

Feis 101

Night Before

- Print your number from FeisWeb
 - Note: Your Competitor Number will be on the front and your competition numbers should be on the back for reference
- Polish shoes
- Pack or prepare:
 - Dance Dress or attire
 - Bloomers
 - Poodle Socks (bright white and clean)
 - Dance shoes (hard & soft)
 - Wig
 - Hair band or bow
 - Brush or Comb
 - Hairspray
 - Bobby Pins
 - Hair ties
 - Safety Pins
 - Hair Donut and Pouf donut

Morning of Feis

- Do hair/wig before you leave the house
- Wear a well-fitting tank top (won't show under costume) and loose pants (sweatpants or pjs) and bring a zip-up jacket. This makes costume changes easier
- Arrive at least 60 minutes before you're scheduled to compete



At the Feis

- Find your stages
- Monitor stages to make sure you know when your competitions are. There are signs at every stage with all the comps listed. They will have a NOW and NEXT to indicate which comps are dancing and which are lining up.
- Typically (not always) you will dance in this order
 - Reel,
 - Light Jig
 - Slip Jig
 - TJ
 - HP
- Put on Costume and dance shoes
- Pin your number to your waist
- Make sure shoes are DOUBLE KNOTTED
- Use the bathroom before you begin competing

On Stage

- Line up side stage when your competition is called.
- Do not line up next to another McHugh Dancer. You should dance with a dancer from another school
- Do not fidget on stage while waiting to dance. Stand in place with your heels together or feet crossed
- When the stage helper tells you, move forward, spread apart from the other dancer and point your toe
- The stage helper will count for beginner and advanced beginner only. Novice and prize winner will start themselves
- Novice and prize winner dancers should step out of line when the dancers ahead of them are on the left foot of their 2nd step, so pay attention.
- Dance TWO steps, each on the right and left foot.
- Make sure to dance up towards the front of the stage but do not dance off the stage or cross the tape lines for stages with more than one competition.
- Try not to get stuck in corners or behind the other dancer
- When finished, Bow, then walk back to line (carefully avoiding other dancers) and place heels together again
- If you make a mistake, keep going. The only time you should stop is if the judge rings the bell or tells you to stop.

Cues (in case your dancer cannot remember their steps)



Beginner dance cues

- Reel
 - Hop 23
 - Point Hop Back
- Light Jig
 - North South East West
 - Hop 23, heel Down
- Slip Jig
 - Hop, hop slide
 - Point & Point Hop back

Advanced Beginner dance cues

- Reel
 - Point up up and point hop back
 - Hop heel down
- Light Jig
 - North South East West
 - Hop 23, heel Down
- Slip Jig
 - Hop, hop slide
 - Point & Point Hop back



Novice dance cues

- Reel
 - Jump, jump and point hop back
 - Point Hop Back step kick out down
- Light Jig
 - Point up, hop back 234, hop down kick your heel
 - Point up, hop back 234. Hop step and point hop back 234
- Slip Jig
 - Hop, hop slide
 - Point & Point Hop back
- Treble Jig
 - Brush 2 jump (3x), back to 23
 - St. Patrick's day part 1

Note: Dancers in Adv. Beginner and Novice may have a combination of the dances listed