



# Scottish Official Board of Highland Dancing

## 2012 Championship Steps

### 10 Years & Under 16

#### Highland Fling

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

#### Sword Dance

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

#### Seann Triubhas

Intro.	Either
1st Alt.	Brushing (Bars 1-3 sequence of Brushes 4,2,2,4)
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 (1 Leap)

#### Strathspey and ½ Tulloch

Intro.	Alt. Method
Ending	Basic
3rd	Toe-and-Heel
8th Alt.	Last Shedding (1 turn)
Reel of Tulloch	
1st	Pas de Basque (All dancers use Pas de basque method)
5th	High Cuts and Spring points (4 times)
3rd	Balance and Pas de Basque - 1 <sup>st</sup> Alt. Method
Last	High Cutting

### 16 Years and Over

#### Highland Fling

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

#### Sword Dance

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

#### Seann Triubhas

Intro.	Either
1st Alt.	Brushing (Bars 1-3 sequence of Brushes 4,2,2,4) 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 (1 Leap)

#### 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 (All dancers use Pas de basque method)
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.**