



Scottish Official Board of Highland Dancing

2011 Championship Steps

Junior

Highland Fling

1 st	Shedding
5 th Alt.	Second Back-Stepping
3 rd •	Toe-and-Heel
6 th Alt. •	Cross-Over
7 th Alt.	Double Shake and Rock
8 th	Last Shedding

Sword Dance

Intro.	6 Count Bow (Rise 7, 8)
1 st	Addressing the Swords
2 nd	Open Pas de Basque *
3 rd •	Toe-and-Heel (2 nd Alt. Ending)
8 th	Crossing and Pointing Quick Step (Alt Method Bar 1)

Seann Triubhas

Intro.	Alt. Method (Pivot 1/8)
1 st	Brushing
2 nd	Side Travel
7 th	High Cut In Front and Balance
8 th •	Side Heel and Toe (2 Shakes 2 Pivot Turns)
12 th •	Pointing and Back-Stepping
13 th	Heel-and-Toe and Shedding
Finish	Method 2

Strathspey & Highland Reel

Intro.	Basic
Ending	1 st Alt. Method
2 nd	First Back-Stepping
4 th	Rocking (Finish 2 Rocks & Round-the-Leg)
Highland Reel	
Ending	7 Progressive Reel Movements (Assemble Change)
8 th	Assemble and Travel
Last	High Cutting

Senior

Highland Fling

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

Sword Dance

Intro.	6 Count Bow (Place on ½ point)
1 st	Addressing the Swords
2 nd	Open Pas de Basque
6 th	Reverse Points
8 th	Crossing and Pointing Quick Step (Alt Method Bar 1)

Seann Triubhas

Intro.	Alt. Method (Pivot 1/8)
1 st	Brushing
2 nd	Side Travel
5 th	Travelling Balance
6 th Alt.	Leap and Shedding
13 th	Heel-and-Toe and Shedding
15 th	Back-Stepping
Finish	Method 1

Strathspey & Highland Reel

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

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

* - 9 Years and Under Championships – finish step with Alt. ending.