

## Beginner Light Jig

The Beginner Light Jig should only be attempted when students are proficient with their Beginner Reels steps.

### First Step

Hop (knee across), hop ( foot back), hop out (straight)1 2 3

Hop (knee across), hop ( foot back), hop out (straight)1 2 3

Hop (knee across), hop ( foot back), hop out (straight) 1 2 3

Hop point, hop point, hop point, hop in behind

Repeat on left foot

### Second Step

Hop step, hit (left leg hits right at back) hop step, hop back 2 3 4

Hop step, hit (left leg hits right at back) hop step, hop back 2 3 4

Hop step, hit (left leg hits right at back) hop step, hop back 2 3 4

Hop point, hop point, hop point, hop in behind

Repeat on left

### Third Step

Hop down (feet together on toes), hop up (bent knee), hop back 2 3 4

Hop down (feet together on toes), hop up (bent knee), hop back 2 3 4

Hop down (feet together on toes), hop up (bent knee), hop back 2 3 4

Hop point, hop point, hop point, hop back

Repeat on left

### Fourth Step

Hop down (feet together on toes), hop up (bent knee), hop back 2 3 4

Hop step, hit (left leg hits right at back) hop step, hop back 2 3 4

Hop up (bent knee) 2 3 4 5 6 7 (sevens)

Hop point, hop point, hop point, hop back

Repeat on Left

### Fifth Step

Hop down (feet together on toes), hop up (bent knee), hop back 2 3 4

Hop step (forward) hop step (forward) hop (forward) 2 3 4

Hop step (back) hop step (back) hop (back) 2 3 4

Hop point, hop point, hop point, hop in behind

Repeat on Left

**The Light Jig steps are initially learned without hops and on flat feet to assist with balance. Once dancers are comfortable with the step they should be encouraged to add hops and elevate themselves on their toes (balls of the feet)**

**Music** – Light Jigs (Slow Medium Fast Faster)

**Warm up** – Warm up and stretch should be done before any at home practicing in order to prevent injury, increase flexibility and develop good habits. Warm up music is included with every practice.