

Beg Treble Jig

Movement	Tips
LEAD AROUND	Capitals = Right foot Lower case = left foot
Rally R, rally L Skip 1-2 (R), Skip 1-2 (R)	Repeat 3 Xs Kick bum on skip 1-2's and point front toe. But move fast to keep up with music
Rally Cut, Rally-hop-Back (R) Hop back 2-3-4 (L)	Point toes on cut Finish with Right foot in front
Repeat on Left foot	Heading back to where you started (move to front of stage on R)
FIRST STEP	
hop Heel-step-Heel-step (R)	Moving left
Rally R, rally L	Go straight across stage
Rally Cut, Rally-hop-Back (R) Hop back 2-3-4 (L)	Turn to Right to face back
Hop stamp 2-3-4 (L)	Kick bum on stamp, make sure heel hits the floor
skip 1,2, skip 1,2 (L)	Kick bum on skip 1-2's and point front toe
step (L), Rally-hop-Back (R)	Kick bum on the way forward and back. The step should look like a 1-2-3
Hop back 234 (L)	Kick bum, lift leg high on the way back, cross feet, end on toes with R foot in front
Repeat step on Left foot	

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