

PROGRAMME STAGE DANSES IRLANDAISES

DU 04.03.23 À MELLAC

SEAN NOS (14h30-15h)

Reel World's end DERVISH

8b *Base Lead*

8b *Int/ Ext*

8b *Talon-pointe*

8b *Bascule*

8b *Tip tip hop*

CEILI (15h-15h45)

Apprentissage pas de base

** Swing/*Sidestep*

1. *Two hands reel*
2. *Britania two steps (Polka)*
3. *Jennifer jig*
4. *Shoe the donkey*

Pause

SET (16h-17h)

Moycullen set