



SCOTTISH OFFICIAL BOARD OF HIGHLAND DANCING

2015 Premiership Steps

7 & Under 12

Heilan' Laddie

Intro

- 1st Step Half Turn / High Cut in front
- 3rd Step Shuffles
- 4th Step Heel/Toe Travel or Hop Heel Travel
- 6th Step Last Step or Balance and Round-the-leg

Flora MacDonald's Fancy

Intro

- 1st Step Hop Brush Beat Beat
- 2nd Step Hop and Travel or Syncopated Hop
- 5th Step Pas de Basque
- 6th Step Last or Second Syncopated Hop

12 Years & Under 16

Heilan' Laddie

Intro

- 1st Step Half Turn / High Cut in front
- 3rd Step Shuffles
- 4th Step Heel /Toe Travel or Hop Heel Travel
- 6th Step Last Step or Balance and Round-the-leg

Flora MacDonald's Fancy

Intro

- 1st Step Hop Brush Beat Beat
- 2nd Step Hop and Travel or Syncopated Hop
- 5th Step Pas de Basque
- 6th Step Last or Second Syncopated Hop

16 Years & Over

Heilan' Laddie

Intro

- 1st Step Half Turn / High Cut in front
- 2nd Step Point and Extend
- 4th Step Heel /Toe Travel or Hop Heel Travel
- 6th Step Last Step or Balance and Round-the-leg

Flora MacDonald's Fancy

Intro

- 1st Step Hop Brush Beat Beat
- 3rd Step Diagonal Travel
- 5th Step Pas de Basque
- 6th Step Last or Second Syncopated Hop

2015 Premiership Steps Continued

7 & Under 12

Scotch Measure

Intro

1st Step Hop and Travel

2nd Step Brush/Assemble or
Assemble/Disassemble

5th Step Pas de Basque Derriere or Pas de Basque

6th Step Last Step or Second Hop and Travel

12 Years & Under 16

Scotch Measure

Intro

1st Step Hop and Travel

2nd Step Brush/Assemble or
Assemble/Disassemble

5th Step Pas de Basque Derriere or Pas de Basque

6th Step Last Step or Second Hop and Travel

16 Years & Over

Scotch Measure

Intro

1st Step Hop and Travel

2nd Step Brush/Assemble or
Assemble/Disassemble

4th Step Skip Change of Step

6th Step Last Step or Second Hop and travel

Sailors' Hornpipe

Alt. Intro Break 'A' Bars 7 & 8.

1st Step Circle (See note 1)

2nd Step Shuffle Over the Buckle

12th Step Rocking

16th Step High Cutting

Sailors' Hornpipe

Alt. Intro Break 'A' Bars 7 & 8.

1st Step Circle (See note 1)

2nd Step Shuffle Over the Buckle

12th Step Rocking

13th Step Inverted Toe Heel

16th Step High Cutting

Sailors' Hornpipe

Alt. Intro Break 'A' Bars 7 & 8.

1st Step Circle (See note 1)

2nd Step Shuffle Over the Buckle (any Break with Shakes)

11th Step Low Cutting

5th Step Scissors or Sailors' Buckle

16th Step High Cutting

Note 1. Any first Step method will be accepted.

Note 2. Current BATD, SDTA and UKA methods accepted in the Scottish National Dances including Alt. Methods.

Note 3. Male Dancers must use male methods where applicable, including Arms.

Note 4. Dances may be danced in any order, however, the order of the Steps must be followed as listed above.