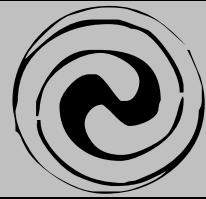


# Albain Reel



Takt	Tzil	Name	Anmerkung
1-16	1. Step	Caber Toss	mit Variante für Gents
17-32	2. Step	Shraf Toss	
33-48	3. Step	Stone Toss	

<b>First Step</b>	<b>Caber Toss</b>
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<b>Ladies</b>
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Takt	1. Puls	2. Puls	Lokomotion	Orientierung
1	Wash-Up	In-Sliez	C45,f7	D>D>R
2	Up-In	Sliez-Up	f	
3	Wash-Up	Push-On	f	
4	In Surge-Hop Up (F)	→	A45	D>R>D>S
5	Push-On	On-In	1A90	D>S>L
6	Dash-Point	Jump-Down		
7	Tramp-Swish	Down-Ram	fr.p.	
8	Wrap	Push-Back		
9-16	Wiederholung von 1-8	Pos ↕	Rou ⇔	Ori A90 ⇔

<b>Gents</b>
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4	In-Sliez	Sliez-Up	A45	D>R>D>S
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<b>Second Step</b>	<b>Shraf Toss</b>
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Takt	1. Puls	2. Puls	Lokomotion	Orientierung
1	Wash-Up	In-Up-Push	C45,f7	D>D>R
2	On-In	Sliez-Up	f	
3	Pincers	Zipzap		
4	Sliez-Up	Toe-Push-On	f	
5	(P) Cast-Bird-Jump On	→	f	
6	Dash-Point	Jump-Down	A135	D>R>S>L
7	Up Quake-Hop Down	→	b	
8	Flack	Butterfly		
9-16	Wiederholung von 1-8	Pos ↕	Rou ⇔	Ori A90 ⇔

<b>Third Step</b>	<b>Stone Toss</b>
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Takt	1. Puls	2. Puls	Lokomotion	Orientierung
1	Whisk-Down	Wrapcut	C45.f.	D>D>R
2	Up-Toe	Push-On	f	
3	(P) Cast-Jump	On-Toe	f	
4	Push-On	Jump-Down	C155	D>S>L
5	Pincerswitch	Push-Back		
6	Wash-Up	In-Up-Push(und 2 3)	f	
7	Up Rush-Up Down	→	C180.S.	L>S>D>S
8	Ball-Box-Back(4-und 1)	Zipzap Zipzap		
9-16	Wiederholung von 1-8	Pos ↕	Rou ⇔	Ori ⇔

\*\*\*\* Verse \*\*\*\*

1. Step: Caber Toss

4	1	2	3	4	1	2	3
Wash	Up	In	Slice	Up	In	Slice	Up
Wash	Up	Push	On	In	L: Surge G: Slice	L: Flop G: Slice	Up
Push	On	On	In	Dash	Point	Jump	Down
Tramp	Swish	Down	Ram	-	Wrap	Push	Back
Wash	Up	In	Slice	Up	In	Slice	Up
Wash	Up	Push	On	In	L: Surge G: Slice	L: Flop G: Slice	Up
Push	On	On	In	Dash	Point	Jump	Down
Tramp	Swish	Down	Ram	-	Wrap	Push	Back

2. Step: Sheaf Toss

4	1	2	3	4	1	2	3
Wash	Up	In   Up	Push	On	In	Slice	Up
Pin-	-cers	Zip	Zap	Slice	Up	Toe   Push	On
Cast	Bird-	-Jump	On	Dash	Point	Jump	Down
Up	Quake	Flop	Down	-	Flack	Butter-	-fly
Wash	Up	In   Up	Push	On	In	Slice	Up
Pin-	-cers	Zip	Zap	Slice	Up	Toe   Push	On
Cast	Bird-	-Jump	On	Dash	Point	Jump	Down
Up	Quake	Flop	Down	-	Flack	Butter-	-fly

3. Step: Stone Toss

4	1	2	3	4	1	2	3
Whisk	Down	Wrap-	-cut	Up	Toe	Push	On
Cast	Jump	On	Toe	Push	On	Jump	Down
Pincer-	-switch	Push	Back	Wash	Up	In   Up	Push
Up	Rush	Up	Down	Ball	Box   Back	Zip   Zap	Zip   Zap
Whisk	Down	Wrap-	-cut	Up	Toe	Push	On
Cast	Jump	On	Toe	Push	On	Jump	Down
Pincer-	-switch	Push	Back	Wash	Up	In   Up	Push
Up	Rush	Up	Down	Ball	Box   Back	Zip   Zap	Zip   Zap