



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

Treble Reel 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!!

Bang And Rally Hop Back (Treble Reel)

"Bang and rally hop back, bang and rally hop back, (2 bars)
Bang and rally hop back rally hop back rally hop back," (2 bars)
(repeat above two lines again on the opposite foot) (4 bars)

Jump Jump (Treble Reel)

"Jump jump and rally hop back rally hop back, (2 bars)
Step up front slice toe cut bang toe, (2 bars)
And rally hop back, and rally hop back cut bang (2 bars)
And rally hop back rally hop back rally hop back" (2 bars)

And Rally And Toe (Treble Reel)

"And rally and toe, and rally and toe cut stamp stamp, wait wait wait, (4 bars)
And rally and toe, and rally and toe cut bang, and rally hop back rally hop back rally hop back" (4 bars)

Jump Cross Key (Treble Reel)

"Jump cross key, and rally hop back, bang toe-up, and down rally hop back rally hop back, (4 bars)
Leap rock rock rock, 1-2, jump 1-2 bang and rally hop back" (4 bars)

Jump And Bang Bang (Treble Reel)

"Jump and bang bang and rally hop back step up back click step up front slice, (4 bars)
Jump jump jump, deedlie-dumb (drum) 1-2, up hop back, and back, (heels to backside) jump" (4 bars)

Jump Cut Step (Treble Reel)

"Jump cut step front slice, and tip down, and tip heel heel step step stamp, (4 bars)
And rally and toe, hop rally cut, hop rally cut down, and rally hop back double click cut." (4 bars)