

2015 S.O.B.H.D. Championship Steps for 2014 brought to you by toandheel.com (based on steps issued by S.O.B.H.D. July 2014)

11 & under

Fling (4)		Swords (2 & 1)		Seann Triubhas (3 & 1)		Strathspey & Reel of Tulloch	
<i>Intro:</i>		<i>Intro:</i>		<i>Intro:</i>		<i>Intro:</i>	
		4 counts then step to 1d		either either intro		alt pause 3 counts then rise and turn count 4	
1	shedding	<i>Slow steps:</i>		<i>Slow steps:</i>		<i>Strathspey:</i>	
2	basic backstep	1	addressing the swords	1 alt	alt first step (with PDBs)	basic ending strathspey then 1 leap	
3	toe and heel	2	open PDB		(arms and sequence of brushes optional)	4 shake & rock (end 2 rocks then back front)	
8	last step (2 turns)			2	side travel	6 crossover	
					(must step behind side front side behind)		
				7	HC in front balance (without travel)	<i>Reel:</i>	
						1 PDB	
		<i>Quick step:</i>		<i>Quick step:</i>		6 alt balance round the leg (x3 & 4 HC)	
		8	cross & point quick step	11	toe, heel, rock	5a HC SP (x4)	
			(commencing with 2 closed PDBs)			last 16 highcuts	
				<i>Finish:</i>			
				method 1 1 leap			



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Juvenile

Fling (6)		Swords (3 & 1)		Seann Triubhas (4 & 2)		Strathspey & Reel of Tulloch	
<i>Intro:</i>		<i>Intro:</i>		<i>Intro:</i>		<i>Intro:</i>	
		4 counts then step to 1d		either either intro		alt pause 3 counts then rise and turn count 4	
1	shedding	<i>Slow steps:</i>		<i>Slow steps:</i>		<i>Strathspey:</i>	
2	basic backstep	1	addressing the swords	1 alt	alt first step (with PDBs)	basic ending strathspey then 1 leap	
3	toe and heel	2	open PDB		(arms and sequence of brushes optional)	4 shake & rock (end 2 rocks then back front)	
6	crossover	4	pointing step (finish facing the side)	2	side travel	6 crossover	
					(must step behind side front side behind)		
7 alt	double shake & rock			7	HC in front balance (without travel)	<i>Reel:</i>	
8	last step (2 turns)			8	side heel travel (2 shakes & 2 turns)	1 PDB	
						6 alt balance round the leg (x3 & 4 HC)	
		<i>Quick steps:</i>		<i>Quick steps:</i>		8 assemble & travel	
		8	cross & point quick step	15	backstepping	last 16 highcuts	
			(commence 2 open PDBs)	11	toe, heel, rock		
				<i>Finish:</i>			
				method 1 1 leap			



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Adult

Fling (6)		Swords (3 & 1)		Seann Triubhas (4 & 2)		Strathspey & Reel of Tulloch	
<i>Intro:</i>		<i>Intro:</i>		<i>Intro:</i>		<i>Intro:</i>	
		4 counts then step to 1d		either either intro		alt pause 3 counts then rise and turn count 4	
1	shedding	<i>Slow steps:</i>		<i>Slow steps:</i>		<i>Strathspey:</i>	
2	basic backstep	1	addressing the swords	1 alt	alt first step (with PDBs)	2nd alt round the leg out & 1 leap	
3	toe and heel	2	open PDB		(arms and sequence of brushes optional)	7 shake & turn	
5 at	2nd alt backstepping	6	reverse points (finish facing the side)	2	side travel	6 alt extended crossover	
	(point, back front, out, front)				(must step behind side front side behind)		
7shake	extended crossover (with travel)			7a	HC in front balance with travel	<i>Reel:</i>	
8	last step (2 turns)			6a	leap & shed	1 PDB	
		<i>Quick step:</i>		<i>Quick steps:</i>		7 backstep & travel	
		8	cross & point quick step	15	backstepping	6 balance round the leg	
			(commence 2 open PDBs)	11	toe, heel, rock	last 16 highcuts	
				<i>Finish:</i>			
				method 2 2 leaps			

