

TITLE: Australian Jig

IMPACT: Fun, energizer, ice breaker

RISK: Low

GROUP SIZE: 2 or more

TIME REQUIRED: 5 – 10 minutes

DIRECTIONS:

- Everyone should find a partner.
- The facilitator demonstrates the Australian Jig with a partner first and then breaks it down for everyone else.
- Partners face each other, raise their right feet a few inches off the ground, and tap the insides of their right feet together. Then they return the right feet to the ground.
- Then they do the same with their left feet.
- Next they both turn slightly to their left and tap the outside of their right feet together.
- Then they step forward on the right foot and tap the inside of their left feet together. This move happens behind both of the partners' backs so they need to twist a bit and look over their right shoulders to make contact.
- Next they step back onto the left foot, and tap the outsides of the right feet together again.
- Finally they step back on the right foot again, which brings both partners into the starting position facing each other.
- Now the jig is repeated on the left side.
- Inside of the left foot, inside of the right foot, outside of the left foot, step forward on the left foot, tap inside of the right foot behind, step back on the right foot, tap outside of the left foot, step back with the left foot to the starting position.
- Everyone should practice it a few times until they are comfortable with the sequence.
- Once the pairs have mastered it, they should pick up the pace, eventually adding a hop in.
- Encourage the group to mix it up and find new partners. Get everyone involved.

HINT: This works best in sneakers or low-heeled, tie shoes. Flip flops are tough, and clogs and high heels are definite ankle breakers. It is better to go barefoot, but both partners should be barefoot.

