7 Years & Under12

Highland Fling
Intro
1st
5th Alt.
6th
8th

Sword Dance
Place on ½ point
1st
4th (arms 1st pos. bars 4, 8,12,16)
8th (comm. 2 open pas de basque)

Seann Triubhas
Intro: Either
1st
2nd
5th
13th (1 leap)

Strathspey & Half Tulloch
Intro: Basic 1st Alt. Ending
3rd
2nd
Reel
1st
2nd
9th
Last Step

12 Years & Under16

Highland Fling
Intro
1st
5th Alt.
6th
3rd
4th
8th

Sword Dance
Place on ½ point
1st
4th (arms 1st pos. bars 4,8,12,16)
3rd (2nd Alt finish)
8th (comm. 2 open pas de basque)

Seann Triubhas
Intro: Either
1st
2nd
5th
6th Alt.
10th
13th (1 leap)

Strathspey & Half Tulloch
Intro: Basic 1st Alt. Ending
3rd
2nd
Reel
1st
2nd
9th
Last Step

16 Years & Over

Highland Fling
Intro
1st (turn arms in 2nd)
5th
6th Alt. (with travel)
5th Alt.
4th
8th (arms 2nd pos. during turns)

Sword Dance
Place on ½ point
1st
5th
3rd
8th

Seann Triubhas
Intro: Either
1st
2nd
5th (arms 3rd,4th,3rd)
6th
10th
13th (2 leaps)

Strathspey & Half Tulloch
Intro: Basic 3rd Alt. Ending
7th Alt.
2nd
Reel
1st
2nd Alt.
10th
Last Step