

Advanced Beginner Light Jig

Movement	Tips –Capitals = Right
Lead Around -Same as Beg and Tiny UP BACK KICK 1-2-3	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-2-3-4 (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 on the left	Start with RIGHT foot again. Head towards the back of the room, finish facing front.
Side step STEP tip hop down, HOP BACK-2-3-4	Move towards right and forwards a bit 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!
UP UP, 1-2-3 (start on Right) over 2-3-4-5-6-7 (Right)	Remember you will have to switch legs by using a leap to do the sevens When moving Right, Right leg is in front
Finish with Rise and Grind on the Right	
Repeat step on the left foot	

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