



DOUBLE JIG GLIDE STEP

DOUBLE JIG DRILLS

1. Rally forward – 16 forward changing legs to 8 bars of music
2. Double Rallies – rally cut rally hop back alternating legs -8 times to 8 bars of music
3. End drill – rally right rally left double right rally hop back – 4 times alternating legs to 8 bars of music
4. Same leg bang – Double rally hop bang hop bang step rally back – 4 times on the same leg to 8 bars of music
5. Alternating bang - Double rally bang change bang rally back – 4 times alternating legs to 8 bars of music

GLIDE STEP DRILLS

1. Hop toe cut 2, 3 and pause slightly and repeat on the same leg 4 times to 8 bars of music and then change legs
2. Spring and spring step right point hop back (start with right, switch to left and finish point with starting leg) 4 times to 8 bars of music
3. Do the first 4 bars of the step Hop toe cut 2, 3 and over 2,3 and over 2,3 and front click down

Whole step

Hop toe cut 2,3 and over 2,3, and over 2,3 and front click down take left leg from behind hop out to the front, then slide left left in the back up to meet the right foot bringing it into 2nd position, hop 1,2,3 lifting the right foot up so that your heel is above your knee, then Spring and spring step right point hop back