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Advanced Beginner Step Review

Students are encouraged to practice at least three times a week (more is always better) including their regular class time and about a half hour at home after class reviewing any new material we've covered so it's not forgotten. Please do not get frustrated if these sheets are hard to follow. These practice sheets are meant to help not hinder. The words and phrases used below are meant as a memory aid for those that have been attending class regularly. They will make little sense if you have not learned the step yet (or seen it demonstrated in class). Let us know if there are areas that do not make sense or if you have any questions (inquiries to Sheila@ShovlinAcademy.com or Liz@ShovlinAcademy.com). If all else fails, students are strongly encouraged to practice their exercises and those steps that they do remember (keeping good posture and placement in mind always). Good luck!!

Advanced-Beginner Reel Steps

1st Step→

"change 2-3, change 2-3, hop kick step-1, step-2, step-3 (4 bars)
change heel step, change heel step, hop kick, hop kick, change toe toe" (4 bars)
(repeat on the left foot)

2nd Step→

"hop point hop back, hop point hop back, hop kick, hop kick, hop point hop back, (4 bars)
change step 1, step 2, step 3, change step 1, step 2, step 3" (4 bars)
(repeat on the left foot)

Advanced-Beginner Light Jig Steps

1st Step→

"hop-kick 1-2, hop-point hop-back, hop-kick 1-2, hop-point hop-back, (4 bars)
Hop-kick step-1, step-2, step-3, hop-kick hop-back hop-back 2-3-4" (4 bars)
(repeat on the left foot)

2nd Step→

"jump hop-kick hop-back 2-3-4, heel step, toe step hop-back 2-3-4, (4 bars)
skip one, skip two, skip 1-2-3-4, hop-kick hop-back hop-back 2-3-4" (4 bars)
(repeat on the left foot)

Advanced-Beginner Slip Jig Steps

The music for the slip jig is 9/8 time and will sound rather slow in comparison to the reel or soft jig. This means the dancer has to lift more on jumps to not go ahead of the music, thus making it a more graceful dance. The dancer may count the bars as "1-2-3-4-5", "2-2-3-4-5", "3-2-3-4-5", "4-2-3-4-5", etc up to "8-2-3-4-5".

1st Step→

"Change toe & heel & point, kick change 2-3, (2 bars)
change toe & heel & point, kick change 2-3, (2 bars)
change 2-3-4-5, change 2-3-4-5, (2 bars)
hop point cut heel step, hop point hop point hop back." (2 bars)
(repeat on the left foot)

2nd Step→



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"Change 2-3-4-5, change 2-3-4-5, (2 bars)
switch point switch point hop back, kick change 2-3, (2 bars)
hop kick heel step toe step, hop point hop back hop back, (2 bars)
hop point cut change 2-3 switch point hop back. (2 bars)
(repeat on the left foot)

Advanced-Beginner Single (or "Hop") Jig Steps

1st Step→

Hop kick hop back, switch point switch point, hop back 2-3 step over 2-3, (4 bars)
and toe and heel and toe and heel, 1-2 switch point switch point hop back. (4 bars)
(repeat on the left foot)

2nd Step→

Jump 1-2 switch 1 skip 2 step over 2-3 step double kick down, (4 bars)
and point and point change point (clock-turn-pause) 2-3, (2 bars)
cut hop back switch point hop back. (2 bars)
(repeat on the left foot)

Advanced-Beginner Hornpipe Steps (Traditional Tempo = Fast)

If competing in an Adv Beg Hornpipe competition at a Feis, dancers are required to dance this at traditional tempo which is faster. Upon moving up to Novice, dancers are given the choice of doing a slow or fast hornpipe because it is understood that they will be transitioning to more difficult steps once in that category. These hornpipe steps below are only suitable for the traditional / fast tempo.

1st Step→

"Down toe up rally hop back, down toe up rally hop back (2 bars)
2-3-4-5 rally hop back, switch 1-2, switch 1-2, (2 bars)
up heel down heel down heel down rally hop back rally hop back, (2 bars)
down toe up, rally hop back, rally hop back, 1-2" (2 bars)
(repeat on the left foot)

2nd Step→

"Hop rally down, rally 1-2 1-2, change rally 1-2 1-2, (2 bars)
change tip down rally hop back 1-2 rally hop back (2 bars)
jump cut rally hop back, change heel down, change heel down toe down (2 bars)
rally and toe hop down, rally in front, rally hop back." (2 bars)
(repeat on the left foot)

Advanced-Beginner Treble Jig Steps (traditional/fast tempo)

If the "advanced beginner" category in a feis, dancers are required to do a treble jig at traditional tempo (faster). Upon moving up to Novice, dancers are given the choice of doing a slow or fast treble jig because it is understood that they will be transitioning to more difficult steps once in that category.

1st Step→

"Front slice toe up down, switch rally hop back
rally hop rally and toe and toe and rally hop back (4 bars)
change rally in front, change rally in front
rally hop rally and toe and toe and rally hop back" (4 bars)
(repeat on the left foot)



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2nd Step →

"Jump and rally and toe, and rally and toe,
and rally hop back 2-3, bang toe hop and rally hop back rally hop back (4 bars)
rally cut rally hop back, front slice, back click bang toe,
and rally and toe, and rally and toe, and rally hop back" (4 bars)
(repeat on the left foot)