

# *an daire academy of irish dance*

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## **GRADE 3 – Basic Heavy Jig**

### **BEGINNER 1 TREBLE JIG**

#### **1<sup>st</sup> Step** (16 Bars)

(r) Bang back (r) rally hop back (l) rally hop back (r) rally hop back

(l) Leap over-2-3-4 (r) Leap over-2-3-4

(l) Bang (l) bang (r) back (l) rally hop (l) toe (r) hop (l) toe (l) back (r) rally hop back

(l) Leap over-2-3-4 (r) Bang step (l) back (r) rally hop back

(l) Bang back (l) rally hop back (r) rally hop back (l) rally hop back

(r) Leap over-2-3-4 (l) Leap over-2-3-4

(r) Bang (r) bang (l) back (r) rally hop (r) toe (l) hop (r) toe (r) back (l) rally hop back

(r) Leap over-2-3-4 (l) Bang step (r) back (l) rally hop back

#### **2<sup>nd</sup> Step** (16 Bars)

(r) Lift hop back (l) Rally hop back (r) Leap over-2-3-4

(l) Lift hop back (r) Rally hop back (l) Leap over-2-3-4

(r) Switch (l) step(r) hit hop back (l) Switch (r) step (l) hit hop back

(r) Bang-step (l) Back (r) Rally hop back (l) Rally hop back (r) Rally hop back

(l) Lift hop back (r) Rally hop back (l) Leap over-2-3-4

(r) Lift hop back (l) Rally hop back (r) Leap over-2-3-4

(l) Switch (r) step(l) hit hop back (r) Switch (l) step (r) hit hop back

(l) Bang-step (r) Back (l) Rally hop back (r) Rally hop back (l) Rally hop back

#### **3<sup>rd</sup> Step** (8 Bars)

(r) Lift (l) hop (r) back (l) Rally front (r) Toe hop toe back (l) Rally (r) hop (l) back

(r) Whip-1-2-3-4 (r) Leap-1-2-3-4 (l) Bang-Step

(r) Back (l) Rally (r) Hop (l) Toe switch (r) Toe, (r) Back (l) Rally (r) hop (l) back

(r) Whip-1-2-3-4 (r) Bang-Step (l) Back (r) Rally (l) hop (r) back