



World Governing Body  
of Highland Dancing

# SCOTTISH OFFICIAL BOARD OF HIGHLAND DANCING

## 2009 Proposed Championship Steps

Proposed by the Technical Committee 28.05.08

### JUNIOR

#### HIGHLAND FLING

- 1<sup>st</sup> Shedding
- 5<sup>th</sup> Second Back-stepping
- 3<sup>rd</sup> # Toe and Heel
- 4<sup>th</sup> Rocking
- 6<sup>th</sup> Alt. # Cross-Over
- 8<sup>th</sup> Alt. Last Shedding

#### SWORD DANCE

- Intro: Six count Bow & place on ½ point
- 1<sup>st</sup> Addressing the Swords
- 4<sup>th</sup> Pointing
- 7<sup>th</sup> # Open Pas de Basque Quick-Step
- 8<sup>th</sup> Crossing and Pointing Quick-Step  
(Alt. method Bar 1)

#### SEANN TRIUBHAS

- Intro: Either
- 1<sup>st</sup> alt Brushing
- 2<sup>nd</sup> Side Travel
- 3<sup>rd</sup> # Diagonal Travel
- 4<sup>th</sup> Backward Travel
- 11<sup>th</sup> # Toe-and-Heel and Rock
- 14<sup>th</sup> Heel-and-Toe, Shedding and Back-Stepping
- Finish Method 3

#### REEL of TULLOCH

- 1<sup>st</sup> Pas de Basque
- 2<sup>nd</sup> Shake and Travel
- 6<sup>th</sup> Balance and Round-the -Leg (1<sup>st</sup> alt. method)
- 5<sup>th</sup> # High Cuts and Spring Points (4 High cuts)
- 9<sup>th</sup> # High Cut in Front and Balance
- 8<sup>th</sup> # Assemble and Travel
- 3<sup>rd</sup> # Balance and Pas de Basque
- Last High Cutting

### ADULTS

#### HIGHLAND FLING

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

#### SWORD DANCE

- Intro: Six count Bow and Rise on balls of feet
- 1<sup>st</sup> Addressing the Swords
- 6<sup>th</sup> Reverse Points
- 7<sup>th</sup> Open Pas de Basque Quick-Step
- 8<sup>th</sup> Crossing and Pointing Quick-Step  
(Alt. method Bar 1)

#### SEANN TRIUBHAS

- Intro: Pivot 1/8<sup>th</sup>
- 1<sup>st</sup> Alt. Brushing
- 2<sup>nd</sup> Side Travel
- 9<sup>th</sup> Double High Cutting
- 8<sup>th</sup> Side Heel-and-Toe (2 Shakes & 2 P/Turns)
- 10<sup>th</sup> Shedding with Back-Step
- 14<sup>th</sup> Heel-and-Toe, Shedding and Back-Stepping
- Finish Method 2

#### REEL of TULLOCH

- 1<sup>st</sup> Pas de Basque
- 10<sup>th</sup> Shuffle
- 3<sup>rd</sup> Alt. Balance and Pas de Basque (1<sup>st</sup> alt. method)
- 7<sup>th</sup> Back-Step and Travel
- 9<sup>th</sup> Alt. High Cut in Front and Balance
- 5<sup>th</sup> High Cuts and Spring Points (4 times)
- 8<sup>th</sup> Assemble and Travel
- Last High Cutting

**Note: # - 9 years and under Championship Steps to be deleted**