

## A REMINDER FOR IRISH DANCERS!!

- Always begin a dance with your 5 rules!
1. Heels together
  2. Toes turned out
  3. Arms at your sides
  4. Stand up straight
  5. Great big smile!!!

## REEL STEPS:

### Stand ready and point the right foot.

#### Lead Around:

Begin Lead Around in a clockwise circle, lifting the knees high:

*Leap –two-three*

*Two-two-three*

*Three-two three*

You should be halfway... *Four-two-three*

*Five-two-three*

*Six-two-three*

*Seven-two-three*

Turning back into place: *Eight-two-three*

#### Side Step:

Begin Side step with right foot hopping to left knee;

Stepping out to the right, and sneaking the left behind:

*Hop-two-three-four-five-six-seven*

In place: *Leap –two-three*

*Leap –two-three*

Leap onto right in place, stepping left to side,  
and sneaking the right behind:

*Leap-two-three-four-five-six-seven*

In place: *Leap –two-three*

*Leap –two-three*

#### Right Heel, Left Heel:

Left foot is in front, leap in place onto left and put the right heel out:

*Leap-right heel*

*Leap-left heel*

In place: *Leap –two-three*

*Leap –two-three*

Leap onto left in place, stepping right to side, and sneaking the left behind:

*Leap-two-three-four-five-six-seven*

In place: *Leap –two-three*

*Leap –two-three*

Right foot is in front, leap in place onto right and put the left heel out:

*Leap-left heel*

*Leap-right heel*

In place: *Leap –two-three*

*Leap –two-three*

Leap onto right in place, stepping left to side, and sneaking the right behind:

*Leap-two-three-four-five-six-seven*

In place: *Leap –two-three*

*Leap –two-three*

Smile, Point and Bow!