



# McConnell School of Dance

## Competitive Division

### Bungrad Single 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 - Dance around in a circle clockwise**

Step hop swing in – 6 x (alternating feet)

Change 234567 (in front step, side step, behind step)

Repeat on left

**2. Sidestep – dance to the side & back**

Step (right) step (left) hop swing in, hop swing back – 3 x (right foot)

Change 234567 (in front step, side step, behind step)

Repeat on left

**3. First Step**

Step (right) step (left) hop swing in, hop swing up at back

Change 234567 (in front step, side step, behind step)

Repeat 4 x alternating feet

**4. Second Step**

Toes step, heel step toe step, heel step

Change 234567

Repeat 4 x alternating feet

**5. Sidestep – repeat #2**

**6. Third Step**

Jump together, hop swing in, hop swing back, hop swing in

Change 234567

Repeat 4 x alternating feet

**7. Lead Around – repeat #1**

**8. Sidestep – repeat #2**

**9. Last Step**

Hop back toe, hop out heel (side), jump together, hop swing in

Change 234567

Repeat 4 x alternating feet