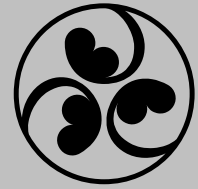




Lochs of Scotland



Takt	Step	Name	Anmerkung
1-16	1. Step	Loch Lomond	
17-32	2. Step	Loch Marze	
33-48	3. Step	Loch Ness	

Loch Lomond – (First Step)

Takt	1. Hälfte	2. Hälfte	Lokomotion	Orientierung
1	Wash-Up	Hop-Up (F)	f45f5	D>D>S
2	In-Step Lightning On	→	f	
3	Hop-Heel-Drum	Hop-Back	f.C45.	D>L>D>S
4	Wrap	Wrapcut		
5	Stab-Wash	Threze	f180	D>U>S
6	Up-Toe-Push	Run-On	f	
7	(R) Snap & Grind (F)	→	f180	U>D>S
8	Toe-Push-On	Rear-Drum-Down (F)		
9-16	Wiederholung von 1-8	Pos↑	Dir↔	Ori↔

Loch Marze – (Second Step)

Takt	1. Hälfte	2. Hälfte	Lokomotion	Orientierung
1	Dig-Wash	Hop-Rear-Grind	S.C45.	D>D>S>R
2	→	Kick-Jump-On	p.f.	
3	In-Step	Toe-Push-On	f	
4	(R) Snap-Down	Shake-Swirl	f45.S.	D>R>D>S
5	Hop-Rear-Grind	→	f135.f.	D>U>S>L
6	Step-In	Toss-Up	f	
7	Up Cast-Bird-Jump On	→	f	
8	Run(Twist)-Back	Swivel	b.f135.	U>L>S>R
9-16	Wiederholung von 1-8	Pos↑	Dir↔	OriC90↔

Loch Ness – (Third Step)

Takt	1. Hälfte	2. Hälfte	Lokomotion	Orientierung
1	Grapevine	→	r	D>S
2	Essence	Swizzle	C45f5	D>D>S>R
3	Step-In	Toss-Straight	f	
4	Hop-Back	Toe-Drum-Back	f45.S.	D>R>D>S
5	Butterfly	Hop-Back	S.f135.	D>U>S>L
6	Step-In	Wash-Up	f	
7	Up Lightning On (f)	→	f	
8	Up Turn-Under Back	→	f.C135>b:	U>L>D>S
9-16	Wiederholung von 1-8	Pos↑	Dir↔	Ori↔

**** Verse ****

Wash Up Hop Heel Drum Stab Wash Snap Down	Hop Up Hop Back Two Thræ Two Thræ Four	In Step Cast and Wrap Up Toe Push Toe Push On	Light-ning On Wrap-cut Run On Rear Drum Down
Wash Up Hop Heel Drum Stab Wash Snap Down	Hop Up Hop Back Two Thræ Two Thræ Four	In Step Cast and Wrap Up Toe Push Toe Push On	Light-ning On Wrap-cut Run On Rear Drum Down
Dig Wash In Step Hop Back On Cast	Kick Hop Back Toe Push On Two Thræ Four Bird Jump On	Two Thræ Four Snap Down Step In Twist Back	Kick Jump On Shake Swirl Toss Up Swi-vel
Dig Wash In Step Hop Back On Cast	Kick Hop Back Toe Push On Two Thræ Four Bird Jump On	Two Thræ Four Snap Down Step In Twist Back	Kick Jump On Shake Swirl Toss Up Swi-vel
Cross On Step In Butter-fly Up Light-	Cross Back Toss Straight Hop Back -ning On	Step In Step Hop Back Step In Up Turn-	Swiz-zle Toe Drum Back Wash Up -Under Back
Cross On Step In Butter-fly Up Light-	Cross Back Toss Straight Hop Back -ning On	Step In Step Hop Back Step In Up Turn-	Swiz-zle Toe Drum Back Wash Up -Under Back