



Scottish Official Board of Highland Dancing 2011 Championship Steps

Junior

Highland Fling

1st	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.	Six count Bow (Rise 7,8)
1st	Addressing the Swords
2nd	Open Pas de Basque
3 rd *	Toe and Heel (2 nd Alt. Ending)
8 th	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
7 th	High Cut in Front and Balance
8 th *	Side Heel and Toe (2 Shakes 2 Pivots)
12 th *	Pointing and Back-Stepping
13 th	Heel-and-Toe, and Shedding
Finish	Method 2

Strathspey & Highland Reel

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

Sword Dance

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

Seann Triubhas

Intro.	Alt. Method
1st	Brushing
2nd	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	3rd Alt. Method
4 th	Rocking (3 Rocks to Finish)
6 th	Cross-Over
Highland Reel	
Ending	8 Reel Movements
8 th	Assemble and Travel
Last	High Cutting

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