



2012 S.O.B.H.D. Championship Steps for 2012 brought to you by toeandheel.com (based on steps issued by S.O.B.H.D. July 2011)

9 & under

Fling (4)	Swords (2 & 1)	Seann Triubhas (3 & 1)	Strathspey & Reel of Tulloch
<p><u>Intro:</u></p> <p>1 shedding 2 basic backstepping 6 crossover 8 last step (2 turns)</p> 	<p><u>Intro:</u></p> <p>6 count bow then place on 1/2 point</p> <p><u>Slow steps:</u></p> <p>1 addressing the swords 4 pointing (arms 2nd pos bars 4 8 12 16)</p> <p><u>Quick step:</u></p> <p>8 cross & point quick step</p>	<p><u>Intro:</u></p> <p>either</p> <p><u>Slow steps:</u></p> <p>1a 1st step (brushes 4 2 2 4) 2 side travel 4 backward travel</p> <p><u>Quick step:</u></p> <p>10 shedding with backstep</p> <p><u>Finish:</u></p> <p>method 1 1 leap</p>	<p><u>Intro:</u></p> <p>alt all up & turn on last count</p> <p><u>Ending:</u></p> <p>basic back, front, ass leap</p> <p><u>Strathspey steps:</u></p> <p>3 toe and heel 8a last step (1 turn)</p> <p>1 pas de basque 5 highcut spring points (4 times) 3 balance pas de basque (4 HC) last 16 HC's</p>


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Juvenile

Fling (6)	Swords (3 & 1)	Seann Triubhas (4 & 2)	Strathspey & Reel of Tulloch
<p><u>Intro:</u></p> <p>1 shedding 2 basic backstepping 4 shake & rock 6 crossover 7 shake & turn (turn with arms in 2nd pos) 8 last step (2 turns)</p> 	<p><u>Intro:</u></p> <p>6 count bow then place on 1/2 point</p> <p><u>Slow steps:</u></p> <p>1 addressing the swords 5 diagonal points 4 pointing (arms 2nd pos bars 4 8 12 16)</p> <p><u>Quick steps:</u></p> <p>8 cross & point quick step</p>	<p><u>Intro:</u></p> <p>either</p> <p><u>Slow steps:</u></p> <p>1a 1st step (brushes 4 2 2 4) 2 side travel 4 backward travel 6a leap & shedding</p> <p><u>Quick steps:</u></p> <p>11 toe heel rock 10 shedding with backstep</p> <p><u>Finish:</u></p> <p>method 1 1 leap</p>	<p><u>Intro:</u></p> <p>alt all up & turn on last count</p> <p><u>Ending:</u></p> <p>basic back, front, ass leap</p> <p><u>Strathspey steps:</u></p> <p>3 toe and heel 8a last step (1 turn)</p> <p>1 pas de basque 5 highcut spring points (4 times) 3 balance pas de basque (4 HC) last 16 HC's</p>

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Adult

Fling (6)	Swords (3 & 1)	Seann Triubhas (4 & 2)	Strathspey & Reel of Tulloch
<p><u>Intro:</u></p> <p>(bow with arms by the sides) shedding 5 second backstepping (point, back front, out, front) 3 toe and heel 6 crossover 7 shake & turn (turn with arms in 2nd pos) 8 last step (2 turns)</p> 	<p><u>Intro:</u></p> <p>6 count bow then rise</p> <p><u>Slow steps:</u></p> <p>1 addressing the swords 4 pointing (arms 2nd pos bars 4 8 12 16) 5 diagonal points</p> <p><u>Quick step:</u></p> <p>7 open pdb quick step</p>	<p><u>Intro:</u></p> <p>either</p> <p><u>Slow steps:</u></p> <p>1a 1st step (brushes 4 2 2 4, arms 3 circles) 2 side travel 7a highcut in front balance (with travel) 9 double highcutting</p> <p><u>Quick steps:</u></p> <p>12 pointing & backstepping 11 toe heel rock</p> <p><u>Finish:</u></p> <p>method 1 1 leap</p>	<p><u>Intro:</u></p> <p>alt all up & turn on last count</p> <p><u>Ending:</u></p> <p>2nd alt back front out, ass leap</p> <p><u>Strathspey steps:</u></p> <p>1 1st step 7a double shake & rock</p> <p>1 pas de basque 2a shake & travel (8 HC) 9 HC in front balance last 16 HC's</p>