



McConnell School of Dance

Competitive Division

Bungrad Light Jig

Start 1st position (heels touching, toes apart at 45 degree angle) or 5th positions (right heel in front of left toe with toes apart at 45 degree angle). Wait for 8 bars, on the count of 7 point right toe, on 8 pull up onto toes

1. Lead Around (16 Bars) - dance around in a circle clockwise

Hop swing in, hop swing back, hope 123 – 3 x (right, left, and right)

Hop swing in (right), hop back (right), hop back (left) 234

Repeat on right

2. Sidestep (16 Bars) – dance to the side & back

Hop step to side (right), hop step in behind (left), hop back 234 – 3 x

Hop swing in (right), hop back (right) hop back (left) 234

Repeat on left

3. First Step (16 Bars)

Jump together, hop swing in (right), hop back 234 – 3x on right foot

Hop swing in (right), hop back (right) hop back (left) 234

Repeat on left

4. Second Step (16 Bars)

Jump together, hop swing in (right), hop back 2 34

Hop (in front) 1234, hop (behind) 1234

Toe step, heel step, toe step, heel step

Hop swing in (right), hop back (right) hop back (left) 234

5. Third Step (16 Bars)

Jump together, hop swing in (right), hop back 234

Toe step, heel step, hop back 234

Hop out (right), hop out (right), toe step heel step

Hop swing in (right), hop back (right), hop back (left) 234

Repeat on left

6. Lead Around (16 Bars) – repeat #1

7. Sidestep (16 Bars) – repeat #2

8. Last Step (16 Bars)

Hop heel, hop toe back, hop 1234

Hop out (right), hop out (right), hop 123 (change) stamp (right)

Hop swing in (left), hop back,(left), hop back (right)234

Hop swing in (right), hop back (right), hop back 234 (left

Repeat on left