



SCOTTISH OFFICIAL BOARD OF HIGHLAND DANCING

2013 Championship Steps

10 Years & Under 16

Highland Fling

Intro

- 1st Shedding
- 2nd First Back-Stepping
- 3rd Toe and Heel
- 5th * Second Back-Stepping
- 6th * Cross-Over
- 8th Last Shedding

Sword Dance

Intro Four count Bow (step to 1d)

- 1st Addressing The Swords
- 6th * Reverse Points
- 2nd Open Pas de Basque
- 8th Crossing and Pointing Quick-Step

Seann Triubhas

Intro With Step

- 1st Brushing
- 2nd Side Travel
- 6th Alt. Leap and Shedding
- 8th * Side Heel-and-Toe (2 Shakes 2 Pivots)
- 12th * Pointing and Back-Stepping
- 13th Heel-and-Toe and Shedding
- Finish (1 Leap)

Full Tulloch

- 1st Pas de Basque
- 2nd Shake and Travel
- 3rd Balance and Pas de Basque
- 5th * High Cuts and Spring Points (4 times)
- 9th * High Cut in Front and Balance
- 6th * Balance and Round-the-Leg
- 8th * Assemble and Travel
- Last High Cutting

16 Years & Over

Highland Fling

Intro

- 1st Shedding
- 2nd First Back-Stepping
- 4th Rocking
- 5th Alt. Second Back-Stepping
- 6th Alt. Cross-Over
- 8th Last Shedding

Sword Dance

Intro Four count Bow (step to 1d)

- 1st Addressing The Swords
- 6th Reverse Points
- 3rd Toe-and-Heel
- 8th Crossing and Pointing Quick-Step

Seann Triubhas

Intro With Step

- 1st Brushing
- 2nd Side Travel (3rd pos. of the feet count 3)
- 3rd Diagonal Travel (4 Pivot turns with extension)
- 4th Alt. Backward Travel
- 10th Shedding with Back-Stepping
- 14th Heel-and-Toe Shedding & Back-Stepping
- Finish (2 Leaps)

Full Tulloch

- 1st Pas de Basque
- 2nd Shake and Travel
- 3rd 1st Alt. Balance and Pas de Basque
- 5th High Cuts and Spring Points (3 times + H/cuts)
- 9th Alt. High Cut in Front and Balance
- 6th 2nd Alt. Balance and Round-the-Leg
- 8th Assemble and Travel
- Last High Cutting

NOTE * - 7 and Under 10 Years Championship Steps to be deleted