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**Highland at Home with Hesperi – Week 3**

 **Choreography Challenge**

**“Jolly Tars” (Hornpipe)**

**Phrases of 4 counts (2 bars of 4/4)**

BASIC

Challenge – adding jumps/elevation throughout

**INTRODUCTION**

Phrase I \* hands akimbo (on hips), standing in 3rd, hold count 1, RF heel beat counts 2-3-4

Phrase II \* step to the right, close LF in 1st (hands at sides), salute (right hand), lower arm

**A SECTION**

Phrase 1 \* count 1 & 2 3 & 4

 RF inverted toe (corner – 4th Int), heel (turn out corner), RF to 3rd repeat with LF

 Arms ~ akimbo

Phrase 2 \* 5 & 6 & 7 & 8 &

 RF shakes twice to the side, step in front of LF with 2 ‘rocks’ repeat with LF

 Arms ~ low behind back

Phrase 3 \* 1 2 3 & 4

 Crabwalk travelling right – inverted 1st, twist to turnout 1st, invert-turnout-invert

 Arms ~ shading (right hand over eyes)

Phrase 4 \* slow 5&6&7 quick 5&&a6&&a7 & 8

 Heel roll backwards – slow 5 heel steps back RLRLR step up onto the ball LF, RF in 1st position

 – quick 9 heel steps back RLRLRLRLR

 Arms ~ gathering in

**B SECTION** \* Phrase 5-6

**A SECTION** \* Phrase 9-12

**B SECTION** \* Phrase 13-16

**REVERENCE**

~ bow/sailor’s salute to finish

You get to invent your own phrases 5-16. You can continue with Hornpipey footwork or freestyle whatever comes out of your feet! We look forward to seeing everyone’s creative choreography.