an daire academy of irish dance
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GRADE 4 – ST. PATRICK'S DAY (Traditional Set)

Step (16 Bars)
(r) Rally-1(r) Down (l) Rally-2(l) Down, (r) Rally-3(r) Down (l) Rally-4(l) Down
(r) Rally-Whip/Hop(l) (r) Rally-(l) Hop-(r) Back
(l) Push-(r) Hop-(l) Step, (r) Push-(l) Hop-(r) Step, (l) Push-(r) Hop-(l) Step
(r) Hit-(l) Hop-(r) Back, (l) Push-Step, (r) Whip-(l) Hop-(r) Heel-(l) Step
(r) Rally-Whip/Hop(l), (r) Rally-(l) Hop-(r) Back, (l) Lift-Back-(r) 2-(l) 3-(r) 4

(l) Rally-1(l) Down (r) Rally-2(r) Down, (l) Rally-3(l) Down (r) Rally-4(r) Down
(l) Rally-Whip/Hop(r) (l) Rally-(r) Hop-(l) Back
(r) Push-(l) Hop-(r) Step, (l) Push-(r) Hop-(l) Step, (r) Push-(l) Hop-(r) Step
(l) Hit-(r) Hop-(l) Back, (r) Push-Step, (l) Whip-(r) Hop-(l) Heel-(r) Step
(l) Rally-Whip/Hop(r), (l) Rally-(r) Hop-(l) Back, (r) Lift-Back-(l) 2-(r) 3-(l) 4

Set (14 Bars)
(r) Kick-Out, (l) Hop-(r) Back, (l) Push-Down (r) Step, (l) Push-Down (r) Step
(l) Push-Down (r) Whip-(l) Hop-(r) Heel (l) Step,
(r) Push-Down (l) Step, (r) Push-Down (l) Step
Switch (l) Step (r) Hit-(l) Hop-(r) Back, (l) Push-Down (r) Whip-(l) Hop-(r) Heel-(l) Step
(r) Rally-Whip/Hop(l) –(R) Rally-(l) Hop-(r) Back,
(l) Push-Down (r) Whip-(l) Hop-(r) Heel-(l) Step
(r) Push-Down (l) Step, (r) Push-Down (l) Step, Switch (l) Step-(r) Hit-(l) Hop-(r) Back
(l) Lift-Back, (r) Rock-Rock-Rock, (r) Rally-Front, (l) Rally-Front
(r) Rally-Whip/Hop(l) –(r) Rally-(l) Hop-(r) Back, (l) Lift-Back-(r) 2-(l) 3-(r) 4

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