

Point Hop Back

Point hop backs are another great Irish Dance move!
Start in criss cross. Point your right foot out in front. Bring your right foot up behind to kick your bottom and then place it in the back behind your left foot. Do the same with the left foot first pointing in front, hopping up to kick your bottom and placing it down behind the right. Remember to stay on your toes with toes out!



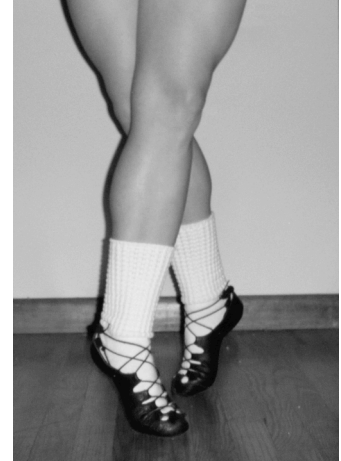
Criss Cross



Point



Hop



Back

