

123 Reel and Light Jig

Movement	Tips
REEL – Lead Around 8 One two three's in a circle	Clockwise, face front on last 123. Kick bum, point toes, stay high on toes and cross feet
Sevens left	Use a 123 style jump to switch feet Left leg is in front after switch
2 One two threes	Right foot to bum then left to bum Point toes when lifting up behind
Sevens Right	Remember you will have to switch legs by using another leap When moving Right, Right leg is in front
2 One two threes	Left foot to bum first then Right
Second Step Up walk walk, Up walk walk	Right leg twice, like 7's but less steps
Point Point, point point	Right foot twice, Left foot twice Cross feet
Turn 234567	Start with L foot to knee, Counterclockwise, keep Left foot in front
point hop back, Point hop back	Left foot then Right foot
Repeat whole second step on Left foot	
JIG – Lead Around Up back and 123	Do three times: Right then Left then Right Dancers will have to lift their back leg to start each time Head towards the front of the room in a clockwise motion
Up Hop Back, Hop Back 234 (rise and grind)	Take Left leg from behind up to knee, then to bum while hopping, then place left behind onto the floor. Then lift right foot up to bum and hop, and then down onto the floor behind then do L R L (shifting weight) Finish with Right behind
Repeat first two sections	Start with RIGHT foot again. Head towards the back of the room, finish facing front.
Side step Step tip hop down, hop back 234	Repeat 3 times, moving towards right and forwards Right stays in front until: hop back 234 Point toes and reach on the step part, kick bum on BOTH hops! Be sure to hop on each hop part. No faking!
Finish with Rise and Grind on the Right	
Step tip hop down, hop back 234	Three times on the Left
Finish with Rise and Grind on the Left	

*Remember to: Always keep arms down by sides when practicing, Cross feet, Turn out toes, Stay high up on toes, Have fun!!! 😊