

Pick-up change

www.a1dance.co.uk

Stand on one foot, flex knee, turn up the toe of the same foot, with elevation slap foot back hitting the ground with the ball of the foot, removing the heel & land on the other foot.

Pick-up on one foot

www.a1dance.co.uk

As in pick-up change but landing on the ball of the same foot.
Must NOT be travelled backwards.

Pull back

www.a1dance.co.uk

A pick-up on RF,
pick-up change from LF to RF, ball dig LF.

6 Beat cramp roll

www.a1dance.co.uk

Tap spring RF, tap step LF,
heel beat RF, heel beat LF.

Good to know

Buffalo

www.a1dance.co.uk

& 1 & a 2

Tap spring, shuffle spring.

(usually danced sideways as part of a travelling sequence)

www.a1dance.co.uk

Good to know
Carryback or Back Irish

e.g. & 8 & 1
Shuffle RF hop LF step RF crossing it behind LF,
& 2 & 3
Shuffle LF hop RF step LF crossing it behind RF

Good to know
Carryover or Front Irish

e.g. & 8 & 1
Shuffle RF to side hop LF step RF crossing it in front of LF,
& 2 & 3
Shuffle LF to side hop RF step LF crossing it in front of RF
(say- shuffle hop across)

Good to know
Double Irish

count e.g. & 8 & 1
Shuffle hop across
& 2 & 3
shuffle ballchange

Good to know
Advanced Maxie Ford

Spring Fwd. shuffle side, spring across, toe tap behind
drop Fwd. shuffle side, pick-up change
heel beat, toe tap behind.

Good to know
Bells

A clicking of the heels together while in the air:
Swish the LL diagonally to the LS
flexing knee of RL spring into the air bending both knees
& click heels together, land on RF.