SCOTTISH OFFICIAL BOARD OF HIGHLAND DANCING

2014 Championship Steps

7 & Under 12

Highland Fling
Intro
1st sheds
5th Alt. Second Back-Stepping
6th Cross-Over
8th Last Shedding (2 Turns)

12 Years & Under 16

Highland Fling
Intro
1st sheds
5th Alt. Second Back-Stepping
6th Alt. Cross-Over (with or without travel)
8th Last Shedding (2 Turns)

16 Years & Over

Highland Fling
Intro
1st sheds
5th Alt. Second Back-Stepping
6th Alt. Cross-Over (with travel)
8th Alt. Last Shedding (1 Turn)

Sword Dance
Intro Six count Bow (with rise)
1st Addressing the Swords
4th Pointing
7th Open Pas de Basque

Sword Dance
Intro Six count Bow (with rise)
1st Addressing the Swords
4th Pointing
7th Open Pas de Basque (Alt Method Bar1)
8th Crossing and Pointing

Sword Dance
Intro Six count Bow (with rise)
1st Addressing the Swords
5th Diagonal Points
7th Open Pas de Basque (Alt Method Bar1)
8th Crossing and Pointing
2014 Championship Steps  Continued

7 & Under 12

Seann Triubhas
Intro Either
1st Brushing (4 RF, 4 Singles LF, RF, LF, RF, 4 LF) (2 Arm Circles Bars 1 & 3)
2nd Side Travel
5th Travelling Balance
14th Heel-and-Toe, Shedding and Back-Stepping
Ending method 3, (2 Turns)

12 Years & Under 16

Seann Triubhas
Intro Either
1st Brushing (4 RF, 4 Singles LF, RF, LF, RF, 4 LF )
(2 Arm Circles Bars 1 & 3)
2nd Side Travel
5th Travelling Balance
6th Alt. Leap and Shedding
10th Shedding with Back-Step
14th Heel & Toe, Shedding & Back-Stepping
Ending method 3, (2 Turns)

16 Years & Over

Seann Triubhas
Intro Either
1st Brushing (MUST commence 1st Shuffle with a Hop for Bars 4 & 8) (3 Arm Circles)
2nd Side Travel
7th High Cut in Front and Balance
9th Double High Cutting
12th Pointing and Back-Stepping
14th Heel & Toe Shedding & Back-Stepping
Ending method 3, (2 Turns)

Strathspey & Highland Reel

Basic Intro Basic Ending
3rd Toe and Heel
4th Rocking (3 Rocks Alt. ending)
Highland Reel (movement with or without Extension)
Ending Assemble and Change (with or without Extension)
8th Assemble and Travel
Last High Cutting

Strathspey & Highland Reel

Basic Intro Basic Ending
3rd Toe and Heel
4th Rocking (3 Rocks Alt. ending)
Highland Reel (movement with or without Extension)
Ending Assemble and Change (with or without Extension)
4th Brushing
Last High Cutting

Strathspey & Highland Reel

Basic Intro 3rd Alt Ending
3rd Toe and Heel
7th Alt. Double Shake and Rock
Highland Reel (movement with Extension)
Ending Assemble and Change (with or without Extension)
4th Brushing
Last High Cutting (Must use all 3 methods of Springs, Hops and Round-the-Leg Movements within combination)