



## SCOTTISH OFFICIAL BOARD OF HIGHLAND DANCING

### 2015 Championship Steps

#### 7 & Under 12

##### Highland Fling

Intro

- 1st **Shedding**
- 2nd **First Back-Stepping**
- 3rd **Toe-and-Heel** (Arms 2<sup>nd</sup> Pos. on Turns)
- 8th **Last Shedding** (2 Turns)

##### Sword Dance

- Intro **4 count Bow** (Step and Point)
- 1st **Addressing the Swords**
- 2nd **Open Pas de Basque**
- 8th **Crossing and Pointing** (Quick Step)  
(Commence 2 Closed Pas de Basque)

#### 12 Years & Under 16

##### Highland Fling

Intro

- 1st **Shedding**
- 2nd **First Back-Stepping**
- 3rd **Toe-and-Heel** (Arms 2<sup>nd</sup> Pos. on Turns)
- 6th **Cross-Over**
- 7th Alt. **Double Shake and Rock**
- 8th **Last Shedding** (2 Turns)

##### Sword Dance

- Intro **4 count Bow** (Step and Point)
- 1st **Addressing the Swords**
- 2nd **Open Pas de Basque**
- 4th **Pointing** (Arms 2<sup>nd</sup> Pos. on Turn)
- 8<sup>th</sup> **Crossing and Pointing** (Quick Step)  
(Alt. Method Bar 1)

#### 16 Years & Over

##### Highland Fling

Intro

- 1st **Shedding**
- 2nd **First Back-Stepping**
- 3rd **Toe-and-Heel** (Arms 2<sup>nd</sup> Pos. on turns)
- 5<sup>th</sup> Alt. **Second Back-Stepping**
- 7th **Shake and Turn**
- 8th **Last Shedding** (2 Turns)

##### Sword Dance

- Intro **4 count Bow** (Step and Point)
- 1st **Addressing the Swords**
- 2nd **Open Pas de Basque**
- 6th **Reverse Points**
- 8<sup>th</sup> **Crossing and Pointing** (Quick Step)  
(Alt. Method Bar 1)

## 2015 Championship Steps Continued

### 7 & Under 12

#### Seann Triubhas

Intro Either  
1st Alt. Brushing  
2nd Side Travel (Behind, Front, Behind)  
7th High Cut in Front and Balance  
11th Toe-and-Heel and Rock  
Finish Method 1 (1 Leap)

### 12 Years & Under 16

#### Seann Triubhas

Intro Either  
1<sup>st</sup> Alt. Brushing  
2nd Side Travel (Behind, Front, Behind)  
7th High Cut in Front and Balance  
8th Side Heel-and-Toe (2 Shakes, 2 Pivots)  
15th Back-Stepping  
11th Toe-and-Heel and Rock  
Finish Method 1 (1 Leap)

### 16 Years & Over

#### Seann Triubhas

Intro Either  
1<sup>st</sup> Alt. Brushing  
2nd Side Travel (Behind, Front, Behind)  
7th Alt. High Cut in Front and Balance (with travel)  
6th Alt. Leap and Shedding  
15th Back-Stepping  
11th Toe-and-Heel and Rock  
Finish Method 2 (2 Leaps)

### Strathspey and Half Tulloch

Intro Alt. Basic Ending  
4th Rocking (2 Rocks)  
6th Cross-Over  
Reel  
1st Pas de Basque  
6th Alt. Balance and Round-the-Leg  
5th High Cuts and Spring Points (4 times)  
Last High Cutting

### Strathspey and Half Tulloch

Intro Alt. Basic Ending  
4th Rocking (2 Rocks)  
6th Cross-Over  
Reel  
1st Pas de Basque  
6th Alt. Balance and Round-the-Leg  
8th Assemble and Travel  
Last High Cutting

### Strathspey and Half Tulloch

Intro Alt. 2<sup>nd</sup> Alt. Ending  
7th Shake and Turn  
6th Alt. Cross-Over  
Reel  
1st Pas de Basque  
7th Back-Step and Travel  
6th Balance and Round-the-Leg  
Last High Cutting