

## Irish Lilt

(Ireland)

Comment: From the land of the leprechauns and shamrocks, we bring you perhaps its best known folk dance, the Irish Lilt.

Formation: Solo. Dancer performs independently of other dancers.

Basic Step: Rocking, kick step, toe-heel, twist kick-change.

### Part I - Rocking Step

- 1 Leap on L foot, swing R foot bkwd. Leap on R foot, swing L foot fwd.
- 2-6 Action of meas 1 is repeated 5 times.
- 7-8 First Break, Jump to stride position, jump and bring feet together, hop on the left foot and swing the right foot fwd.
- 9-14 Repeat action of meas 1-6, swinging R leg fwd, and L leg bkwd.
- 15-16 Second Break. Same as first Break except reverse footwork. Stride position, hop on the R foot and swing L foot bkwd, hop on R foot and swing L foot fwd.

### Part II - Kick Step

- 1 Leap on L foot and swing R leg bkwd. Hop on L foot and swing R leg fwd.
- 2 Leap on the Right foot and swing L foot bkwd. Hop on R foot and swing the L foot fwd.
- 3-6 Continue action of meas 1-2 four times.
- 7-8 Repeat the First Break Part I, meas 7-8.
- 9-14 Repeat action Part II, meas 1-6, beginning on the R foot.
- 15-16 Repeat the Second Break Part I, meas 15-16.

### Part III - Toe-Heel.

- 1 Leap on L foot, face L, touch R foot behind L. Hop on L foot, turn to R, touch R heel in front of L foot.
- 2 Hop on L foot, turn to L, touch R toe behind L heel. Hop on L foot, kick R foot fwd.
- 3-4 Repeat action of meas 1-2, begin by leaping on R foot.
- 5-6 Repeat action of meas 1-2.
- 7-8 Repeat First Break Part I, meas 7-8.
- 9-14 Repeat action of meas 1-6, start with lady on R foot, facing to the R.
- 15-16 Repeat Second Break Part I, meas 15-16.

### Part IV - Twist Step

- 1-16 Same as step of Part III, except toe and heel do not touch the floor.

Part V - Kick-Change.

- 1 Hop on the R foot, touch L toe behind R heel. Hop on R foot, kick L leg forward.
- 2 Leap on L foot, swing R leg bkwd. Hop on L foot, keep R foot back.
- 3 Hop on L foot, touch R toe behind L heel. Hop on L foot, kick R foot fwd.
- 4 Leap on R foot, swing L leg backward. Hop on R foot, keep L leg bkwd.
- 5-6 Repeat action of meas 1-2, Part V.
- 7-8 Repeat First Break Part I, meas 7-8.
- 9-14 Repeat meas 1-6 of Part V.
- 15-16 Repeat Second Break Part I, meas 15-16.