

THE IRISH LILT

LS E-11 (The Irish Washerwoman)

Formation: Children side by side in lines, facing the teacher.

DANCE

Counts 1st Step – Forward Rock

1-12 Rock fwd on L foot, raising R foot backward (count 1), rock back on R foot, raising L foot fwd (count 2); repeat this action 5 more times for a total of 12 counts.

13-16 Jump with feet apart, jump with feet together; hop on L foot, raising R foot bwd, hop L foot again, raising R forward. (This will be called the jump step.)

17-28 Repeat the 1st step – Forward Rock as in Counts 1-12 a total of six times, but rocking fwd on R and bwd on L.

29-32 Repeat the jump step, hopping on R and swinging L.

2nd Step – Toe, Kick

33-44 Hop R foot, touching L toe to floor by right instep (count 1), hop on R foot, kicking L leg forward and outward (count 2); repeat this action 5 more times for a total of 12 counts.

45-48 Repeat the jump step, this time hopping on the L foot.

49-60 Repeat the 2nd Step – Toe, Kick as in counts 33-44 a total of six times, but starting with the hop on the L foot.

61-64 Repeat the jump step, hopping on the R foot.

3rd Step – Toe, Heel, Toe, Kick

65-68 Hop on R foot and face right, placing L toe on floor to left and back of starting position (count 1); hop on R foot again and face left, place L heel where toe was (count 2); hop on R again and face front, placing L toe on floor near R foot (count 3); hop on R again and kick L leg forward and outward (count 4).

69-72 Hop on L foot and face left, placing R toe on floor to right and back of starting position (count 1); hop on L foot again and face right, placing R heel where toe was (count 2); hop on L again and face front, placing R toe on floor near L foot (ct 3); hop on L again and kick R leg forward and outward (ct 4).

73-76 Repeat 3rd Step – Toe, Heel, Toe, Kick, hopping on R foot as in Counts 65-68.

77-80 Repeat the jump step, hopping on L foot.

81-84 Repeat the 3rd Step, hopping on L foot as in Counts 69-72

85-88 Repeat the 3rd Step, hopping on R foot.

89-92 Repeat the 3rd Step, hopping on L foot.

93-96 Repeat the jump step. On the last two counts bring feet together and bow, bending forward from the waist.