



Scottish Official Board of Highland Dancing

2010 Championship Steps

Junior

Highland Fling

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

Sword Dance

Intro.	Step to 1d
1st	Addressing the Swords
6th •	Reverse Points
4th	Pointing
7th	Open Pas de Basque Quick Step

Seann Triubhas

Intro.	Alt. Method (Pivot 1/8)
1st	Brushing
2nd	Side Travel
6th Alt. •	Leap and Shedding
5th	Travelling Balance
10th •	Shedding with Back-Step
11th	Toe-and-Heel, and Rock
Finish	Method 1

Strathspey & ½ Tulloch

Intro.	Alt. Method
Ending	2nd Alt. Method
3rd	Toe-and-Heel
6th	Cross-Over
Reel of Tulloch	
1st	Pas de Basque
10th	Shuffle
3rd	Balance and Pas de Basque (4 times)
Last	High Cutting

Senior

Highland Fling

1st	Shedding
3rd	Toe-and-Heel
4th	Rocking
5th	Second Back-Stepping
6th Alt.	Cross-Over (with travel)
8th	Last Shedding

Sword Dance

Intro.	Step to 1d with rise
1st	Addressing the Swords
5th	Diagonal Points
4th	Pointing (Arms 2 nd pos. Bars 4, 8, 12, 16)
7th	Open Pas de Basque Quick Step (Alt Method Bar 1)

Seann Triubhas

Intro.	Basic
1st	Brushing
6th	Leap and High Cut
3rd	Diagonal Travel
4th Alt.	Backward Travel
15th	Back-Stepping
12th	Pointing and Back-Stepping
Finish	Method 2

Strathspey & ½ Tulloch

Intro.	Alt. Method
Ending	1st Alt. Method
1st	First Shedding
2nd	First Back-Stepping
Reel of Tulloch	
1st	Pas de Basque
2nd	Shake and Travel (Alt. Method)
3rd	Balance and Pas de Basque (4 times)
Last	High Cutting

Note • - 9 Years and Under Championships – steps to be deleted.