



## SCOTTISH OFFICIAL BOARD OF HIGHLAND DANCING

### 2014 Championship Steps

#### 7 & Under 12

##### Highland Fling

Intro

- 1st Shedding
- 5<sup>th</sup> Alt. Second Back-Stepping
- 6th Cross-Over
- 8th Last Shedding (2 Turns)

##### Sword Dance

- Intro Six count Bow (with rise)
- 1st Addressing the Swords
- 4th Pointing
- 7th Open Pas de Basque

#### 12 Years & Under 16

##### Highland Fling

Intro

- 1st Shedding
- 2nd First Back-Stepping
- 4<sup>th</sup> Rocking
- 5th Alt. Second Back-Stepping
- 6th Alt. Cross-Over (with or without travel)
- 8th Last Shedding (2 Turns)

##### Sword Dance

- Intro Six count Bow (with rise)
- 1st Addressing the Swords
- 6th Reverse Points
- 7th Open Pas de Basque (Alt Method Bar1)
- 8<sup>th</sup> Crossing and Pointing

#### 16 Years & Over

##### Highland Fling

Intro

- 1st Shedding
- 2nd First Back-Stepping
- 7th Shake and Turn
- 5th Second Back-Stepping
- 6th Alt. Cross-Over (with travel)
- 8th Alt. Last Shedding (1 Turn)

##### Sword Dance

- Intro Six count Bow (with rise)
- 1st Addressing the Swords
- 5<sup>th</sup> Diagonal Points
- 7th Open Pas de Basque (Alt Method Bar1)
- 8<sup>th</sup> Crossing and Pointing

## 2014 Championship Steps Continued

### 7 & Under 12

#### Seann Triubhas

Intro Either  
 1st **Brushing** (4 RF, 4 Singles LF,RF,LF,RF, 4 LF) (2 Arm Circles Bars 1 & 3)  
 2nd **Side Travel**  
 5th **Travelling Balance**  
 14th **Heel-and-Toe, Shedding and Back-Stepping**  
 Ending method 3, (2 Turns)

#### Strathspey & Highland Reel

Basic Intro Basic Ending  
 3rd **Toe and Heel**  
 4th **Rocking** (3 Rocks Alt. ending)  
**Highland Reel** (movement with no Extension)  
 Ending **Assemble and Change** (with or without Extension)  
 8<sup>th</sup> **Assemble and Travel**  
 Last **High Cutting**

### 12 Years & Under 16

#### Seann Triubhas

Intro Either  
 1st **Brushing** (4 RF, 4 Singles LF,RF,LF,RF, 4 LF )  
 (2 Arm Circles Bars 1 & 3)  
 2nd **Side Travel**  
 5th **Travelling Balance**  
 6<sup>th</sup> Alt. **Leap and Shedding**  
 10th **Shedding with Back-Step**  
 14th **Heel & Toe, Shedding & Back-Stepping**  
 Ending method 3, (2 Turns)

#### Strathspey & Highland Reel

Basic Intro Basic Ending  
 3rd **Toe and Heel**  
 4th **Rocking** (3 Rocks Alt. ending)  
**Highland Reel** (movement with or without Extension)  
 Ending **Assemble and Change** (with or without Extension)  
 4th **Brushing**  
 Last **High Cutting**

### 16 Years & Over

#### Seann Triubhas

Intro Either  
 1<sup>st</sup> **Brushing** (MUST commence 1<sup>st</sup> Shuffle with a Hop for  
 Bars 4 & 8) (3 Arm Circles)  
 2nd **Side Travel**  
 7th **High Cut in Front and Balance**  
 9th **Double High Cutting**  
 12th **Pointing and Back-Stepping**  
 14th **Heel & Toe Shedding & Back-Stepping**  
 Ending method 3, (2 Turns)

#### Strathspey & Highland Reel

Basic Intro 3<sup>rd</sup> Alt Ending  
 3rd **Toe and Heel**  
 7th Alt. **Double Shake and Rock**  
**Highland Reel** (movement with Extension)  
 Ending **Assemble and Change** (with or without  
 Extension)  
 4th **Brushing**  
 Last **High Cutting** (Must use all 3 methods of Springs,  
 Hops and Round-the-Leg Movements within combination)