



412-431-STEP / www.ShovlinAcademy.com / IrishDance@ShovlinAcademy.com

Traditional Set Dance 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!!

St. Patrick's Day (Traditional Set)

Step

"(R) Rally down (L) rally down (R) rally down (L) rally down, (R) rally cut, rally hop back
(L) Cut up down, (R) cut up down, (L) kick out down, (R) toe up down
(L) Tip switch brush cut heel step, (R) rally cut, rally hop back, (L) hop back 2-3-bang"
(repeat on left foot)

Set

(on right foot only)

"(R) Hop kick hop back, (L) tip 1-2 tip 1-2, tip switch brush cut heel step, (R) tip 1-2 tip 1-2
change down toe hop down, (L) tip switch brush cut heel step
(R) Rally cut, rally hop back, (L) tip switch brush cut heel step, (R) tip 1-2 tip 1-2
change down toe hop down, hop/back rock, rock, rock
(R) Rally down, (L) rally down, (R) rally cut, rally hop back, hop back 2-3-bang"

King of the Fairies (Traditional Set)

Step

Tip-down hit and toe-heel and toe-heel down, tip-down hit and rally and rally and rally and rally
down strike cut tip-down strike cut toe-heel down rally hop back
tip-down tip out toe-cut tip-down rally hop back 2-3, and point hop back 2-3
tip-down hit q-rally down, ral-ly and hit and down."
(repeat on left foot)

Set

(on right foot only)

"tip-down tip-down rally hop back 2-3, tip-change rally change rally back twist twist,
Hop kick 2-3 step over and step tip-heel down tip down q-rally back.
(R) Tip-down hit and rally cut rally back/up hit back/up ral-ly cut down
(L) Hit and tip heel heel box and (L) rally hop back (R) rally hop/back toe stamp,
(L) change rally (R) change rally
(L) and rally, and slide, hit hop down, (L) tip and (R) brush up tip heel heel box and
(R) 1-2 tip (L) quick-rally (R) quick-rally and (L) rally hop back
(R) tip down hit and toe heel and change (L) bang (R) bang,
(L) 1-2-3-4 hop back (R) rally hop back (L) tip down (R) rally cut rally hop back."



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The Blackbird (Traditional Set)

Step

"Tip down rally down rally 1-2 1-2, tip down rally 1-2 1-2
tip down rally 1-2 1-2, tip down rally 1-2 1-2, tip down rally hop back rally hop back
1-2, change 2-3, tip down rally 1-2 rally hop back"
(repeat on left foot)

Set

(on right foot only)

"(wait) 1-2 rally hop back, back rock-rock-rock, back rock-rock-rock
tip 1-2-3, tip 1-2-3, tip 1-2-3 rally hop back
kick, step step rock-rock, switch rally hop back rally hop back
tip hop toe-heel down 1-2 tip and tip hop toe heel down
bang toe (in back) heel (in front), change 2-3-4-5, and jump back rock-rock
and rally hop back, tip down rally down rally hop back
tip down rally down rally 1-2 rally hop back"

Others coming soon...