

BEGINNER HEAVY JIG



FIRST STEP

Right Foot - Stamp, Step, Brush Down, Hop Back
Left Foot - Brush Down, Hop Back
Right Foot - Brush Down, Hop Back
Left Foot - Double Treble Hop Back
Right Foot - Double Treble Hop Back
Left Foot - Treble Forward
Right Foot - Treble Forward
Left Foot - Treble Forward
Right Foot - Treble Forward
Left Foot - Double Treble Hop Back
Right Foot - Double Treble Hop Back

Left Foot - Stamp, Step, Brush Down, Hop Back
Right Foot - Brush Down, Hop Back
Left Foot - Brush Down, Hop Back
Right Foot - Double Treble Hop Back
Left Foot - Double Treble Hop Back
Right Foot - Treble Forward
Left Foot - Treble Forward
Right Foot - Treble Forward
Left Foot - Treble Forward
Right Foot - Double Treble Hop Back
Left Foot - Double Treble Hop Back



SECOND STEP

Right Foot - Stamp Step, Brush Down, Hop Back
Left Foot - Stamp Step, Brush Down, Hop Back
Right Foot - Stamp Step, Brush Down, Hop Back
Left Foot - Brush Down, Hop Back
Right Foot - Brush Down, Hop Back
Left Foot - Up, Heel, 2, 3, 4
Left Foot - Up, Heel, 2, 3, 4
Left Foot - Double Treble Hop Back
Right Foot - Stamp
Left Foot - Toe, Step
Right Foot - Brush Down, Hop Back

Left Foot - Stamp Step, Brush Down, Hop Back
Right Foot - Stamp Step, Brush Down, Hop Back
Left Foot - Stamp Step, Brush Down, Hop Back
Right Foot - Brush Down, Hop Back
Left Foot - Brush Down, Hop Back
Right Foot - Up, Heel, 2, 3, 4
Right Foot - Up, Heel, 2, 3, 4
Right Foot - Double Treble Hop Back
Left Foot - Stamp
Right Foot - Toe, Step
Left Foot - Brush Down, Hop Back

