



# Scottish Official Board of Highland Dancing

## 2011 Championship Steps

### Junior

#### Highland Fling

1 <sup>st</sup>	Shedding
5 <sup>th</sup> Alt.	Second Back-Stepping
3 <sup>rd</sup> •	Toe-and-Heel
6 <sup>th</sup> Alt. •	Cross-Over
7 <sup>th</sup> Alt.	Double Shake and Rock
8 <sup>th</sup>	Last Shedding

#### Sword Dance

Intro.	6 Count Bow (Rise 7, 8)
1 <sup>st</sup>	Addressing the Swords
2 <sup>nd</sup>	Open Pas de Basque *
3 <sup>rd</sup> •	Toe-and-Heel (2 <sup>nd</sup> Alt. Ending)
8 <sup>th</sup>	Crossing and Pointing Quick Step (Alt Method Bar 1)

#### Seann Triubhas

Intro.	Alt. Method (Pivot 1/8)
1 <sup>st</sup>	Brushing
2 <sup>nd</sup>	Side Travel
7 <sup>th</sup>	High Cut In Front and Balance
8 <sup>th</sup> •	Side Heel and Toe (2 Shakes 2 Pivot Turns)
12 <sup>th</sup> •	Pointing and Back-Stepping
13 <sup>th</sup>	Heel-and-Toe and Shedding
Finish	Method 2

#### Strathspey & Highland Reel

Intro.	Basic
Ending	1 <sup>st</sup> Alt. Method
2 <sup>nd</sup>	First Back-Stepping
4 <sup>th</sup>	Rocking (Finish 2 Rocks & Round-the-Leg)
Highland Reel	
Ending	7 Progressive Reel Movements (Assemble Change)
8 <sup>th</sup>	Assemble and Travel
Last	High Cutting

### Senior

#### Highland Fling

1 <sup>st</sup>	Shedding
2 <sup>nd</sup>	Back-Stepping
3 <sup>rd</sup>	Toe-and-Heel
5 <sup>th</sup> Alt.	Second Back-Stepping
7 <sup>th</sup> Alt.	Double Shake and Rock
8 <sup>th</sup>	Last Shedding

#### Sword Dance

Intro.	6 Count Bow (Place on ½ point)
1 <sup>st</sup>	Addressing the Swords
2 <sup>nd</sup>	Open Pas de Basque
6 <sup>th</sup>	Reverse Points
8 <sup>th</sup>	Crossing and Pointing Quick Step (Alt Method Bar 1)

#### Seann Triubhas

Intro.	Alt. Method (Pivot 1/8)
1 <sup>st</sup>	Brushing
2 <sup>nd</sup>	Side Travel
5 <sup>th</sup>	Travelling Balance
6 <sup>th</sup> Alt.	Leap and Shedding
13 <sup>th</sup>	Heel-and-Toe and Shedding
15 <sup>th</sup>	Back-Stepping
Finish	Method 1

#### Strathspey & Highland Reel

Intro.	Basic
Ending	3 <sup>rd</sup> Alt. Method
4 <sup>th</sup>	Rocking (3 Rocks to Finish)
6 <sup>th</sup>	Cross-Over
Highland Reel	
Ending	8 Progressive Reel Movements
8 <sup>th</sup>	Assemble and Travel
Last	High Cutting

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

\* - 9 Years and Under Championships – finish step with Alt. ending.