Walk

- Body is erect; eyes look ahead.
- Toes point ahead.
- Arms swing in opposition to feet.
Run

- Head is up; eyes look in direction of travel.
- Both feet are off the floor momentarily.
- Arms should not swing across the midline of the body.
Jump

- Two feet take off and two feet landing with bent knees.
- Landing is soft and on the balls of the feet.
- Arms swing for uplift and/or forward movement.
- Jumping may be practiced stationary or traveling.
**Gallop**

- Child is facing forward with arms bent waist high.
- One foot leads; the trailing foot comes up to it. (Step-together-step)
- Same foot always leads. Practice with children changing lead foot.

**Trotar**
Hop

- Hopping is practiced on one foot at a time.
- Balance is served by body angle, arms, and opposite foot.
- Hopping may be practiced stationary or traveling.

Saltar a la Pata Coja
Side-slide

- Movement is sideways.
- A sideways step of the lead foot is followed by a slide of the trailing foot.
- Same foot always leads. Practice with children changing lead foot.

Resbaladero de Lado
Skip

- A step followed by a small hop on the same foot.
- Same action followed on the alternate foot.
- Arms swing to shoulder height in opposition to feet.
- Mature skipping is done on the balls of feet.
Leap

• An elongated step used to cover distance or go over obstacles.
• A one foot take off is followed by a landing on the opposite foot.
• A momentary balance occurs on the landing foot.