



# Scottish Official Board of Highland Dancing

## 2012 Championship Steps

### 10 Years & Under 16

#### Highland Fling

Intro	
1st	Shedding
2nd	First Back-Stepping
4th*	Rocking
6th	Cross-Over
7th*	Shake and Turn ( <i>Turn with Arms in 2nd Position</i> )
8th	Last Shedding

#### Sword Dance

Intro	Six Count Bow ( <i>Place on 1/2 Point</i> )
1st	Addressing the Swords
5th*	Diagonal points
4th	Pointing ( <i>Arms 2nd pos. Bars 4, 8, 12, 16</i> )
8th	Crossing and Pointing-Quick Step

#### Seann Triubhas

Intro	Either
1st Alt	Brushing ( <i>Bars 1-3 sequence of Brushes 4,2,2,4</i> )
2nd	Side Travel
4th	Backward Travel
6th Alt*	Leap and Shedding
11th*	Toe-and-Heel and Rock
10th	Shedding with Back-Step
Finish	Method 1 ( <i>1 Leap</i> )

#### Strathspey and ½ Tulloch

Intro	Alt Method
Ending	Basic
3rd	Toe-and-Heel
8th Alt	Last Shedding ( <i>1 turn</i> )

#### Reel of Tulloch

1st	Pas de Basque ( <i>All dancers use Pas de Basque Method</i> )
5th	High Cuts and Spring points ( <i>4 times</i> )
3rd	Balance and Pas de Basque - 1st Alt Method
Last	High Cutting

### 16 Years and Over

#### Highland Fling

Intro	( <i>Arms by the sides</i> )
1st	Shedding
5th	Second Back-Stepping
3rd	Toe and Heel
6th	Cross-Over
7th	Shake and Turn ( <i>Turn with Arms in 2nd Position</i> )
8th	Last Shedding

#### Sword Dance

Intro	Six Count Bow ( <i>Rise 7,8</i> )
1st	Addressing the Swords
4th	Pointing ( <i>Arms 2nd pos. Bars 4, 8, 12, 16</i> )
5th	Diagonal points
7th	Open Pas de Basque-Quick Step

#### Seann Triubhas

Intro	Either
1st Alt	Brushing ( <i>Bars 1-3 sequence of Brushes 4,2,2,4</i> ) 3 Arm circles
2nd	Side Travel
7th Alt	High Cut in Front and Balance (with travel)
9th	Double High Cutting
12th	Pointing and Back-Stepping
11th	Toe-and-Heel and Rock
Finish	Method 1 ( <i>1 Leap</i> )

#### Strathspey and ½ Tulloch

Intro	Alt Method
Ending	2nd Alt Method
1st	First Shedding
7th Alt	Double Shake and Rock

#### Reel of Tulloch

1st	Pas de Basque ( <i>All dancers use Pas de Basque Method</i> )
2nd Alt	Shake and Travel
9th	High Cut in Front and Balance
Last	High Cutting

Note \* - 7 and Under 10 Years Championships – steps to be deleted.