



**Knights of King Ina  
Jig Workshop**  
Summer 2020 – delivered during an Influenza Pandemic  
(Covid-19)  
These notes accompanied by video resources.

## Ilmington

Crib Sheet

### Nelson's Praise

**OY** = Feet together Jump

**Foot Up** = 6 Doubles; 2 singles; Step and jump

**Chorus** = long Side Step Right; Long Side Step Left; 2 Doubles; XXX; XXX; 2 doubles; 2 singles; step and jump

XXX – cross hops tapping toe / heel or as we chose heel toe heel R foot weight bear then switch to left foot weight bear.

**Slow 1** = 5 lots of Cross apart together; hop; 2 doubles, 2 singles; step and jump

**Chorus** = as above

**Slow 2** = 5 lots of clap head high in front under right knee behind (alternating Knee) clap in front at head high; 2 doubles; 2 singles, step and jump.

**Chorus** = as above to finish

### Jockie to the Fair

**OY** = Feet together Jump

**Foot Up** = 6 Doubles; 2 singles; Step and jump

**Chorus** = long Side Step Right; Long Side Step Left; 2 Doubles; 4 plain capers; 2 doubles; 4 Plain Capers; 2 singles; step and jump

**Slow 1** = 5 lots of Cross apart together; hop; 2 doubles, 2 singles; step and jump

**Chorus** = as above

**Slow 2** = 5 lots of clap head high in front under right knee behind (alternating Knee) clap in front at head high; 2 doubles; 2 singles, step and jump.

**Chorus** = as above to finish