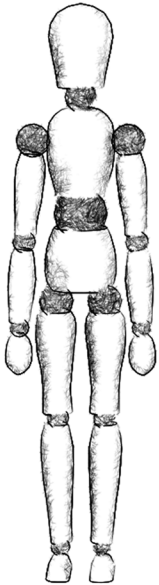
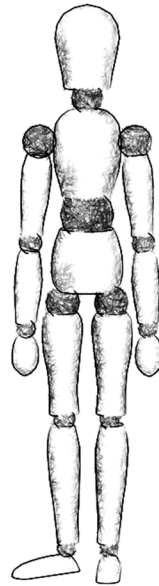


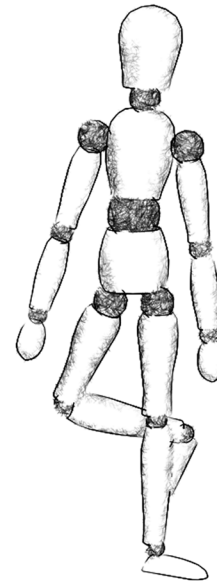
# Back Step in Reel



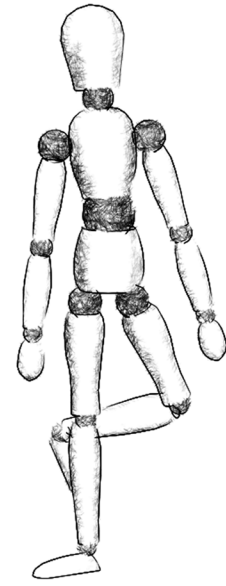
1. Stand up straight, take a deep breath, and balance your weight on both feet.



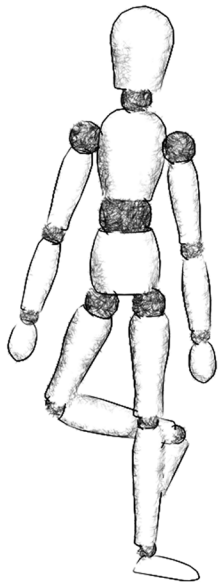
2. Point your right foot out, keeping your weight balanced on both feet.



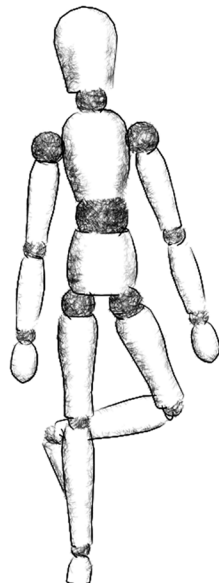
3. Hop with your left foot. Simultaneously bend your right knee and lift your right foot back behind your left knee.



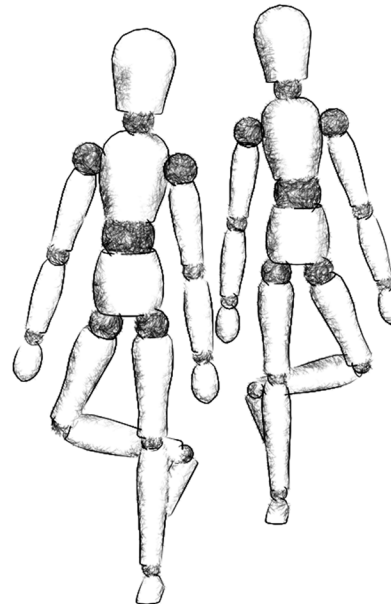
4. Next, spring seamlessly onto your right foot. Bend your left knee and lift your left foot back behind your right knee.



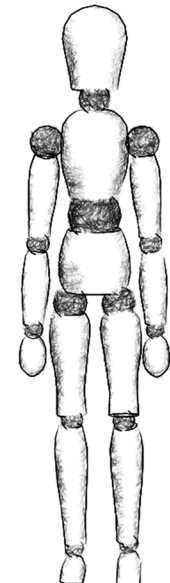
5. Again, hop with your left foot. Simultaneously bend your right knee and lift your right foot back behind your left knee.



6. Spring onto your right foot again. This time, point your right foot out front. The goal is going to be to move to the back for the next eleven steps.



7. Lead the way backwards as you hop with your left foot, following that with your right foot. Hop back for eleven steps.



8. At the conclusion of the eleven steps, step onto the ball of your left foot and prepare to transition to your next move.