



Métis Jigging Dance Steps

Métis
Spoons

Watch!
Maddy
McCallum video

Métis Education – Spoons, Jigging and Games

Spoons (Îl koyârr) – Paired with fiddle song the Red River Jig

- Basic - on your leg
- Fancy - in your palm
- Basic - on your leg
- Fancy - in between hand and leg (on one leg)
- Basic - on your leg
- Fancy - in your palm (sequence 1, 2, 1-2-3)
- Basic - on your leg
- Fancy - in between hand and leg (alternate right and left legs)

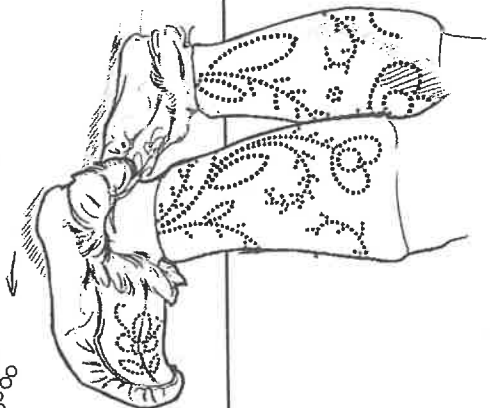
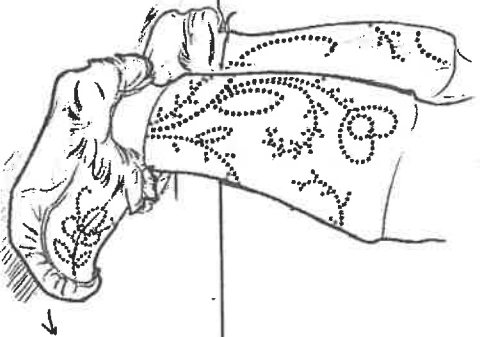
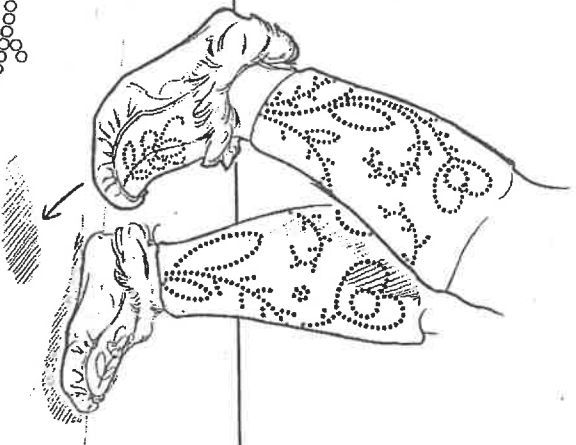
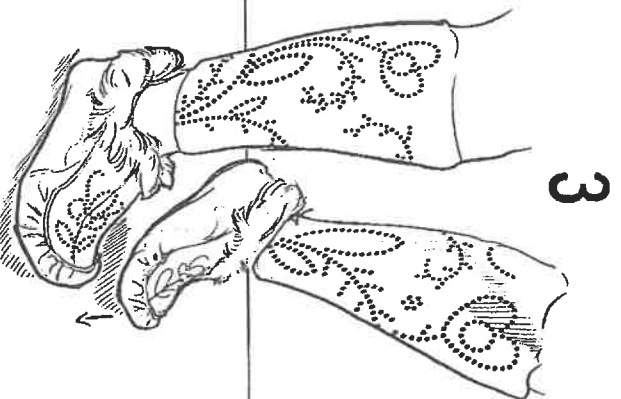
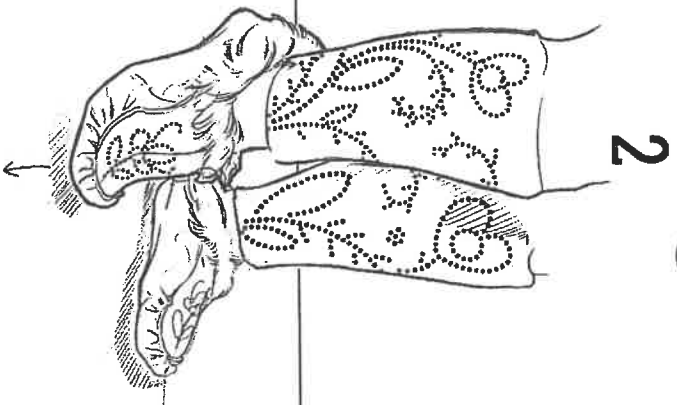
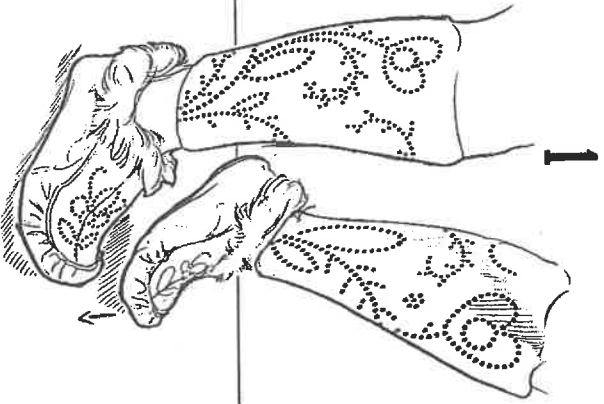
Repeat above sequence younger grades, older grades see below.

- Basic - on your leg
- Fancy - down your fingers
- Basic - on your leg
- Fancy - in between hand and leg (on one leg)
- Basic - on your leg
- Fancy - down your fingers (1-2 on top of hand, 2 times down fingers)
- Basic - on your leg
- Fancy - in between hand and leg (alternate right and left legs)

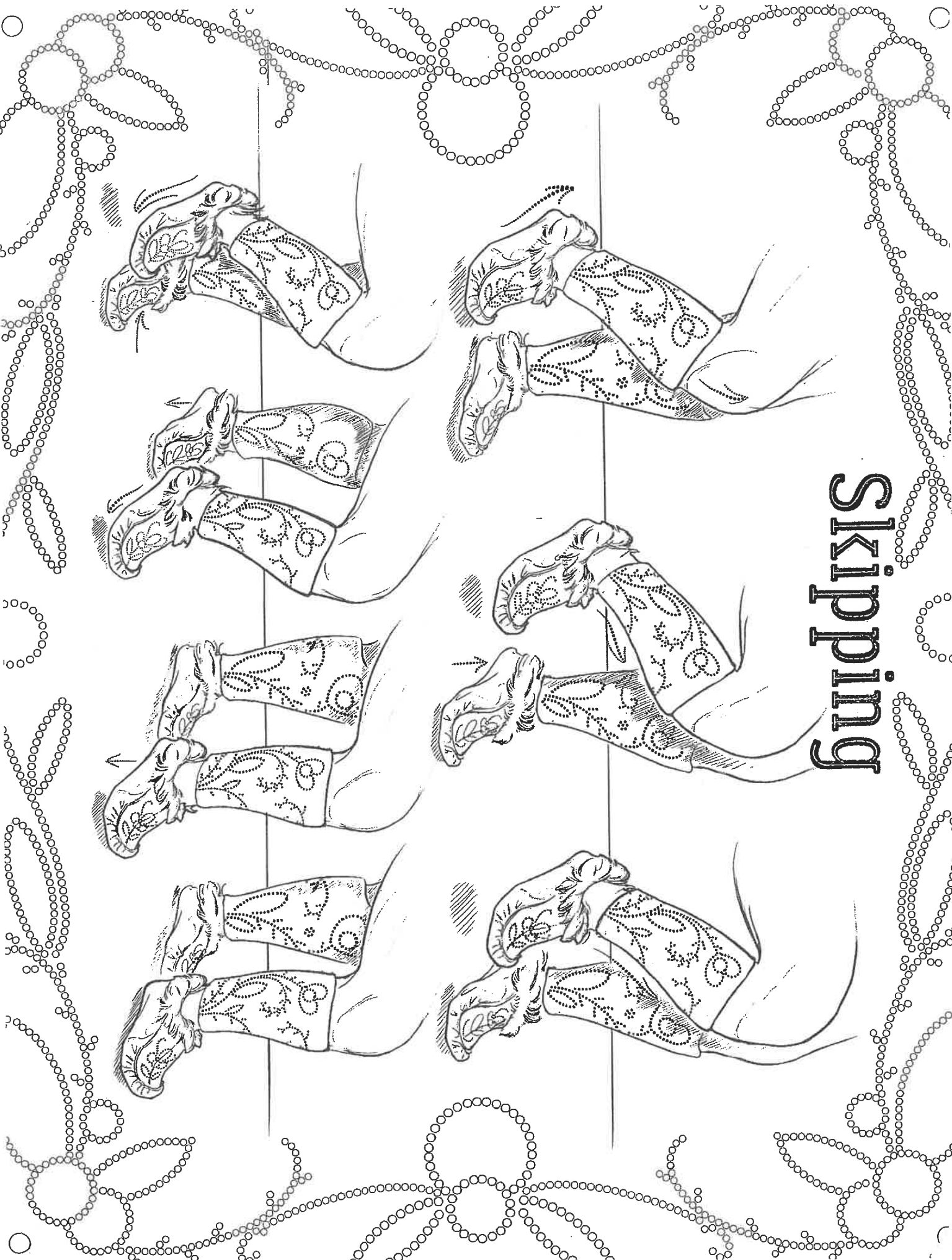
Jigging (nîmi/nîmihitok) – Paired with fiddle song the Red River Jig

- Basic Step - Scuff 1-2-3 and repeat
- Fancy Step - Show moccasins (start off slow then increase speed)
- Basic Step - Scuff 1-2-3 and repeat
- Fancy Step - Touch Hop (touch right calf w/ foot hop, touch left calf w/ foot hop)
- Basic Step - Scuff 1-2-3 and repeat
- Fancy Step - Shaky Leg (right front shake, left front shake, right side shake, left side shake)
- Basic Step - Scuff 1-2-3 and repeat
- Fancy Step - Bunny hop (hop right slide home, hop forward slide home, hop left slide home)
- Basic Step - Scuff 1-2-3 and repeat
- Fancy Step - Show moccasins (start off slow then increase speed)
- Basic Step - Scuff 1-2-3 and repeat
- Fancy Step - Touch Hop (touch right calf w/ foot hop, touch left calf w/ foot hop)
- Basic Step - Scuff 1-2-3 and repeat
- Fancy Step - Shaky Leg (right front shake, left front shake, right side shake, left side shake)
- Basic Step - Scuff 1-2-3 and repeat
- Fancy Step - Bunny hop (hop right slide home, hop forward slide home, hop left slide home)

Basic Jig Step

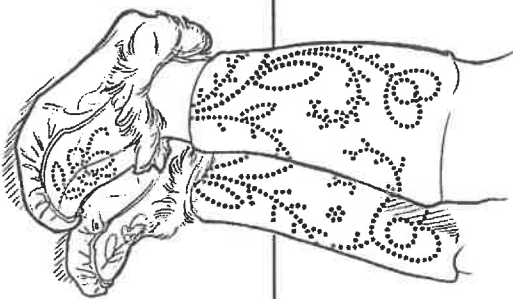
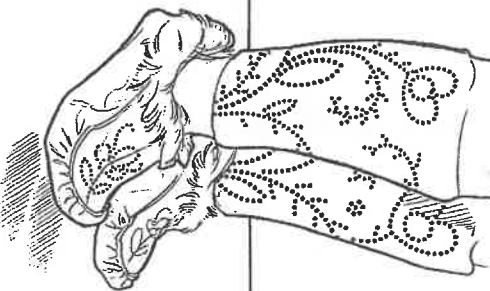
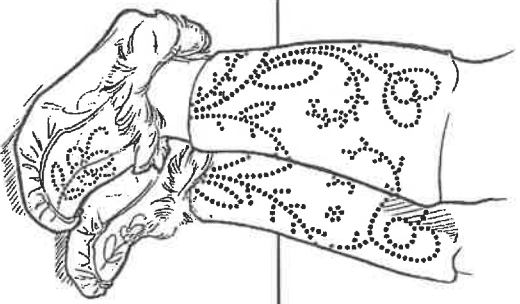


Skipping

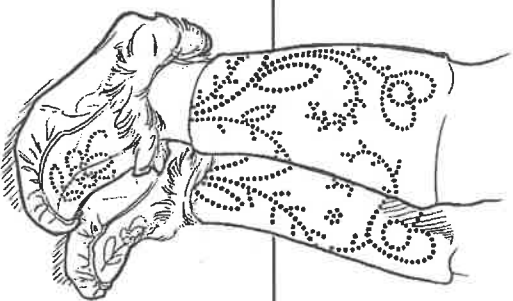
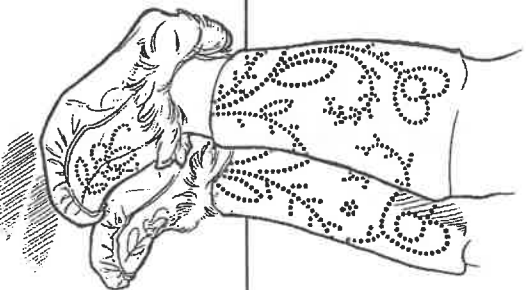
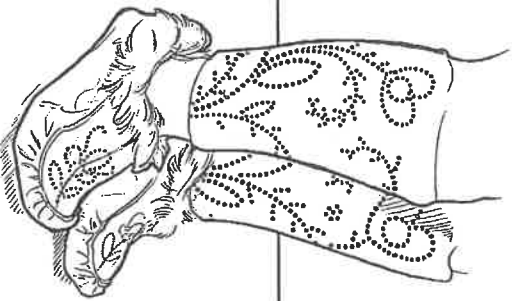


The Bunny Hop

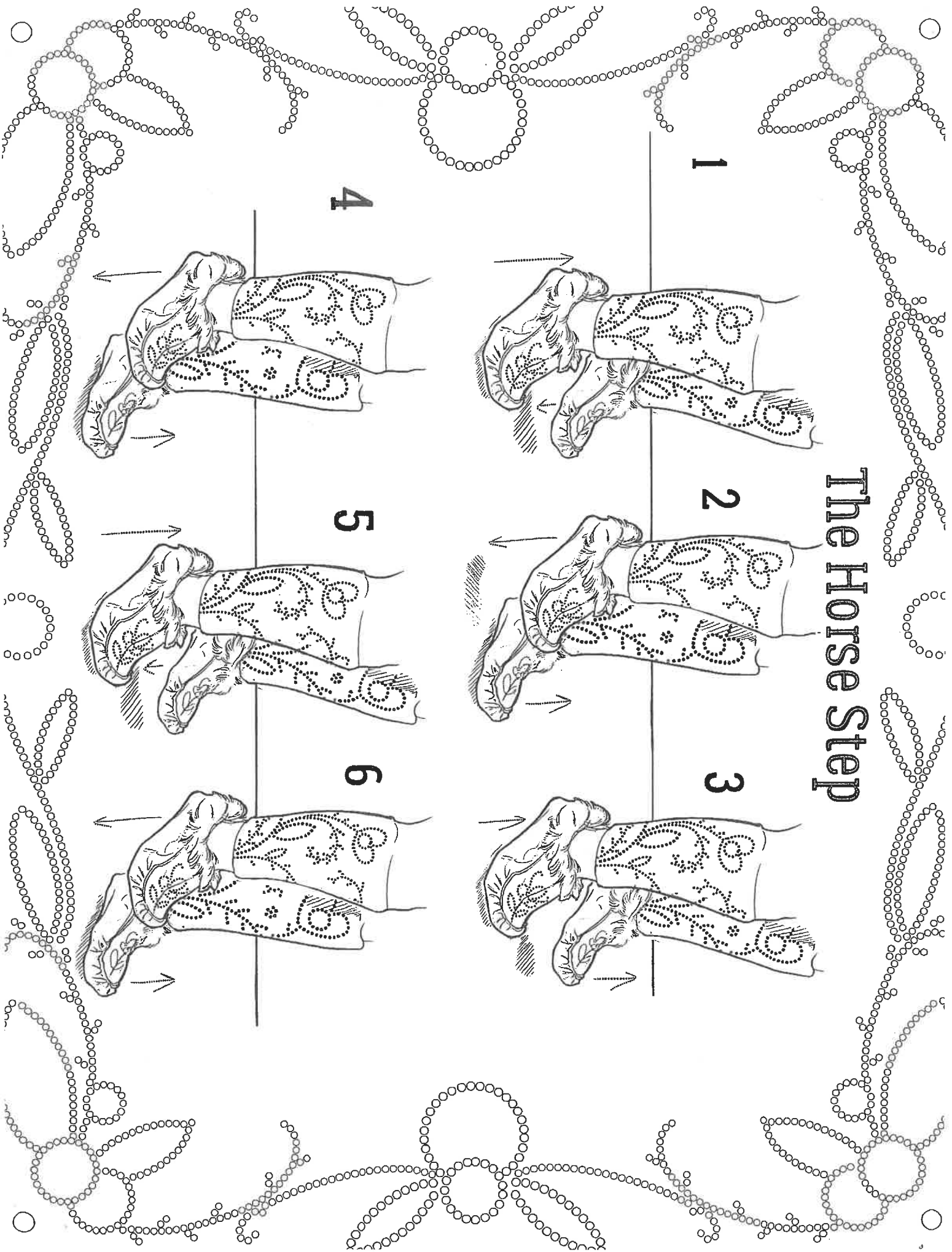
1



2



The Horse Step





Beaded Moccasins and Leggings





