



Solo Step Review – All Levels

Students, please do not get frustrated if these sheets are hard to follow. These practice sheets are meant to help not hinder. The words and phrases used below are meant as a memory aid for those that have been attending class regularly. Let us know if there are areas that do not make sense or if you have any questions (inquiries to Sheila@ShovlinAcademy.com) If all else fails, students are strongly encouraged to practice that which they do remember, and have fun doing it. Please...practice often. If you haven't been, we can tell, and you need to. Even the littlest bit of practice **always** pays off and makes for a more enjoyable class experience. Good luck!!!

Academy Classes 2005-2006

Tir na Nog

Beginner 1

Beginner 2

Advanced Beginner 1

Advanced Beginner 2

Advanced Beginner 3

Novice 1

Novice 2

Open

Set Dances

Tir na Nog, Beginner 1, Beginner 2 & Advanced Beginner 1 Steps

Recommended Excercise(s)

(TBD)

Preparation

To prepare for any step, start with your heels together in "standing V" position and set your posture & placement. Bring right foot to the front to start counting to the music. Point your toe on "5-2-3" showing your instep after "8-2-3". Always begin from the right toe pointed, heel lifted to a nice arch in the foot.

Reel

The music for the reel is either 4/4 or 2/4 time, therefore it will sound very much like a march where every beat is even (e.g., "1 and 2 and 3 and 4, and 1 and 2 and 3 and 4", etc) with near the same even emphasis on every beat.

1st Step

"Hop kick step one, hop kick step 2, hop kick step 1 step 2 step 3, (4 bars)
hop point hop back, hop point hop back, hop kick, hop kick, hop point hop back" (4 bars)
(repeat on the left foot)

2nd Step

"hop point hop back, hop point hop back, hop kick, hop kick, hop point hop back, (4 bars)
change step 1, step 2, step 3, change step 1, step 2, step 3" (4 bars)
(repeat on the left foot)



Soft Jig (a.k.a. “Baby Jig”)

The music for the Jig is 6/8 time, meaning there are 6 beats to the measure and the 8th note (a very quick note by the way) gets one count. One might recognize a jig by hearing that it’s rhythm is a bit like a dog with a limp walking down the street (with a bit of an emphasis on every other beat).

1st Step

“Skip forward 2-3 skip forward 2-3, skip back 2-3 skip back 2-3, (4 bars)
 hop kick hop back, hop kick hop back, hop kick hop back hop back 2-3-4” (4 bars)
 (repeat on the left foot)

2nd Step

“hop kick 1-2, hop point hop back, hop kick 1-2, hop point hop back, (4 bars)
 hop kick step 1, step 2, step 3, hop kick hop back hop back 2-3-4” (4 bars)
 (repeat on the left foot)

Advanced Beginner 2 Steps

Recommended Exercise(s)

(TBD)

Reel

1st Step

“change 2-3, change 2-3, hop kick step 1, step 2, step 3 (4 bars)
 change heel step, change heel step, hop kick, hop kick, change toe toe” (4 bars)
 (repeat on the left foot)

2nd Step

“hop point hop back, hop point hop back, hop kick, hop kick, hop point hop back, (4 bars)
 change step 1, step 2, step 3, change step 1, step 2, step 3” (4 bars)
 (repeat on the left foot)

Soft Jig

1st Step

“hop kick 1-2, hop point hop back, hop kick 1-2, hop point hop back, (4 bars)
 hop kick step 1, step 2, step 3, hop kick hop back hop back 2-3-4” (4 bars)
 (repeat on the left foot)

2nd Step

“jump hop kick hop back 2-3-4, heel step, toe step hop back 2-3-4, (4 bars)
 skip one, skip two, skip three 2-3-4, hop kick hop back hop back 2-3-4” (4 bars)
 (repeat on the left foot)

Slip Jig

1st Step

"Change toe & heel & point, kick change 2-3, (2 bars)
 change toe & heel & point, kick change 2-3, (2 bars)
 change 2-3-4-5, change 2-3-4-5, hop point cut heel step, hop point hop point hop back." (4 bars)
 (repeat on the left foot)

2nd Step



"Change 2-3-4-5, change 2-3-4-5, switch point switch point hop back, kick change 2-3, (4 bars)
 hop kick heel step toe step, hop point hop back hop back, (2 bars)
 hop point cut change 2-3 switch point hop back. (2 bars)
 (repeat on the left foot)

Hornpipe (Traditional/Fast Tempo)

If competing in a Feis, dancers are required to do a hornpipe at traditional tempo (faster) in the Advanced Beginner category. Upon moving up to Novice, dancers are given the choice of doing a slow or fast hornpipe because it is understood that they will be transitioning to more difficult steps once in that category. These hornpipe steps below are only suitable for the traditional / fast tempo.

1st Step

"Down toe up rally hop back, down toe up rally hop back (2 bars)
 2-3-4-5 rally hop back, switch 1-2, switch 1-2, (2 bars)
 up heel down heel down heel down rally hop back rally hop back, (2 bars)
 down toe up, rally hop back, rally hop back, 1-2" (2 bars)
 (repeat on the left foot)

2nd Step

"Hop rally down, rally 1-2 1-2, change rally 1-2 1-2, (2 bars)
 change tip down rally hop back 1-2 rally hop back (2 bars)
 jump cut rally hop back, change heel down, change heel down toe down (2 bars)
 rally and toe hop down, rally in front, rally hop back." (2 bars)
 (repeat on the left foot)

Advanced Beginner 3 Steps

Recommended Exercise(s)

(TBD)

Reel

1st Step

"Hop point cut 1-2 over 2-3, and a right and a left step over 2-3 (up in the back), (4 bars)
 jump cut round, and point hop back, step kick, cross back, cut up 1-2." (4 bars)
 (repeat on the left foot)

2nd Step

"1-2 kick out, cross back, cut, 1-2 spin and a 1-2 over 2-3 (up in the back), (4 bars)
 & point point up (in the back), and point, hop back twist twist, switch point hop back." (4 bars)
 (repeat on the left foot)

Soft Jig

(Same as Advanced Beginner 2 Soft Jig Steps)

Slip Jig

(Same as Advanced Beginner 2 Slip Jig Steps with minor change to end of 2nd step as shown below)

2nd Step – Alternate/harder ending

"Change 2-3-4-5, change 2-3-4-5, switch point switch point hop back, kick change 2-3, (4 bars)
 hop kick heel step toe step, hop point hop back hop back, (2 bars)
hop point cut 1-2 over 2-3, switch point hop back. (2 bars)
 (repeat on the left foot)



Hornpipe (Traditional/Fast Tempo)

(Same as Advanced Beginner 2 Hornpipe Steps)

Treble Jig (Traditional or Regular Tempo)

If competing in a Feis, dancers are required to do a treble jig at traditional tempo (faster) in the Advanced Beginner category. Upon moving up to Novice, dancers are given the choice of doing a slow or fast treble jig because it is understood that they will be transitioning to more difficult steps once in that category. These treble jig steps below are suitable for either the traditional / fast or slower tempo. If dancing these at the slower tempo, dancers must be sure to lift more, cut higher, etc. If dancing them to the fast music, they should concentrate on their rhythm primarily as it will be harder to lift up every beat.

1st Step

"And toe cut bang, and rally hop back
 cut slide jump & rally & toe & toe cut down toe cut down (4 bars)
 skip down hit off down, switch & down, hit off down
 jump up in the back switch rally hop back rally hop back" (4 bars)
 (repeat on the left foot)

2nd Step

"Jump and rally and toe, and rally and toe,
 and rally hop back 2-3, bang toe hop and rally hop back rally hop back (4 bars)
 rally cut rally hop back, front slice, back click bang toe,
 and rally and toe, and rally and toe, and rally hop back" (4 bars)
 (repeat on the left foot)

3rd Step – use for performances only please

"jump cut and heel heel up down switch rally hop back
 change down switch and 1-2-3 up front slice (4 bars)
 jump and rally and toe and toe,
 and rally and toe and toe,
 and rally hop back rally hop back rally in front." (4 bars)
 (repeat on the left foot)

Novice 1 Steps

Recommended Excercise(s)

(TBD)

Reel

(Same as Advanced Beginner 3 ReelSteps)

Soft Jig

(Same as Advanced Beginner 2 Soft Jig Steps)

Slip Jig

1st Step

"Hop point switch point, hop back 2-3, step cut hop down, (2 bars)
 skip 1-2-3, skip 2-2-3, skip 1 skip 2 (2 bars)
 step over 2-3 skip 1 skip 2-2-3, (up in the back), cut (up in the front) down,
 switch out in, jump, cut 1-2" (4 bars)
 (repeat on the left foot)

2nd Step



"Up and push up and cut push up and back 2-3, (2 bars)
 kick 1 kick 1-2 over 2-3, step over 2-3 (2 bars)
 hop slide back cut up, hop slide back cut up, (2 bars)
 kick 1 kick 1-2 over 2-3, hop point switch point" (2 bars)
 (repeat on the left foot)

2nd Step – with alternate/harder embellishments
 "Up and push up and cut push up **back twist twist twist (backward)**, (2 bars)
 kick 1 kick 1-2 over 2-3, step over 2-3 (2 bars)
 hop slide back cut up, hop slide back cut up, (2 bars)
 kick 1 kick 1-2 over 2-3, **and twist twist twist (forward)**" (2 bars)
 (repeat on the left foot)

Hornpipe

1st Step
 "Jump step up front slice and rally hop back, (2 bars)
 tip and toe and toe and tip and toe and heel up, (2 bars)
 Jump up click back tip and rally hop back, (2 bars)
 tip and rally in front tip down rally in front, (2 bars)
 Tip 1-2 tip 1-2 step up front slice, (2 bars)
 and rally hop back tip down rally hop back (2 bars)
 Tip down up back click tip down rally hop back, jump switch rally hop back." (2 bars)
 (repeat on the left foot)

2nd Step
 "And toe and toe up tip down rally hop back (2 bars)
 tip down rally in front tip 1-2 step up back click, (2 bars)
 tip down rally hop back rally hop rally and toe and toe (2 bars)
 up tip down rally back twist back twist front (2 bars)
 and rally 1-2 rally hop back (2 bars)
 heel (1) and heel (2) and heel (3) and heel (4) and rally hop back (2 bars)
 hop rally back and 1-2-3 rally and toe and toe up tip down rally hop back." (2 bars)
 (repeat on the left foot)

Treble Jig

(Same as Advanced Beginner 3 Treble Jig Steps)

Novice 2 Steps

Recommended Exercise(s)

(TBD)

Reel

(Same as Advanced Beginner 3 ReelSteps)

Soft Jig

(Same as Advanced Beginner 2 Soft Jig Steps)

Slip Jig

(Same as Novice 1 Slip Jig Steps)

Hornpipe

(Same as Novice 1 Hornpipe Steps)



Treble Jig

(Same as Novice 1 Treble Jig Steps)

Open Steps

Recommended Exercise(s)

(TBD)

Reel

(Coming soon, update in progress)

Soft Jig

(Same as Advanced Beginner 2 Soft Jig Steps)

Slip Jig

(Coming soon, update in progress)

Hornpipe

1st Step

"Hop rally and down hit and down, and rally and rally back toe and toe up, and rally and heel up slice and 1-2 rally hop rally rally switch rally hop back tip and toe and heel up, jump hop rally up hop rally 1-2 rally hop back tip 1-2 tip and toe and toe up, jump hop rally 1-2 rally switch rally hop back switch cut tip down rally hop back"
(repeat on the left foot)

2nd Step

"Tip 1-2 tip and over jump and rally and rally up, and toe heel and toe heel down, tip switch tip and heel and toe and slide, and toe up and rally back toe cut, 1-2 bang hit out 1-2-3, up back rock, rock, and rally back toe and a hit out 1-2-3, twist switch toe up, step up front slice, jump double click down, and rally switch rally, and toe up jump"
(repeat on the left foot)

Treble Jig

(Coming soon, update in progress)

Set Dances

St. Patrick's Day (Traditional Set)

Step

"Rally down rally down rally down rally down, rally up, rally hop back
Cut up down, cut up down, kick out down, hit up down
Tip down brush up tip heel step, rally up, rally hop back, hop back 2-3-bang"
(repeat on left foot)

Set

(on right foot only)

"Kick hop back, tip 1-2 tip 1-2, tip down brush up tip heel step, tip 1-2 tip 1-2
Jump down hit your heel, tip down brush up tip heel step
Rally up, rally hop back, tip down brush up tip heel step, tip 1-2 tip 1-2
Jump down hit your heel, back rock, rock, rock



Rally down, rally down, rally up, rally hop back, hop back 2-3-bang"

The Blackbird (Traditional Set)

Step

"Tip down rally down rally 1-2 1-2, tip down rally 1-2 1-2
tip down rally 1-2 1-2, tip down rally 1-2 1-2, tip down rally hop back rally hop back
1-2, change 2-3, tip down rally 1-2 rally hop back"
(repeat on left foot)

Set

(on right foot only)
"(wait) 1-2 rally hop back, back rock-rock-rock, back rock-rock-rock
tip 1-2-3, tip 1-2-3, tip 1-2-3 rally hop back
kick, step step rock-rock, switch rally hop back rally hop back
tip hop toe-heel down 1-2 tip and tip hop toe heel down
bang toe (in back) heel (in front), change 2-3-4-5, and jump back rock-rock
and rally hop back, tip down rally down rally hop back
tip down rally down rally 1-2 rally hop back"

The Hunt (@ metronome speed 110)

Step

"Jump 1-2 hit out down and up front slice
and rally and tip and tip and rally hop back,
and toe up down tip and toe up down
click and 1-2 twist and down hit and 1-2-3,
up back click tip and rally hop back
tip 1-2 tip and rally hop back 2-3,
jump up and 1 and 2 and 3 and rally hop back."
(repeat on left foot)

Set

(on right foot only)
(Update In Progress – Coming Soon)