**Loading and Motion Capture during TikTok Dance**

*Play the first video under this activity.*

*Looking at the colored dots on the right side of the video, what body segments do you think each color corresponds to? (Hint: If you look closely at Adam on the left side of the video, you can see that he is wearing the markers! By looking at the markers on Adam, you can try to guess what body segments the colored markers correspond to. Use the space below to draw it out as well)*

*Play the second video under this activity.*

*In this video, we have Adam and Jill dancing next to a real-time display of loadsol® data.*

*From the “What the Asymmetry” activity, you should be familiar with loading data. Red lines represent the left foot and blue lines represent the right foot. Based on this particular video, answer the following questions:*

1. *In the first three seconds of the video, the red and blue lines oscillated. When the red line went up, the blue line went down, and when the blue line went up, the red line went down. Based on Adam and Jill's dancing, what caused this to happen?*
2. *In 0:03 - 0:11, which foot produced a higher amount of force? Why do you think this, based on the dancing and the loadsol® data?*
3. *In the last few seconds of the video, Adam and Jill jumped. Looking at the loading data, what lets us know that Adam and Jill jumped? Was the force high or low? Why?*