



Scottish Official Board of Highland Dancing 2011 Championship Steps

Junior

Highland Fling

1st	Shedding
5 th Alt.	Second Back-Stepping
3rd *	Toe and heel
6th Alt.*	Cross-Over
7th Alt.	Double shake and Rock
8th	Last Shedding

Sword Dance

Intro.	Six count Bow (Rise 7,8)
1st	Addressing the Swords
2nd	Open Pas de Basque
3 rd *	Toe and Heel (2 nd Alt. Ending)
8th	Crossing and Pointing (Commencing Alt. Method Bar 1)

***9 years finish 2nd Step with Alt. ending**

Seann Triubhas

Intro.	Alt. Method
1st	Brushing
2nd	Side Travel
7th	High Cut in Front and Balance
8 th *	Side Heel and Toe (2 Shakes 2 Pivots)
12th *	Pointing and Back-Stepping
13th	Heel-and-Toe, and Shedding
Finish	Method 2

Strathspey & Highland Reel

Intro.	Basic
Ending	1st Alt. Method
2nd	First Back-Stepping
4th	Rocking (Finish with 2 Rocks and round-the-Leg)
Highland Reel	
Ending	Assemble and Change
8th	Assemble and Travel
Last	High Cutting

Senior

Highland Fling

1st	Shedding
2nd	First Back-Stepping
3rd	Toe and Heel
5 th Alt.	Second Back-Stepping
7th Alt.	Double Shake and Rock
8th	Last Shedding

Sword Dance

Intro.	Six count Bow (Place on ½ Point)
1st	Addressing the Swords
2nd	Open Pas de Basque
6th	Reverse Points
8th	Crossing and Pointing (Commencing Alt. Method Bar 1)

Seann Triubhas

Intro.	Alt. Method
1st	Brushing
2nd	Side Travel
5th	Travelling Balance
6th Alt.	Leap and Shedding
13th	Heel and Toe and Shedding
15th	Back-Stepping
Finish	Method 1

Strathspey & Highland Reel

Intro.	Basic
Ending	3rd Alt. Method
4th	Rocking (3 Rocks to Finish)
6th	Cross-Over
Highland Reel	
Ending	8 Reel Movements
8th	Assemble and Travel
Last	High Cutting

Note • - 9 Years and Under Championships – steps to be deleted.