



2027 CHAMPIONSHIP STEPS

Note 1. The order of the steps ***MUST*** be followed as listed below.

	7 & under 12 years	12 & under 16 years	16 years & over
FLING	1 st Step: Shedding 5 th Step: Second Back-Stepping 4 th Step: Rocking 8 th Step Alternative: Last Shedding	1 st Step: Shedding 5 th Step: Second Back-Stepping 3 rd Step: Toe-and-Heel 4 th Step: Rocking 6 th Step: Cross-over 8 th Step Alternative: Last Shedding	1 st Step: Shedding 5 th Step: Second Back-Stepping 3 rd Step: Toe-and-Heel 4 th Step Alternative: Shake-and-Turn 6 th Step: Cross-over 8 th Step Alternative: Last Shedding
SWORD	Intro: 6 count bow and place on half point 1 st Step: Addressing the Swords 2 nd Step: Open Pas de Basque 8 th Step: Crossing and Pointing Quick-Step	Intro: 6 count bow and place on half point 1 st Step: Addressing the Swords 4 th Step: Pointing (finish facing sword 1). 3 rd Step 2 nd Alternative: Toe-and-Heel 8 th Step: Crossing and Pointing Quick-Step (Bar 1 – alternative method)	Intro: 6 count bow and place on half point 1 st Step: Addressing the Swords 2 nd Step: Open Pas de Basque 3 rd Step 1 st Alternative: Toe-and-Heel (finish facing sword 1) 8 th Step: Crossing and Pointing Quick-Step (Bar 1 – alternative method)
SEANN TRIUBHAS	Intro: Basic 1 st Step: Brushing 2 nd Step: Side Travel 4 th Step: Backward Travel 15 th Step: Pointing and Back-Stepping Finish: Method 1	Intro: Basic 1 st Step: Brushing 2 nd Step: Side Travel 3 rd Step Alternative: Diagonal Travel 4 th Step Alternative: Backward Travel 15 th Step: Pointing and Back-Stepping 16 th Step: Heel-and-Toe and Shedding Finish: Entrechat Method 3	Intro: Basic 1 st Step: Brushing 2 nd Step: Side Travel 3 rd Step: Diagonal Travel 4 th Step Alternative: Backward Travel 15 th Step: Pointing and Back-Stepping 16 th Step: Heel-and-Toe and Shedding Finish: Method 2
STRATHSPEY AND REEL OF TULLOCH	Introduction: Basic Ending: Basic 2 nd Step: First Back-Stepping 4 th Step: Rocking (finish 2 rocks) Reel Steps: 1 st Step: Pas-de-Basque 2 nd Step: Shake and Travel 4 th Step: Brushing Last Step: High Cutting	Introduction: Basic Ending: 2 nd Alternative 5 th Step Alternative: Second Back-Stepping 7 th Step: Double Shake-and-Rock Reel Steps: 1 st Step: Pas-de-Basque 2 nd Step: Shake and Travel 6 th Step: Balance and Round-the-Leg Last Step: High Cutting	Introduction: Alternative Ending: 2 nd Alternative 5 th Step Alternative: Second Back-Stepping 7 th Step: Double Shake-and-Rock Reel Steps: 1 st Step: Pas-de-Basque 10 th Step: Shuffles 9 th Step Alternative: High cut in front and Balance Last Step: High Cutting

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2027 CHAMPIONSHIP STEPS OBSERVATIONS

The technical detail for each step within each dance is contained within RSOBHD Highland Dancing Eighth Edition text book.

These observations are intended to be guidance to support good technique.

The overall quality of performance will be inclusive of the technique in its entirety and not focusing on any one observation in isolation.

GENERAL

- The turnout should start from both hips.
- The turnout of the supporting leg and foot is as important as the working leg and foot.
- Maintain strong elevation, without exaggeration, and good control throughout the dance.
- When pointing in 2nd position it should be executed on the tip of the toe and not dropping down to underneath pads of toes.

HIGHLAND FLING

General

- The whole dance should be danced on the spot.

Shedding

- This movement is danced in single beat rhythm. The strong count being count 1 (page 57).
- All positions should be clearly shown and given the full value of each count.

Back-steps

- Back-steps should show the round the leg movement from 3rd aerial position to 3rd rear aerial position and the working foot should slide up and down the supporting leg.
- Back-steps should be smooth continuous, flowing, movements.

Introduction

- There should be no extension of the left leg from the disassemble to point the right foot in 2nd position.
- Both the supporting and working foot land on count 1 of Bar 1.

3rd Step – Toe-and-Heel (12 & under 16 years; 16 years & over)

- This step is danced in single beat rhythm

4th Step – Rocking (7 & under 12 years; 12 & under 16 years)

- There are two ways of counting the shake movement. Two levels should be clearly shown.

4th Step Alternative – Shake-and-Turn (16 years & over)

- There are two ways of counting the shake movement. Two levels should be clearly shown.
- Spring to displace the supporting foot before the turn.

5th Step – Second Back-Stepping (All age groups)

- There are two ways of counting the round-the-leg movement.

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6th Step – Cross-over (12 & under 16 years; 16 years & over)

- This step is danced on the spot.
- The working foot must softly pass through 3rd aerial position when transitioning from count ‘6’ to count ‘7’

SWORD DANCE

- Rhythm of all pas de basques (open and closed) are imperfect half beat rhythm
- Height of the back beat is the same for all pas de basque
- No exaggeration of the back beat in the pas de basque
- The supporting foot should be on the ball and not flat
- High Cuts should be danced on the spot and land on the ball of the supporting foot
- High Cuts are extended to 2nd aerial position
- High Cuts are placed in 3rd rear aerial position
- Half Point – use the underneath pads of the toes with the ball of the foot off the floor.
- Use correct rhythm on all pas de basques. The beat is on count ‘2’ and should not be exaggerated.

Introduction (All age groups)

- 6 count Bow; Place on the half point in 3rd position (counts ‘7, 8’)

1st Step – Addressing the Swords (All age groups)

- Extend to 2nd aerial position low
- Show correct use of spots during this step
- There is no pivot on the 3rd pas de basque turning
- The 3rd and 4th pas de basques are danced on the spot.
- There are 3 ways to dance the High Cuts
- High cuts are danced in imperfect half beat rhythm and should be danced in 3rd rear aerial position
- The supporting foot should not land flat

2nd Step – Open Pas de Basque (7 & under 12 years; 16 years & over)

- Correct positions & body turns should be danced in pas de basques and spring point turns
- 16 years & over – the last count in Bar 16 should finish in 4th position with 3/8ths turn to link into the 3rd step Toe-and-Heel

3rd Step 1st Alternative – Toe-and-Heel (16 years & over)

- The last count in Bar 16 should finish in 4th position with 3/8ths turn to link into the 8th Step Crossing & Pointing

4th Step – Pointing (12 & under 16 years)

- Use single beat rhythm and the tip of the toe in Bars 2, 3, 4
- ¼ turn is danced on count 2 of Bars 4, 8 and 12.
- In Bar 16 there is no body turn and the foot is taken to 4th position on count 3 to link into the 3rd step Toe-and-Heel.
- Either method of arms may be used.

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8th Step – Crossing and Pointing Quick-Step (All age groups)

- Show 1/8th body turn on open pas de basque in 4th position.
- Spring point turns – 1/8th turn to the left should be shown on count 1 of Bars 4, 8, 12 and 16.
- 12 & under 16 years and 16 years and over dance the alternative method for Bar 1 – open pas de basque is danced in 4th opposite 5th position and with a ¼ turn open pas de basque in 2nd position.

SEANN TRIUBHAS

- Grace of movement is a characteristic of this dance and should not be executed overly sharp.

Shuffles

- Shuffles start and finish in mid 4th aerial position low unless otherwise stated.
- Shuffles must show an inward and outward brush.

1st Step – Brushing (All age groups)

- All outward brushes in this step are to 4th aerial position
- The last shuffle in bar 8 finishes with an inward brush to 3rd or 5th position on count 8, in preparation for the 2nd step.

2nd Step – Side Travel (All age groups)

- Knees should be pulled up when closing to 5th rear position and should not be bent.
- The arms are in 5th for the shake ('and and a 1'). Taken upwards to 4th and downwards through 3rd position, to finish in 5th position ('2 & 3 & 4'). This is a continuous movement.
- The last shuffle in bar 8 of this step finishes in 4th intermediate aerial position in preparation for the hop brush beat beat of the diagonal travel/backward travel steps.

3rd Step – Diagonal Travel – Basic and Alternative (12 & under 16 years; 16 years & over)

- All brushes in this step are to 4th intermediate aerial position
- All hop brush beat beat movements can be danced finishing with or without an extension to 4th intermediate aerial position.
- Arms can be in 1st or 3rd position for the outward brushes in bar 1.
- The shake-shake-down movement in this step can be danced in 4th intermediate aerial and, 2nd aerial and finishing in 4th intermediate aerial OR 2 shakes in 2nd aerial and finishing in 4th intermediate aerial.
- The shake-shake-down movement can be executed with a gradual ¼ turn on count 7 and 8 OR ¼ turn to the left on count 8.
- Pivot turns can be prepared for in any of the 3 accepted methods.
- Pivot turns begin after the working foot is placed in 3rd crossed position.
- The last pivot turn in bar 8 finishes facing the front.
- Arms can be in 1st or 4th position (up at the side through 3rd position) for the pivot turns.

4th Step – Backward Travel (7 & under 12 years)

- The first hop brush beat beat movement finishes without an extension in bar 1.
- The hop brush beat beat movement in bar 2 may finish with or without an extension to 4th intermediate aerial or 2nd aerial position, depending on shake-shake-down method being danced.
- To prepare for the 15th step, the last shake-shake-down movement finishes with an assemble in 3rd or 5th position with the right foot in front.

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4th Step Alternative – Backward Travel (12 & under 16 years; 16 years & over)

- The backward travel takes place during the shake-shake-down movement.
- The backward travel in this step should be gradual.
- The shake-shake-down movement in Bar 3 finishes in 4th intermediate aerial position.
- The last shuffle of this step finishes in mid-fourth aerial low position.

15th Step – Pointing and Back-Stepping (All age groups)

- The point in this step is to mid-fourth position.
- The arms change on the last count of bars 1, 2, 3.

Endings

- 7 & under 12 years – method 1
- 12 & under 16 years – Entrechat method 3. The extension of the LF is towards 2nd aerial position on the first count of Bar 8.
- 16 years & over – method 2. Assemble on count 4 of bar 7, followed by bar 8. The first leap can be danced with or without change, the second leap should finish with the right foot in front. Both leaps occupy 2 counts of music.

STRATHSPEY & REEL OF TULLOCH

- The length of the set should be relevant to the size and height of the dancers taken into consideration that the second pas de basque in the 1st Step (Reel of Tulloch) is danced towards 4th intermediate position.
- Count 1 of the Basic Strathspey should be placed on the **Ball**
- Count 2 of the Basic Strathspey is extended to 4th intermediate aerial position with the same body alignment as count 1.
- Counts 3 and 4 of the Basic Strathspey are danced with forward travel
- Strathspey should be danced with the correct figuration.
- Dancers must use the correct body turns and not dance straight up the set when executing the strathspey figuration.
- During Propelled Pivot Turn, it should be noted that when the arms link the thumb should not encircle their partners arm.

Strathspey 2nd Alternative Ending

- There are two methods of counting this ending
- The dancer faces their partner on count '4'

1st Step – Pas-de-Basque

- The preceding extensions in the first two pas de basques are to 4th intermediate aerial position.
- The extension at the end of the second pas de basque finishes in 2nd aerial position low.

2nd Step – Shake and Travel

- The first shake finishes in 2nd aerial position low; the second shake finishes in 2nd aerial position.
- The finishing position must be clearly shown on count '4'
- The working foot is softly released to 2nd aerial position low after count '4'
- Arms change on count '& 4' – they do not circle outwards at the side

4th Step – Brushing

- The second outward brush in Bar 2 finishes in 4th aerial position

10th Step – Shuffles

- The step commences with an extension of the RF to 4th intermediate aerial position
- Dancer travels slightly backward to regain line during the shuffles
- The last shuffle of the step finishes in 4th intermediate aerial position



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CHANGE LOG

<u>DATE</u>	<u>CHANGE</u>
01.09.26	Approved document for release in the secure section of the RSOBHD website.