POLISH IT FURTHER BY ADDING ONES)





ALSO
WE'VE ALTERED
THE HEAD ANGLE
ON THE FIRST THIRD
OF THE WALK
TO LIMBER
THINGS UP
A LITTLE.