



McConnell School of Dance

Competitive Division

Bungrad Reel

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 Round - Jump 23's (8 Bars)

8 jump 23's travelling in a large circle returning to start position for 8

2) Sevens (8 Bars)

Hop up (with right knee bent up) 2, 3, 4, 5, 6, 7, jump 23 (right), jump 23 (left), jump over 2,3,4,5,6,7, jump 23 (left), jump 23 (right)

3) First Step (16 Bars)

Jump heel step (jump onto left foot brining right heel in front), jump heel step (left), jump 23 (left), jump 23 (right), jump over 2,3,4,5,6,7, Jump 23 (right), jump 23 (left)

Repeat on left foot

4) Second Step (16 Bars)

Jump heel step (jump onto left foot brining right heel in front), hop heel step (right heel in front), hop heel step (right heel in front), change heel step, 4 Jump 23's travelling back

Repeat on left foot – beginning with hop heel step with left heel in front

5) Lead Round - Jump 23's (8 Bars)

8 jump 23's travelling in a large circle returning to start position for 8

6) Sevens (8 Bars)

Hop up (with right knee bent up) 2, 3, 4, 5, 6, 7, jump 23 (right), jump 23 (left), jump over 2,3,4,5,6,7, jump 23 (left), jump 23 (right)

7) Last Step (16 Bars)

Jump (right knee up), hop (right knee up), change (left knee up), switch jump heel step (right), hop up (right knee) 2 3 4 5 6 6, brush out right (straight), brush across right (cut), brush right (knee up), heel step, jump over 2 3 4 5 6 7. Repeat on left – beginning with a hop (left knee up)

REMINDERS

- Toes turned out to 45 degree angle at all times
- Toes should always be pointed
- Up high on toes (on the balls of the feet)
- Legs crossed over with one knee in front of the other & ankles tight together with no gaps in between
- Arms at dancers side with fingers curled under
- Shoulders back with head up