

Hop 1-2-3's

Hop 1-2-3's are a primary moving step in Irish dance. They are used in both ceili and solo dancing.

How to:

Start in criss cross position with the right foot in the front. Take your right foot and bring it up to kick your bottom and hop at the same time. Now bring your right foot forward and place it in front (toes out!). Next, bring your left foot up to criss cross behind the right foot. Then place your right foot out in front again. Finally, repeat all movements on the left foot by bringing it directly up to kick your butt and hop.

Remember to stay on your toes the whole time!



Criss Cross Hop (Right) Right (1) Left (2) Right (3) Hop (Left)



Criss Cross Hop (Right) Right (1) Left (2) Right (3) Hop (Left)

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