



# Scottish Official Board of Highland Dancing 2011 Championship Steps

## Junior

### Highland Fling

1st	Shedding
5 <sup>th</sup> 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 <sup>rd</sup> *	Toe and Heel (2 <sup>nd</sup> Alt. Ending)
8th	Crossing and Pointing (Commencing Alt. Method Bar 1)

**\*9 years finish 2<sup>nd</sup> Step with Alt. ending**

### Seann Triubhas

Intro.	Alt. Method
1st	Brushing
2nd	Side Travel
7th	High Cut in Front and Balance
8 <sup>th</sup> *	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 <sup>th</sup> 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.**