



2015 S.O.B.H.D. Premiership Steps - brought to you by toeadheel.com

11 & under

Highland Laddie (4)		Flora (4)		Scotch Measure (4)		Hornpipe (4)	
<i>Intro:</i>		<i>Intro:</i>		<i>Intro:</i>		<i>Intro:</i>	
						alt	alt intro with break A bars 7 & 8
1	1st step	1	1st step	1	1st step	1	1st step - any method
3	Shuffles	2	2nd step - syncopated hop	2	2nd step - brush assemble disassemble	2	2nd step - shuffle over the buckle
4	Heel travel	5	PDB	5	PDB derierre	12	rocking
6	Last step	6	Last step	6	Last step	16	Highcutting
any method, including alternative methods, of the above steps may be danced (UKA, BATD or STDA)		any method, including alternative methods, of the above steps may be danced (UKA, BATD or STDA)		any method, including alternative methods, of the above steps may be danced (UKA, BATD or STDA)		any method, including alternative methods, of the above steps may be danced other than where specified	
							

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Juvenile

Highland Laddie (4)		Flora (4)		Scotch Measure (4)		Hornpipe (5)	
<i>Intro:</i>		<i>Intro:</i>		<i>Intro:</i>		<i>Intro:</i>	
						alt	alt intro with break A bars 7 & 8
1	1st step	1	1st step	1	1st step	1	1st step - any method
3	Shuffles	2	2nd step - syncopated hop	2	2nd step - brush assemble disassemble	2	2nd step - shuffle over the buckle
4	Heel travel	5	PDB	5	PDB derierre	12	rocking
6	Last step	6	Last step	6	Last step	13	Inverted toe and heel
						16	Highcutting
any method, including alternative methods, of the above steps may be danced (UKA, BATD or STDA)		any method, including alternative methods, of the above steps may be danced (UKA, BATD or STDA)		any method, including alternative methods, of the above steps may be danced (UKA, BATD or STDA)		any method, including alternative methods, of the above steps may be danced other than where specified	
							

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Adult

Highland Laddie (4)		Flora (4)		Scotch Measure (4)		Hornpipe (5)	
<i>Intro:</i>		<i>Intro:</i>		<i>Intro:</i>		<i>Intro:</i>	
						alt	alt intro with break A bars 7 & 8
1	1st step	1	1st step	1	1st step		
1	1st step	1	1st step	1	1st step	1	1st step - any method
2	2nd step - point out change	3	diagonal travel	2	2nd step - brush assemble disassemble	2	2nd step - shuffle over the buckle
4	Heel travel	5	PDB	4	Skip change		(MUST use shake break)
6	Last step	6	Last step	6	Last step	11	Low Cutting
						5	Scissors
						16	Highcutting
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