



# Scottish Official Board of Highland Dancing

## 2012 Championship Steps

### 10 Years & Under 16

#### Highland Fling

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

#### Sword Dance

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

#### Seann Triubhas

Intro	Either
1st Alt	Brushing <i>(Bars 1-3 sequence of Brushes 4,2,2,4)</i>
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 <i>(1 Leap)</i>

#### Strathspey and ½ Tulloch

Intro	Alt Method
Ending	Basic
3rd	Toe-and-Heel
8th Alt	Last Shedding <i>(1 turn)</i>

#### Reel of Tulloch

1st	Pas de Basque <i>(All dancers use Pas de Basque Method)</i>
5th	High Cuts and Spring points <i>(4 times)</i>
3rd	Balance and Pas de Basque - 1st Alt Method
Last	High Cutting

### 16 Years and Over

#### Highland Fling

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

#### Sword Dance

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

#### Seann Triubhas

Intro	Either
1st Alt	Brushing <i>(Bars 1-3 sequence of Brushes 4,2,2,4) 3 Arm circles</i>
2nd	Side Travel
7th Alt	High Cut in Front and Balance <i>(with travel)</i>
9th	Double High Cutting
12th	Pointing and Back-Stepping
11th	Toe-and-Heel and Rock
Finish	Method 1 <i>(1 Leap)</i>

#### 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 <i>(All dancers use Pas de Basque Method)</i>
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.**