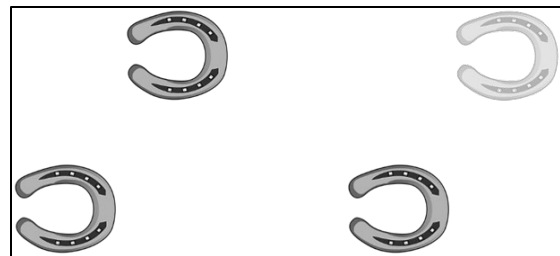
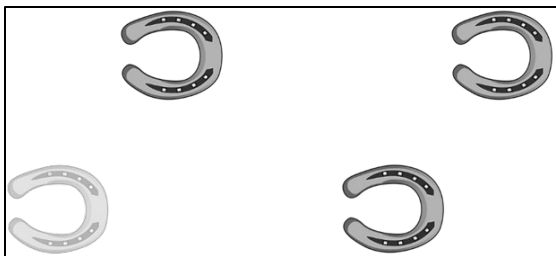
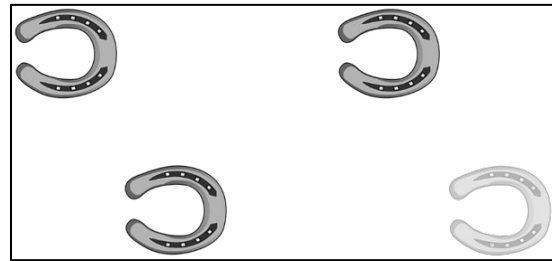
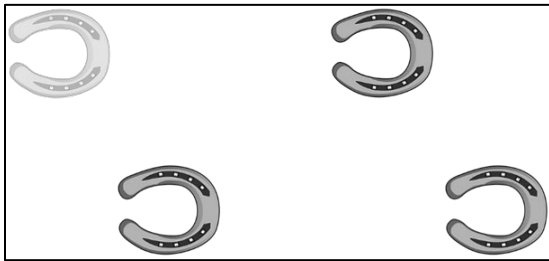
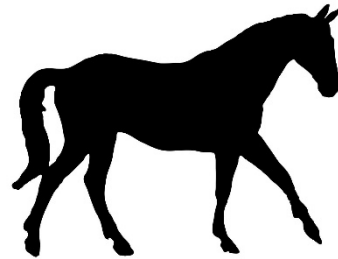


## Move Like A Horse

Horses are capable of distinct movements, or gaits. Each gait has a different order of footfalls (when each foot is in contact with the ground). The three basic gaits are walk, trot, and canter (or lope). In the diagrams below, the lighter colored horseshoes represent the foot/feet that is/are off the ground.

### Walk

The **walk** is a four beat gait, meaning that each leg moves independently. The walk is the slowest gait.

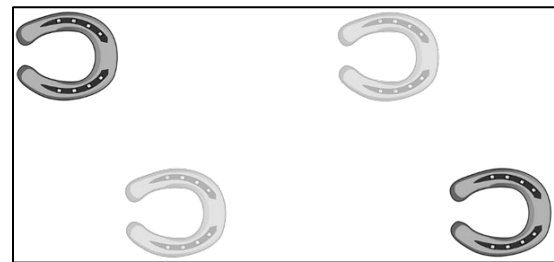
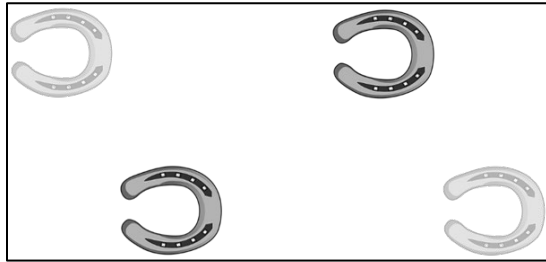
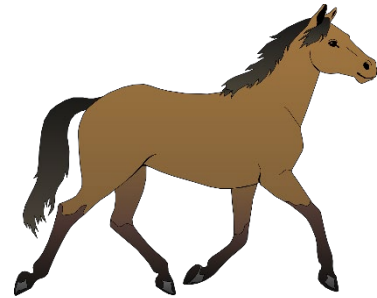


Here's a video of a horse walking:

[https://en.wikipedia.org/wiki/Horse\\_gait#/media/File:Muybridge\\_horse\\_walking\\_animated.gif](https://en.wikipedia.org/wiki/Horse_gait#/media/File:Muybridge_horse_walking_animated.gif)

## Trot

The **trot** is a two beat gait, with diagonal pairs of legs (right front and left hind, left front and right hind) moving together. The trot is faster than the walk.



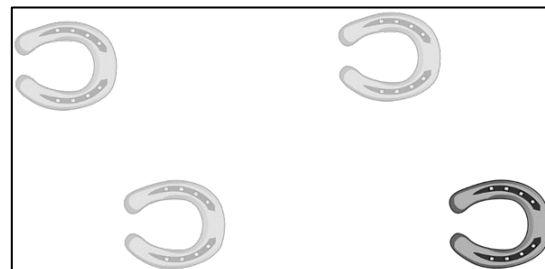
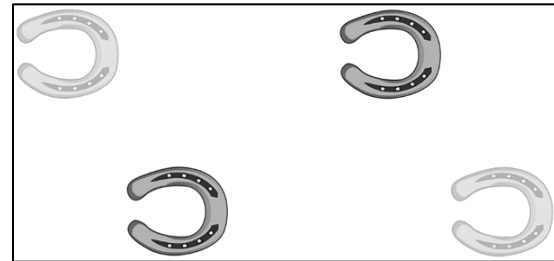
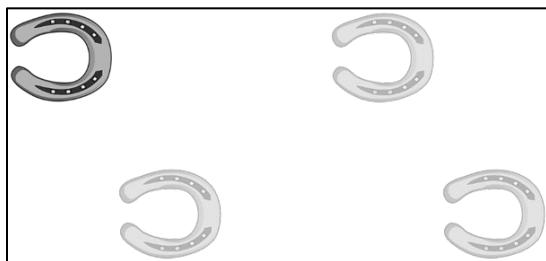
Here's a video of a horse trotting: [https://en.wikipedia.org/wiki/Trot#/media/File:Trot\\_animated.gif](https://en.wikipedia.org/wiki/Trot#/media/File:Trot_animated.gif)

*Bonus:* How is a **pace** different from a trot? Here's a video of a horse pacing:

[https://en.wikipedia.org/wiki/Horse\\_gait#/media/File:Muybridge\\_horse\\_pacing\\_animated.gif](https://en.wikipedia.org/wiki/Horse_gait#/media/File:Muybridge_horse_pacing_animated.gif)

## Canter/Lope

The **canter**, or **lope**, is a three beat gait. The horse pushes off the ground with the left hind leg, for example, then the right hind and left front move together, and then the right front (right lead). There is a moment of suspension when all four feet are off the ground before the next step starts.



Here is a video of a horse cantering:

[https://en.wikipedia.org/wiki/Canter\\_and\\_gallop#/media/File:Canter\\_animated.gif](https://en.wikipedia.org/wiki/Canter_and_gallop#/media/File:Canter_animated.gif)

Try it out for yourself! Can you move your hands and feet in coordination with the diagrams for each gait? Watch your dog or cat when they move. Can you recognize any of the same footfalls?

*Bonus:* How many beats are in a **gallop**? How about when a horse **backs** up?