

- 14 IRISH: (Irish is a "SHUFFLE HOP STEP" OR A "SHUFFLE AND A SKIP"
 Cts. 1,2 Shuffle R
 Cts. 3,4 Hop L, Step R
 Reverse & repeat. (Later should be done facing front, not holding barre)
15. SHUFFLE JUMP: (Jump means to "change feet" or spring from 1 foot to the other, also called a "LEAP"
 Cts. 1,2 Shuffle R
 Ct. 3 Jump on R (changing feet)
 Ct. 4 Hold
 Cts. 5-8 Reverse
 Continue. (Later should be done facing front, not holding the barre)
- B SIDE OF RECORD...CENTRE FLOOR

1. RIGHT & LEFT EXERCISE:
 1-12 Tap R foot fwd 12 times (using the ball tap) (Tots can say: "This is my R foot")
 5-8 Step R next to L & ready with L foot.
 1-16 Reverse with L foot.
 1-32 Same only tapping R heel to R side, then L heel to L side (arms up at sides)
 1-32 Same only striking the tip of R toe in back, then same with L (arms 2nd)
 1-32 Same only using the R hand, then the L hand, then a big bow at the end.
2. POINT TOGETHER: (pointing the foot fwd by striking the ball tap, then stepping together)
 1 - Point R fwd (arms both strait front, palms down)
 2 - Step on R
 3,4 - Reverse Cts. 1,2 and continue for 8 meas.
3. HEEL TOGETHER: (Tick-tock arms)
 1 - Tap R heel to R side, both arms at the R side
 2 - Step on R, arms down
 3,4 Reverse Cts. 1,2 & continue for 8 meas.
4. TOEBACK TOGETHER: (Arms in 2nd)
 1 - Strike tip of R toe strait in back
 2 - Step on R
 3,4 - Reverse Cts. 1,2 & continue for 8 meas.
5. RIGHT HAND...LEFT HAND:
 1,2 R hand fwd or any port de bras with R hand
 3,4 Reverse & continue for 8 meas.
6. BOOGIE-WOOGIE" (These are "HEELDROPS CHANGING FEET")
 1,2 Begin with R heel raised up ready to begin, fingers pointing down, Drop R heel on the word "BOOGIE", & push R forefinger down to the R side
 3,4 Repeat with L on the word "WOOGIE"
 continue for 8 meas.
7. TOEDROPS: (Also called "GROOVY TOEDROPS" for tiny children) Standing with feet together have R toe raised up, both thumbs up)
 1,2 Drop R ball tap as L toe rises up at the same time and push down on R thumb
 3,4 Repeat with L & continue for 8 meas.
8. JUMP OUT, JUMP IN (Or "JUMPING JACKS" (begin with both hands on bent knees)
 1,2 Jump feet apart, arms 2nd (JUMP OUT)
 3,4 Jump feet together, bend knees, hands on knees (JUMP IN)
 Repeat for 8 meas.
9. ROCKING HEELS:
 Standing feet together, knees bent)
 1,2 Rock both heels to the R by raising & lowering them to the R
 3,4 Reverse & continue for 8 meas. Add current rock & roll style
10. ROCKING TOES:
 Same as No. 9 except to use both ball taps at the same time.
11. JUMPS BACKWARDS & FORWARD:
 4 Jumps backwards with feet together, 4 jumps fwd with feet together
12. KNEE BOUNCES:
 Bouncing knees up & down 16 times, can snap fingers, or hands on knees.
- 13: WALKS FWD & BACK
 4 walks fwd, 4 walks back, vary the arms. Hallelujah arms are very good.