



**Practice Sheets for Advanced Beginners**  
**Practice makes perfect!**

**Make a little time to practice every day... even 10 minutes a day will really help your dancing!**  
**Here are some things to remember. It is really helpful to practice with music.**

**Starting Position**

**This is done to an 8 bar count.**

1. Heels together (so that your feet look like the letter V)
2. Left foot back which leaves the right foot in front (left back toe is touching front right heel)
3. Extend right leg out so that toe is pointed
4. 5. 6. 7. Stay in that position
8. Up on your toes

**Standing warm-ups**

1. Slow cuts (pointed toe in front starting position and then bend knee toward wrist)
2. Slow tucks (pointed toe in front starting position and then bend your knee and bring it behind you)
3. Slow lifts (pointed toe in front starting position and lift to the front of your knee keeping your toe pointed)

**Hopping warm-ups**

1. Straight up and down bounced in your place keeping up on the balls of your feet
2. Slow crosses
3. Fast crosses
4. Three points and hop back (Hop point, hop point, hop point, hop back) 4 times to 8 bars of music
5. Double points and hop back (Hop point, hop point, hop back) 4 times to 8 bars of music
6. Single points and hop back (Hop point, hop back) 8 times to 8 bars of music
7. Dancer's skip
8. Hop knee 2,3 (Lift your pointed toe above your knee with a hop and stretch out your leg and cross 2,3

9. Hop knee 2,3,4,5,6,7 (Lift your pointed toe above your knee with a hop and stretch out your leg and cross 2,3,4,5,6,7

**Turn out drill to slow Hornpipe Music**

1. Heels together
2. Cross
3. Point in front
4. Cross
5. Point out to right side
6. Cross behind
7. Point out to right side again
8. Cross into beginning position

Repeat a few times and then do the drill with the left foot.

**Reel steps (8 bars on the right and 8 bars on the left)**

1. Sevens and points
2. Pretty points
3. Double points
4. Double turn
5. Telephone

**Light Jig steps (8 bars on the right and 8 bars on the left)**

1. Three times - Hop toe , hop knee hop back 2,3,4
2. Tip in the front, tip in the back
3. Up the street
4. Off to Ireland