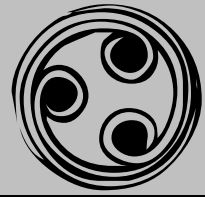


Ulster Jig



Takt	Step	Name	Anmerkung
1-16	Lead Out	Shuffle Circle	Lead Around
17-32	Side Step	Shuffle Side-Step	
33-48	1. Step	Ulster Ram	
49-64	2. Step	Ulster Sway	
65-80	3. Step	Ulster Essence	

Shuffle Circle – (Lead Out)

Takt	1. Hälfte	2. Hälfte	Lokomotion	Orientierung
1-2	(Shuffle-)Rising Step	→→→	feC180	SL>CL>SR
3-4 (2x)	Shuffle-Step	Shuffle-Step	↓	↓
5-6	(Shuffle-)Rising Step	→→→	↓	↓
7	Shuffle-Step	Shuffle-Step	190	SR>DS
8	Treble-Rise	→		
9-16	Wiederholung von 1-8	Pos⇄	C90,feC180,C90,SL>DS>SR>CL>SL>DS	

Shuffle Side-Step – (Side Step)

Takt	1. Hälfte	2. Hälfte	Lokomotion	Orientierung
1	Sway	→	r	DS
(1	Hop-Up	Toe-Lash-Down (F)	r	DS)
2	Shuffle-Step	Shuffle-Step		
3	Sway	→	r	
(3	Hop-Up	Toe-Lash-Down (F)	r)	
4	Shuffle-Step	Shuffle-Step		
5	Sway	→	r	
(5	Hop-Up	Toe-Lash-Down (F)	r)	
6	Shuffle-Step	Shuffle-Step		
7-8	Treble-Rise & Grind	→→→		
9-16	Wiederholung von 1-8	Pos⇄	Dir↔	Ori=

Ulster Ram – (First Step)

Takt	1. Hälfte	2. Hälfte	Lokomotion	Orientierung
1-4 (2x)	(Shuffle-)Sink & Grind	→→→		DS
5-6 (2x)	Shuffle-Step	Shuffle-Step		
7-8	Treble-Rise & Grind	→→→		
9-16	Wiederholung von 1-8	Pos⇄	Dir=	Ori=

Ulster Sway – (Second Step)

Takt	1. Hälfte	2. Hälfte	Lokomotion	Orientierung
1-2	(Shuffle-)Sink & Grind	→→→		DS
3	Sway	→	r	
(3	Hop-Up	Toe-Lash-Down (F)	r)	
4	Shuffle-Step	Shuffle-Step		
5	Sway	→	r	
(5	Hop-Up	Toe-Lash-Down (F)	r)	
6	Shuffle-Step	Shuffle-Step		
7-8	Treble-Rise & Grind	→→→		
9-16	Wiederholung von 1-8	Pos⇄	Dir↔	Ori=

Ulster Essence – (Third Step)

Takt	1. Hälfte	2. Hälfte	Lokomotion	Orientierung
1	Shuffle-Rise	→		DS
2	Shuffle-Wash	Essence (F)	l	
3	Trèble-Rise	→		
4	Kick-Hop-Up	Hurl-Lash-Down (F)		
5	Shuffle-Rise	→		
6	Essence	Essence	r	
7-8	Trèble-Rise & Grind	→→→		
9-16	Wiederholung von 1-8	Pos⇆	Dir⇔	Ori=

**** Verse ****

Kick Hop (Shuf-flè Wash Shuf-flè Stèp Kick Hop (Shuf-flè Wash Shuf-flè Stèp	Kick Hop Shuf-flè Push Shuf-flè Stèp Kick Hop Shuf-flè Push Shuf-flè Stèp	Kick Hop Stèp Kick Hop Stèp Shuf-flè Stèp Kick Hop Stèp Kick Hop Stèp Shuf-flè Hop	In Stèp In Stèp) Shuf-flè Stèp In Stèp In Stèp) In Stèp) Trè-ble Hop Back
Kick Hop (Shuf-flè Wash Shuf-flè Stèp Kick Hop (Shuf-flè Wash Shuf-flè Stèp	Kick Hop Shuf-flè Push Shuf-flè Stèp Kick Hop Shuf-flè Push Shuf-flè Stèp	Kick Hop Stèp Kick Hop Stèp Shuf-flè Stèp Kick Hop Stèp Kick Hop Stèp Shuf-flè Hop	In Stèp In Stèp) Shuf-flè Stèp In Stèp In Stèp) In Stèp) Trè-ble Hop Back
Sway Up (Hop Up Sway Up (Hop Up Sway Up (Hop Up Shuf-flè Hop	and Down Toe Lash Down and Down Toe Lash Down and Down Toe Lash Down Trè-ble Hop Back	Shuf-flè Stèp Shuf-flè Stèp Shuf-flè Stèp Shuf-flè Stèp Shuf-flè Stèp Shuf-flè Stèp Kick Hop Back	Shuf-flè Stèp Shuf-flè Stèp) Shuf-flè Stèp Shuf-flè Stèp) Shuf-flè Stèp Shuf-flè Stèp) Shuf-flè Stèp) Two Threè Four
Sway Up (Hop Up Sway Up (Hop Up Sway Up (Hop Up Shuf-flè Hop	and Down Toe Lash Down and Down Toe Lash Down and Down Toe Lash Down Trè-ble Hop Back	Shuf-flè Stèp Shuf-flè Stèp Shuf-flè Stèp Shuf-flè Stèp Shuf-flè Stèp Shuf-flè Stèp Kick Hop Back	Shuf-flè Stèp Shuf-flè Stèp) Shuf-flè Stèp Shuf-flè Stèp) Shuf-flè Stèp Shuf-flè Stèp) Shuf-flè Stèp) Two Threè Four
Kick Ram (Kick Ram Kick Ram (Kick Ram Shuf-flè Stèp Shuf-flè Hop	Raise Hop Shuf-flè Wash Raise Hop Shuf-flè Wash Shuf-flè Stèp Trè-ble Hop Back	Kick Hop Back Kick Hop Back Kick Hop Back Kick Hop Back Shuf-flè Stèp Kick Hop Back	Two Threè Four Two Threè Four) Two Threè Four Two Threè Four) Shuf-flè Stèp Two Threè Four
Kick Ram (Kick Ram Kick Ram (Kick Ram Shuf-flè Stèp Shuf-flè Hop	Raise Hop Shuf-flè Wash Raise Hop Shuf-flè Wash Shuf-flè Stèp Trè-ble Hop Back	Kick Hop Back Kick Hop Back Kick Hop Back Kick Hop Back Shuf-flè Stèp Kick Hop Back	Two Threè Four Two Threè Four) Two Threè Four Two Threè Four) Shuf-flè Stèp Two Threè Four

Kick Ram (Kick Ram Sway Up (Hop Up Sway Up (Hop Up Shuf-flé Hop	Raise Hop Shuf-flé Wash and Down Toe Lash Down and Down Toe Lash Down <i>Tre-ble</i> Hop Back	Kick Hop Back Kick Hop Back Shuf-flé Step Shuf-flé Step Shuf-flé Step Shuf-flé Step Kick Hop Back	Two Three Four Two Three Four) Shuf-flé Step Shuf-flé Step Shuf-flé Step Shuf-flé Step Two Three Four
Kick Ram (Kick Ram Sway Up (Hop Up Sway Up (Hop Up Shuf-flé Hop	Raise Hop Shuf-flé Wash and Down Toe Lash Down and Down Toe Lash Down <i>Tre-ble</i> Hop Back	Kick Hop Back Kick Hop Back Shuf-flé Step Shuf-flé Step Shuf-flé Step Shuf-flé Step Kick Hop Back	Two Three Four Two Three Four) Shuf-flé Step Shuf-flé Step Shuf-flé Step Shuf-flé Step Two Three Four
Shuf-flé Hop Shuf-flé Hop Shuf-flé Hop Shuf-flé Hop	Hop Back <i>Tre-ble</i> Hop Back Hop Back <i>Tre-ble</i> Hop Back	Shuf-flé Wash Kick Hop Up Five Six Onz Kick Hop Back	Two Three Four Hurl Lash Down Two Three Four Two Three Four
Shuf-flé Hop Shuf-flé Hop Shuf-flé Hop Shuf-flé Hop	Hop Back <i>Tre-ble</i> Hop Back Hop Back <i>Tre-ble</i> Hop Back	Shuf-flé Wash Kick Hop Up Five Six Onz Kick Hop Back	Two Three Four Hurl Lash Down Two Three Four Two Three Four