Doubles Tinikling Dance

Do these steps outside the bamboo poles:
1. Hop on both feet.
2. Hop another hop on both feet.

Hop between the poles for these steps:
3. Hop on both feet.
4. Do another hop using both feet.

Straddle the poles as you jump outside them for these steps:
5. Hop on both feet.
6. Again, hop on both feet.

Go between the poles again to finish the dance:
7. Hop on both feet.
8. Do another hop on both feet.