



# McConnell School of Dance

## Competitive Division

### Bungrad Slip Jig

Start 1<sup>st</sup> position (heels touching, toes apart at 45 degree angle) or 5<sup>th</sup> 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 (8 Bars)**

Step (right) hop swing in hop swing in (left), step ((left) hop swing in hop swing in (right), step (right) hop swing in hop swing in (left), change (right knee up), change 2 3  
Repeat on left

**2) Sidestep – Danced to the side and back (8 Bars)**

Step to side (right), step behind (left with cut on right) 2 3 (right, left) 3 x  
Hop swing in (right), change 2 3  
Repeat on left

**3) First Step – Dance to side and back (8 Bars)**

Step to side (right), step behind (left with cut on right) 2 3, Hop swing in (right), change 2 3  
Repeat 4 x (alternating right & left)

**4) Second Step – Danced to side and back (8 Bars)**

Toe step, heel step, toe step, hop swing in (right), change 2 3  
Repeat 4 Times (alternating right & left)

**5) Side Step – Repeat as above (2)**

**6) Third Step (8 Bars)**

Jump (together), hop swing in, hop swing back, hop swing in, change 2 3  
Repeat 4 Times (alternating right & left)

**7) Lead Round – Repeat as above (1)**

**8) Side Step – Repeat as above (2)**

**9) Last Step (8 Bars)**

Hop toe back (right), hop heel out to side (right) hop together (right in front)  
Hop swing in (right) , change 2 3  
Repeat 4 Times (alternating right & left)

#### 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