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  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