

## Traditional Speed Steps

-All steps written in right foot only-

### TREBLE JIGS:

#### Traditional Treble Jig #1:

Double hop treble, hop toe, hop toe (R),  
Treble hop 1(L) 2 (R) 3 (L) step (R) kick hop down, Double hop treble hop back (R)  
Treble down (L) Treble down (R) Double hop treble hop toe hop toe (L)  
Treble down (R)back toe (L), forward heel (R), Hop treble hop back (R)

#### Traditional Treble Jig #2:

Double hop treble hop back (R), Double hop treble hop back (L)  
Tip hop down (R), Tip hop down (L) toe toe (R)  
Treble hop (L), treble hop (R), treble hop 1(L) 2 (R) 3 (L)  
Step (R) toe hop (L), step (L) toe hop (R)  
Treble hop back (L) Bang bang (R) treble hop back (R)

### HORNPIPES:

#### Traditional Hornpipe #1

Bang down treble hop back (R) Bang down treble hop 123 (L)  
Over (R) 23, Over (L) 23, Hop treble, hop treble, hop toe hop (R)  
Treble hop (L) treble hop (R)  
Hop treble, hop treble, hop toe hop (L)  
Down (L) treble hop back (R)  
Step (L) hop treble, hop treble, hop back (R)

#### Traditional Hornpipe #2

Switch, treble hop (L) treble hop (R) Hop treble, hop treble, hop toe hop (L)  
Hop (L) heel (R) down (L), Hop (L) heel (R) down (L)  
Treble (R) treble (L) treble (R) lift (R)  
123 (L) Over 23 (R)  
Hop treble, hop treble, hop toe hop (R)  
Jump down (L) Switch (R) Treble down (R)  
Down (L) Treble hop back (R)

\*\*These steps are property of the McMahon School\*\*