



Steel Reel



Takt	Tzil	Name	Anmerkung
1-16	1. Step	Sgian Dubh	
17-32	2. Step	Sgian Dearg	
33-48	3. Step	Claidheamh Mòr	

First Step Sgian Dubh

Takt	1. Puls	2. Puls	Lokomotion	Orientierung
1	Wash-Up	In-Sliez	C45:f3	D>D>R
2	Up Surge-Hop Up (F)	→	f	
3	Push-On	In-Sliez	f	
4	Up Quake-Hop On (F)	→	f	
5	Push-Down	Cross-On	145.1.	D>R>D>S
6	Pincers	Butterfly		
7	Up Hazel-Box-Clack Ball-Box-	→		
8	-Click Hazel-Roll-Back(R)	Up-Down	S:190s	D>S>L
9-16	Wiederholung von 1-8	Pos ↑	Rou ⇔	Ori 190 ⇔

Second Step Sgian Dearg

Takt	1. Puls	2. Puls	Lokomotion	Orientierung
1	Tip-Wash	Up-In	feC180	D>C>L>U>S
2	Phoenix	Up-In	↓	↓
3	Up Cast-Jump On (F)	→	↓	↓
4	In-Sliez	Up-In	↓	↓
5	Up Surge-Hop Up (F)	→	↓	↓
6	Push-On	In Cast-	↓	↓
7	-Jump On	Dash-Point	↓	↓
8	Jump-Down	Pincerswitch	↓	↓
9-16	Wiederholung von 1-8	Pos ↑	Rou =	Ori ⇔

Third Step Claidheamh Mòr

Takt	1. Puls	2. Puls	Lokomotion	Orientierung
1	Dash-Knock	Up-Top-Swash		D>S
2	Up Wrapeut Up (F)	→		
3	Down-Tramp	Swish-Down	r	
4	Up-On	Lightning	C45:f7	D>S>D>R
5	Twist(up)-Twist(on)	Yank-Swash	f.p.	
6	Up-On-In	Cast-Jump	f	
7	On-Down	Up-Smack-Hop	f	
8	Up-Hazel(R)-Roll(L)	Swash-Slam	S:145.	D>R>D>S
9-16	Wiederholung von 1-8	Pos ↑	Rou ⇔	Ori ⇔

**** Verse ****

1. Step: Sgian Dubh

4	1	2	3	4	1	2	3
Wash	Up	In	Sliez	Up	Surge	flop	Up
Push	On	In	Sliez	Up	Quake	flop	On
Push	Down	Cross	On	-	Pincers	-	Butterfly
Up	Heel	Box Clack	Ball Box	Click Heel	Roll Back	Up	Down
Wash	Up	In	Sliez	Up	Surge	flop	Up
Push	On	In	Sliez	Up	Quake	flop	On
Push	Down	Cross	On	-	Pincers	-	Butterfly
Up	Heel	Box Clack	Ball Box	Click Heel	Roll Back	Up	Down

2. Step: Sgian Dearg

4	1	2	3	4	1	2	3
Tip	Wash	Up	In	-	Phoenix	Up	In
Up	Cast	Jump	On	In	Sliez	Up	In
Up	Surge	flop	Up	Push	On	In	Cast
Jump	On	Dash	Point	Jump	Down	Pincer-	-switch

3. Step: Claidheamh Mòr

4	1	2	3	4	1	2	3
Dash	Knock	Up Toe	Swash	Up	Wrap-	-cut	Up
Down	Tramp	Swish	Down	Up	On	light-	-ning
Twist	Twist	Yank	Swash	Up	On In	Cast	Jump
Up	Down	Up	Smack flop	Up	Heel Roll	Swash	Slam
Dash	Knock	Up Toe	Swash	Up	Wrap-	-cut	Up
Down	Tramp	Swish	Down	Up	On	light-	-ning
Twist	Twist	Yank	Swash	Up	On In	Cast	Jump
Up	Down	Up	Smack flop	Up	Heel Roll	Swash	Slam