

Take-off or ultimate step is back on the curve.

The penultimate step will land outside the curve.

Start your curve with the left foot and count 5 steps – including the first left step.

Use crossover steps when running the curve and stay on the curve.

Start area – hop, jog, skip, whatever it takes to be comfortable and get your right foot ready to start the straightaway.

Start the straightaway with your right foot and count 5 steps – including the first right step

