

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!!!

TREBLE JIG STEPS:

Stand ready and point the right foot.

Lead Around:

First Step:

*Treble-one, treble-two,
treble-UP-two-three-four;*

*Treble-one, treble-two,
treble-UP-two-three-four;*

*Treble-one, treble-two,
treble-UP-two-three-four;*

*Treble-CUT-treble-hop-back,
HOP-back-two-three-four.*

Repeat First Step on Left.

Side Step:

Begin Side step, moving to the right with right foot:

*Treble-CUT-treble-hop-back,
treble-CUT-treble-hop-back;*

*Treble-one, treble-two,
Treble -three, treble-four;*

*Treble-UP-two-three,
UP-two-three;
UP-two-three-four;*

*Treble-CUT-treble-hop-back,
HOP-back-two-three-four.*

Repeat Side Step on Left.

Smile, Point and Bow!