



SCOTTISH OFFICIAL BOARD OF HIGHLAND DANCING

2014 Championship Steps

7 & Under 12

Highland Fling

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

Sword Dance

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

12 Years & Under 16

Highland Fling

Intro
1st Shedding
2nd First Back-Stepping
4th Rocking
5th Alt. Second Back-Stepping
6th Alt. Cross-Over (with or without travel)
8th Last Shedding (2 Turns)

Sword Dance

Intro Six count Bow (with rise)
1st Addressing the Swords
6th Reverse Points
7th Open Pas de Basque (Alt Method Bar1)
8th Crossing and Pointing

16 Years & Over

Highland Fling

Intro
1st Shedding
2nd First Back-Stepping
7th Shake and Turn
5th 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
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 no 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)