

## **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!!!

## **SINGLE (HOP) JIG STEPS:**

**Stand ready and point the right foot. Remember this one needs strong, tall tummy posture & is very swingy with the legs from the leap to the hop!**

### **Lead Around:**

Begin Lead Around in a clockwise circle, lifting the knees high  
And kicking up to your bum with the back foot:

*Leap- hop, leap (2)- hop, leap (3)-hop,  
leap (4)-hop, leap (5)-hop, leap (6)-hop,*

You should be halfway...

(step in & out with your left in front) *Leap-inside-outside-inside*

Continue Lead Around, left foot starts from the front:

*Leap- hop, leap (2)- hop, leap (3)-hop,  
leap (4)-hop, leap (5)-hop, leap (6)-hop,*

Turn back into place...

(step in & out with your right in front) *Leap-inside-outside-inside*

### **Hop Step:**

Beginning step with right foot pointing in front;

*Leap, cut, hop-knee, hop-back*

Moving a little forward and to the right:

*Leap, cut, hop-knee, hop-back*

*Leap, cut, hop-knee, hop-back*

In place, step in & out with your left in front:

*Back (step) -inside, outside, inside*

Now with left foot pointing in front;

*Leap, cut, hop-knee, hop-back*

Moving a little forward and to the left:

*Leap, cut, hop-knee, hop-back*

*Leap, cut, hop-knee, hop-back*

In place, step in & out with your right in front:

*Back (step)-inside, outside, inside*

Smile, Point and Bow!