



# Scottish Official Board of Highland Dancing

## 2010 Championship Steps

### Junior

#### Highland Fling

1st	Shedding
2nd •	First Back-Stepping
4th •	Rocking
5th Alt.	Second Back-Stepping
6th	Cross-Over
8th	Last Shedding

#### Sword Dance

Intro.	Step to 1d
1st	Addressing the Swords
6th •	Reverse Points
4th	Pointing
7th	Open Pas de Basque Quick Step

#### Seann Triubhas

Intro.	Alt. Method (Pivot 1/8)
1st	Brushing
2nd	Side Travel
6th Alt. •	Leap and Shedding
5th	Travelling Balance
10th •	Shedding with Back-Step
11th	Toe-and-Heel, and Rock
Finish	Method 1

#### Strathspey & ½ Tulloch

Intro.	Alt. Method
Ending	2nd Alt. Method
3rd	Toe-and-Heel
6th	Cross-Over
Reel of Tulloch	
1st	Pas de Basque
10th	Shuffle
3rd	Balance and Pas de Basque (4 times)
Last	High Cutting

### Senior

#### Highland Fling

1st	Shedding
3rd	Toe-and-Heel
4th	Rocking
5th	Second Back-Stepping
6th Alt.	Cross-Over (with travel)
8th	Last Shedding

#### Sword Dance

Intro.	Step to 1d with rise
1st	Addressing the Swords
5th	Diagonal Points
4th	Pointing (Arms 2 <sup>nd</sup> pos. Bars 4, 8, 12, 16)
7th	Open Pas de Basque Quick Step (Alt Method Bar 1)

#### Seann Triubhas

Intro.	Basic
1st	Brushing
6th	Leap and High Cut
3rd	Diagonal Travel
4th Alt.	Backward Travel
15th	Back-Stepping
12th	Pointing and Back-Stepping
Finish	Method 2

#### Strathspey & ½ Tulloch

Intro.	Alt. Method
Ending	1st Alt. Method
1st	First Shedding
2nd	First Back-Stepping
Reel of Tulloch	
1st	Pas de Basque
2nd	Shake and Travel (Alt. Method)
3rd	Balance and Pas de Basque (4 times)
Last	High Cutting

**Note • - 9 Years and Under Championships – steps to be deleted.**