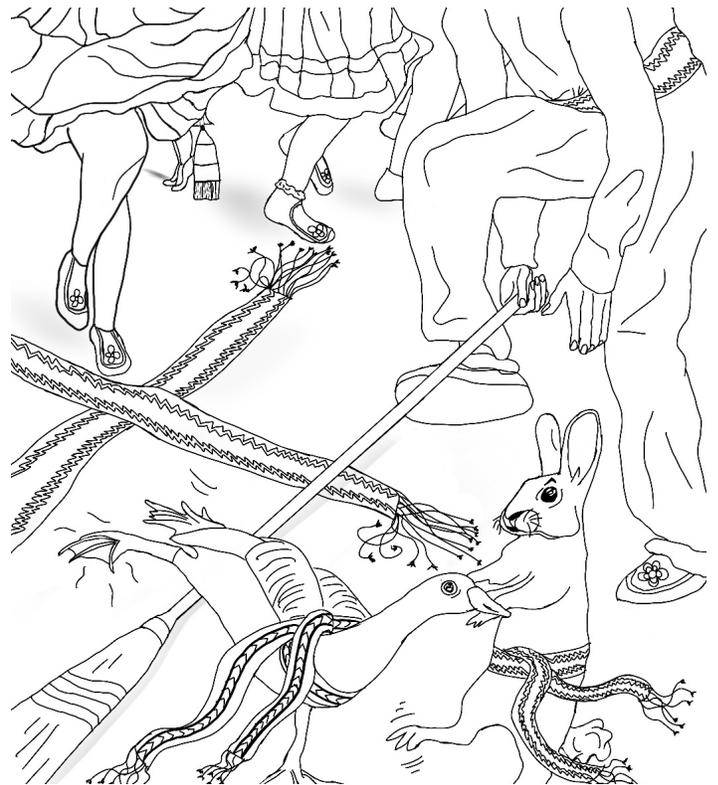




F is for Fiddle



J is for Jig

The Red River Jig is one of the all-time favourite fiddle tunes of the Métis and jigging competitions are held at various events to show off jigging fancy steps!

Watch the Steps in Time video here: www.metismuseum.ca/resource.php/148157, and learn how to do a basic jig step and even some fancy steps like the *Jumping Jack*, the *Bunny Step*, the *Heel Step*, the *Double Jig Step*, and the *Cross Step*.



Z is for Zest

For more instructional videos on Métis Dance, see the DVD of *Steps in Time 2*, and the book and DVD set, *Let Me See Your Fancy Steps—Story of a Métis Dance Caller*, available at www.shopmetis.ca.

