

FOLLOW ME UP TO CARLOW (Single Jig 6/8)

First Step - Right Foot

Diagram illustrating the first step sequence for the right foot in a 6/8 single jig. The sequence is divided into four measures, each represented by a staff with foot icons and corresponding labels below.

Measure 1: Down, shuf - le, hop, back, 2, 3

Measure 2: down, 2, 3, tip, down, 2, 3

Measure 3: tip, down, shuf - le, hop, back, 2, 3

Measure 4: tip, down, tip, drum to the right

First Step - Left Foot

Diagram illustrating the first step sequence for the left foot in a 6/8 single jig. The sequence is divided into four measures, each represented by a staff with foot icons and corresponding labels below.

Measure 1: Tip down tip, down, shuff - le, hop, back, 2, 3

Measure 2: down, 2, 3, tip, down, 2, 3

Measure 3: tip, down, shuff - le, hop, back, 2, 3

Measure 4: tip, down, tip, drum to the left, jump



FOLLOW ME UP TO CARLOW (Single Jig 6/8)

Second Step - Right Foot

Diagram illustrating the steps for the Second Step - Right Foot, showing foot positions and timing across four measures.

Measure 1: Right, slide, tip

Measure 2: down, 2, 3

Measure 3: down, shuff - le, hop

Measure 4: back, 2, 3

Measure 5: tip, down, 2, 3, tip

Measure 6: down, 2, 3

Measure 7: tip, down, tip, drum to the, right, jump

Second Step - Left Foot

Diagram illustrating the steps for the Second Step - Left Foot, showing foot positions and timing across four measures.

Measure 1: Left, slide, tip

Measure 2: down, 2, 3

Measure 3: down, shuff - le, hop

Measure 4: back, 2, 3

Measure 5: tip, down, 2, 3, tip

Measure 6: down, 2, 3

Measure 7: tip, down, tip, drum to the, left



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Third Step - Right Foot

Diagram illustrating the Third Step - Right Foot sequence, showing foot positions and timing across four measures.

Measure 1: Tip, down, tip

Measure 2: down, heel, down, toe

Measure 3: down, heel, down, toe

Measure 4: down, shuff - le, hop, back, 2, 3

Measure 5: tip, down, 2, 3, tip, down, 2, 3

Measure 6: tip, down, tip, drum to the right

Third Step - Left Foot

Diagram illustrating the Third Step - Left Foot sequence, showing foot positions and timing across four measures.

Measure 1: Tip, down, tip

Measure 2: down, heel, down, toe

Measure 3: down, heel, down, toe

Measure 4: down, shuff - le, hop, back, 2, 3

Measure 5: tip, down, 2, 3, tip, down, 2, 3

Measure 6: tip, down, tip, drum to the left, back



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Fourth Step - Right Foot

Diagram illustrating the Fourth Step - Right Foot sequence across four measures of music notation. The notation includes foot icons and labels for steps: Down, hop, heel, down, 2, 3, down, shuff - le, hop, back, 2, 3, tip, down, 2, 3, tip, down, 2, 3, tip, down, heel, down, toe, down, back, tip, down, heel, down, toe, down, back. Annotations include "swivel right foot" and "swivel left foot".

Fourth Step - Left Foot

Diagram illustrating the Fourth Step - Left Foot sequence across four measures of music notation. The notation includes foot icons and labels for steps: Down, hop, heel, down, 2, 3, down, shuff - le, hop, back, 2, 3, down, heel, down, toe, toe, heel, heel, click, down, shuff - le, hop, back, jump. Annotations include "swivel right foot" and "Toes up".



FOLLOW ME UP TO CARLOW Single Jig (6/8)

*Fifth Step - Right Foot*

Out

Hop

jump

hop

heel

Cut

Point

down

tip

hop

tip

down

toe

down

tip

down

shuff - le

hop

back

2

3

tip

down

tip

drum

to

the

right

jump

*Fifth Step - Left Foot*

Out

Hop

jump

hop

heel

Cut

Point

down

tip

hop

tip

down

toe

down

tip

down

shuff - le

hop

back

2

3

tip

down

tip

drum

to

the

left



FOLLOW ME UP TO CARLOW (Single Jig 6/8)

*Sixth Step - Right Foot*

Diagram illustrating the Sixth Step - Right Foot sequence, showing four rows of foot positions and labels on a five-line staff.

Row 1: Tip down tip down hop toe heel down step step

Row 2: drum to the right heel heel step step

Row 3: tip down 2 3 tip down 2 3

Row 4: tip down tip drum to the right

*Sixth Step - Left Foot*

Diagram illustrating the Sixth Step - Left Foot sequence, showing four rows of foot positions and labels on a five-line staff.

Row 1: Tip down tip down hop toe heel down step step

Row 2: drum to the left heel heel step step

Row 3: tip down 2 3 tip down 2 3

Row 4: tip down tip drum to the left



FOLLOW ME UP TO CARLOW (Single Jigs 6/8)

Seventh Step - Repeat Step 1 - Right Foot

Diagram illustrating the Seventh Step - Repeat Step 1 - Right Foot sequence across four measures. The sequence is divided into two groups of two measures each, separated by a dashed line.

Measure 1: Tip, down, tip

Measure 2: down, shuff - le, hop

Measure 3: back, 2, 3

Measure 4: down, 2, 3, tip

Measure 5: down, 2, 3

Measure 6: tip, down, shuff - le, hop

Measure 7: back, 2, 3

Measure 8: tip, down, tip, drum to the right

Seventh Step - Repeat Step 1 - Left Foot

Diagram illustrating the Seventh Step - Repeat Step 1 - Left Foot sequence across four measures. The sequence is divided into two groups of two measures each, separated by a dashed line.

Measure 1: Tip, down, tip

Measure 2: down, shuff - le, hop

Measure 3: back, 2, 3

Measure 4: down, 2, 3, tip

Measure 5: down, 2, 3

Measure 6: tip, down, shuff - le, hop

Measure 7: back, 2, 3

Measure 8: tip, down, tip, drum to the left, jump



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*Eighth Step - Right Foot*

Diagram illustrating the eighth step sequence for the right foot, showing foot positions and timing across four measures.

Measure 1: Hop (flick right toe), hop (flick right toe), down, hop (flick left toe).

Measure 2: down, shuff - le, hop, back, 2, 3.

Measure 3: tip, down, 2, 3, tip, down, 2, 3.

Measure 4: tip, down, tip, drum to the, right, jump.

*Eighth Step - Left Foot*

Diagram illustrating the eighth step sequence for the left foot, showing foot positions and timing across four measures.

Measure 1: Hop (flick left toe), hop (flick left toe), down, hop (flick right toe).

Measure 2: down, shuff - le, hop, back, 2, 3.

Measure 3: tip, down, 2, 3, tip, down, 2, 3.

Measure 4: tip, down, tip, drum to the, left, jump.