

Prizewinner Slip Jig

Movement	Tips
LEAD AROUND	CAPITALS= RIGHT Lowercase = Left
CUT 1-2-3-4 OVERDOWN	Moving forwards and left
SKIP 1-2-3, skip L, SKIP-R, hop double hop (L) down	Turn to Right on skip23 and move across stage towards stage right
HOP POINT HOP BACK,	Turn towards back on the point. Kick bum as R foot comes to front and goes back. When step back with R, lift up left leg.
2-3 switch STEP skip L, SKIP R-2, OVERDOWN	Head across back of stage on the R skip and overdown
HOP-1-2 KICK(hop) BACK	As you hop back, Right leg kicks high up in front and then back to bum
BUM TWIST 2-3-4-5	The “bum” is a jump with both feet off floor, front leg straight, back leg to bum Land with front leg first
Repeat on Left foot	Reverse all directions
FIRST STEP	
POINT CUT and POINT and BACK push ONE-two SWITCH step OVERDOWN	On the “push”, kick bum with R, left kicks straight in front (kind of like an overdown)
AND gallop TWO three hop POINT turn point hop back	This can be done as a Skip-2-3on the Right On the “Turn” kick your bum with your left foot and turn to Left (towards back) to face stage right.
PREP cut and down UP-1-2 SWITCH step OVERDOWN	Bring Left leg from the back Move across stage to right
SKIP-1-2-3 Up-UP-OUT and POINT HOP BACK	On 3 of the skip, the left foot is up behind, ready for the half bicycle.
Repeat step 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!!! 😊