

Reel – Irish Step Dance Steps

First Step

R.F. Kick hop 1-2-3-4-5-6-7

L.F. Kick hop 1-2-3-4-5-6-7

R.F. Kick hop 1-2-3-4-5-6-7

L.F. Kick hop 1-2-3

R.F. Kick hop 1-2-3

Repeat starting with left foot.

Second Step

Kick hop 1-2-3-4 kick hop down (3 times)

Kick hop 1-2-3 Kick hop 1-2-3

Repeat starting with left foot.

Third Step

Kick hop, Kick hop, Kick hop 1-2-3 (3 times)

Kick hop 1-2-3 Kick hop 1-2-3

Repeat starting with left foot.

Fourth Step

R.F. Kick hop, Kick hop, Kick hop 1-2-3 (3 times)

L.F. Kick hop, Kick hop, Kick hop 1-2-3

R.F. Hop 1-2-3

L.F. Hop 1-2-3

R.F. Kick hop, Kick hop, Kick hop 2-3

Repeat starting on the left foot.

Fifth Step

1-2, 3-4, kick hop 1, kick hop 2, kick hop 1-2-3

The 1, the 2, the 3

Toe-toe, heel toe

The 1, the 2, the 3,

And the 1-2-3 and the 1-2-3

Repeat starting with left foot.

Sixth Step

Toe-toe heel toe the 1, the 2, the 3 (3 times)

And the 1-2-3 and the 1-2-3

Repeat starting with left foot.

Seventh Step

Kick hop, kick hop, kick hop 1-2-3

Kick hop 1-2-3

The cut, the cut

Toe to heel toe the 1 the 2 the 3

Kick hop 1-2-3, kick hop 1-2-3

Repeat starting with left foot.

Lead Out

The 1 the 2 the 3 and the 4 (frontwards)

The 1 the 2 the 3 and the 4 (backwards)

Repeat again.

By IrishThymes www.irishthymes.com from original childhood step dance teacher notes
[Abbreviations: R.F. means Right Foot and L.F. means Left Foot]