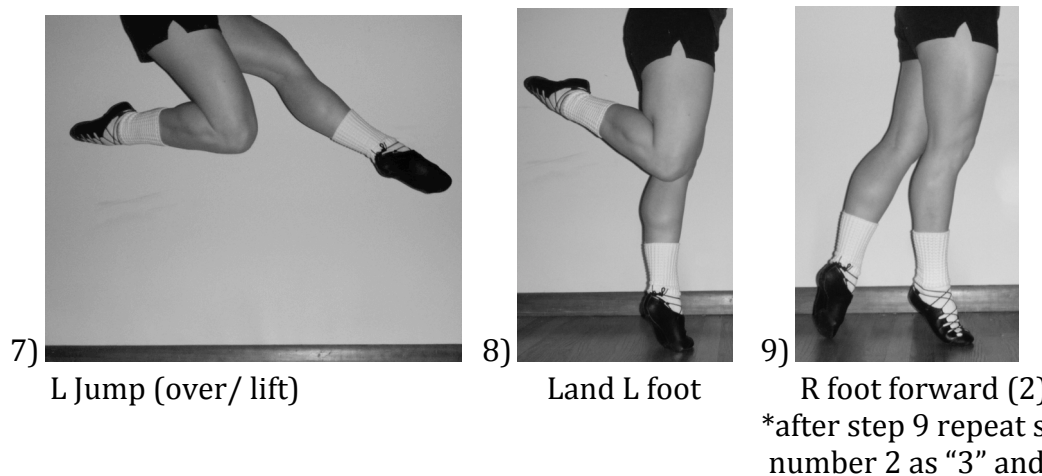
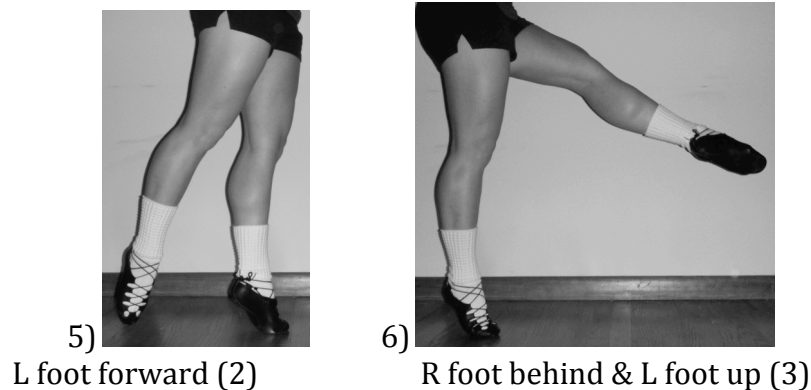
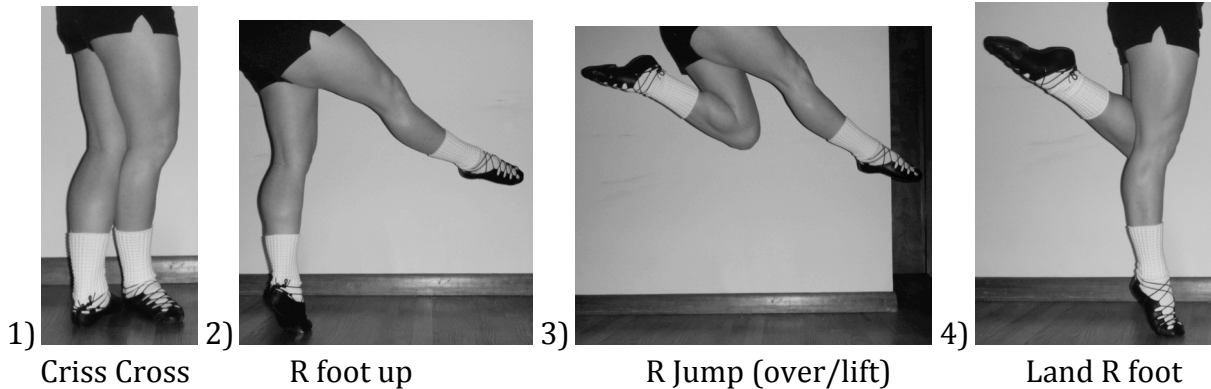


Over/ Lift 2-3's

Start in criss cross. Lift your right leg, knee straight and toe pointed, out in front of you. Jump off your left foot and bring it up to kick your bottom while in the air. Land on your right foot and keep your left kicking your bottom. Bring your left foot out and place it in front. Bring your right foot up to criss cross behind your left foot and lift up your left leg. Repeat all movements with left foot first.

REMEMBER: ON YOUR TOES, TOES OUT AND CRISS CROSS!



Kerri Smith Academy of Irish Dance