



2027 SCOTTISH NATIONAL DANCE PREMIERSHIP STEPS

(RSOBHD “Scottish National Dances for RSOBHD Competitions and Scottish National Dance Premierhips” book published November 2020)

Note 1. Unless stipulated, any introduction may be danced. Male dancers must dance male introductions.

Note 2. Unless stipulated, any breaks may be danced in the Irish Jig.

Note 3. Where applicable Male Dancers must dance male methods and use stipulated arms for males.

Note 4. The order of the steps **MUST** be followed as listed below, however, dances may be danced in any order.

	7 & under 12 years	12 & under 16 years	16 years & over
IRISH JIG	Intro: Any Method 1 st Step: Circle (Break A) 2 nd Step: Shuffling (Break A) 10 th Step: Four Beat Side Run 2 nd Finishing Step: Triple Shuffle (Bars 7 & 8 – Break B)	Intro: Any Method 1 st Step: Circle (Bars 7 & 8 – Break A; Bars 15 & 16 – 2 springs (with or without tap spring) & cramp roll 2 nd Step: Shuffling (Break A) 5 th Step: Flap – any method (with Break A) 10 th Step: Four Beat Side Run 2 nd Finishing Step: Triple Shuffle (Bars 7 & 8 – Break B)	Intro: Any Method 1 st Step: Circle (Bars 7 & 8 – Break A; Bars 15 & 16 – 2 springs (with or without tap spring) & cramp roll 2 nd Step: Shuffling – turning on Bars 5 & 6 and 13 & 14 (any method) (Break B) 5 th Step: Flap – any method (with Break A) 4 th Step Method A: The Chase or De’il on the Run 1 st Finishing Step: Toe Tap (Bars 7 & 8 – Break C)
FLORA MACDONALD’S FANCY	Introduction: Basic 1 st Step Alternative: Hop-Brush-Beat-Beat 2 nd Step: Syncopated Hop 5 th Step: Pas de Basque (Bars 1&2 facing RDF) 6 th Step: Second Syncopated Hop	Introduction: Alternative 1 st Step Alternative: Hop-Brush-Beat-Beat 2 nd Step: Syncopated Hop 3 rd Step 1 st Alternative: Diagonal Travel 6 th Step: Second Syncopated Hop	Introduction: Alternative 1 st Step Alternative: Hop-Brush-Beat-Beat 3 rd Step 1 st Alternative: Diagonal Travel 4 th Step: Backstep and Travel (Bar 1 count ‘& 2’ – step, step) 6 th Step: Second Syncopated Hop
HIGHLAND LADDIE	1 st Step: Half Turn / High Cut in Front 2 nd Step: Point and Extend 4 th Step: Hop Heel Travel 6 th Step Alternative: Balance and Round-The-Leg	1 st Step: Half Turn / High Cut in Front 4 th Step: Hop Heel Travel 5 th Step: Brush to Second and Travel 6 th Step Alternative: Balance and Round-The-Leg	1 st Step: Half Turn / High Cut in Front 4 th Step: Hop Heel Travel 5 th Step: Brush to Second and Travel 6 th Step Alternative: Balance and Round-The-Leg
VILLAGE MAID	Intro: Basic 1 st Step: Hop and Travel 2 nd Step: Russian Bourrée 3 rd Step: Second Hop and Travel 6 th Step: Diamond	Intro: Basic 1 st Step: Hop and Travel 2 nd Step: Russian Bourrée 3 rd Step: Second Hop and Travel 6 th Step: Diamond	Intro: Basic 1 st Step: Hop and Travel 2 nd Step: Russian Bourrée 5 th Step: Pas de Basque and Side Travel 6 th Step: Diamond

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2027 SCOTTISH NATIONAL DANCE PREMIERSHIP STEPS OBSERVATIONS

The technical detail for each step within each dance is contained within The Irish Jig and Scottish National Dances for RSOBHD Competitions and Scottish National Dance Premierhips text books.

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.

IRISH JIG

- This dance is about rhythm, pattern and character. The rhythms and counts of all steps should be maintained and **heard**.
- Male Dancers must dance male methods and use stipulated arms for males.
- Female arm movements – when the arms are raised they should be curved and not straight.
- All breaks should show 10 distinct separate, even sounds except when starting the break with a clip-heel movement.
- All introductions can start facing the front or facing LDF. Bars 5 – 8 must be danced facing LDF.
- Shuffles – maintain triple beat rhythm throughout and separate hops (spring) and shuffles (count ‘1 and a’).

1st Step – Circle (all age groups)

- 7 & under 12 years – dance Break A for Bars 7 & 8 and 15 & 16
- 12 & under 16 years, 16 years & over – dance Break A for Bars 7 & 8; and four or five beat cramp roll for Bars 15 & 16
- When executing the last two counts of the Cramp Roll, the beat of the left foot is executed before beat of right foot.

2nd Step – Shuffling (all age groups)

- The shuffles in this step should be executed in 4th intermediate position – they should not be directed towards 2nd position.
- In all age groups Bars 5 & 6 and Bars 13 & 14 may be danced using any method.
- 7 & under 12 years, 12 & under 16 years – any method of the step may be danced however Break A must be used.
- 16 years & over – must turn on Bars 5 & 6 and Bars 13 & 14; dance Break B

4th Step – The Chase or De’il on the Run Method A (16 years & over)

- The break in bars 15 & 16 of the previous step must finish with a ball dig LF in 3rd rear position without weight. Bars 7 & 8 of this step will finish the same.

5th Step – Flap (12 & under 16 years; 16 years & over)

- Prior to Slap or Flap – a quick hop MAY be executed.
- Flaps and slaps finish on a flat foot
- Flaps and slaps in bars 1 and 2 do not need to be the same as those in bars 5 and 6. A dancer may perform flaps in bars 1 and 2 and slaps in bars 5 and 6, or vice versa. Both options are correct. This must be consistent for bars 9 through 16.
- Any method of the step may be danced however Break A must be used.

10th Step – Four Beat Side Run (7 & under 12 years; 12 & under 16 years)

- At the end of Bar 7, omit extension to finish “and a 5 and a 6”

1st Finishing Step – Toe Tap (16 years & over)

- Turns during bars 3 and 4 or during break but not both.
- Break C must be danced

2nd Finishing Step – Triple Shuffle (7 & under 12 years; 12 & under 16 years)

- Turns during bars 5 and 6 or during break but not both.
- Break B must be danced

SCOTTISH NATIONAL DANCES

One of the key objectives within the Scottish National dances is to soften the delivery whilst ensuring the control and technical quality is still being portrayed.

The skirt/dress is held between the middle finger and thumb of each hand with the arms slightly in front of the body line, gently curved below the waistline, in the direction of 4th intermediate foot position. The skirt should not be held from the bottom edge.

During the curtsy, both knees should be flexed. The rear foot placed on the toe, half point or ball, while the front foot remains flat.

FLORA MACDONALD'S FANCY

Arms

- **Female** – The skirt/dress is held throughout the dance
- **Male** – The arms used are at the discretion of the teacher, in accordance with the current RSOBHD 'Highland Dancing' textbook.

Hop-Brush-Beat-Beat

- The rhythm of the Hop-Brush-Beat-Bet movement is '1 and a 2', throughout the dance. This is different to the Hop-Brush-Beat-Beat movement in the Seann Triubhas.
- May be finished with or without extension to 4th intermediate aerial position but should be consistent throughout the step.

Shuffles

- The rhythm of the shuffles is '5 and a 6 and a 7 and a 8 and a' throughout the dance.
- Shuffles are danced in mid 4th aerial position low.

Break

- The half turn should be made on count 2.
- Prior to the shuffles, if extending the Hop-Brush-Beat-Beat movement, the extension may be to mid 4th aerial position low or 4th intermediate aerial position.

Introduction (7 & under 12 years)

- Bars 7-8: Step to 2nd position with LF flat and close RF in 1st position on the balls of both feet (count '5, 6, 7, 8')

Alternative Introduction (12 & under 16 years; 16 years & over)

- Bars 7-8: Step to 2nd position with LF flat (count '5, 6'), point RF in 4th position (count '7, 8')

1st Step Alternative – Hop-Brush-Beat-Beat (All age groups)

- Bar 3: must spring RF taking LF to 3rd rear aerial position (count '5') then hop RF extending LF to 4th intermediate aerial position (count '6')
- Last shuffle of the break should finish in 4th intermediate aerial position to link into the next step.

2nd Step – Syncopated Hop (7 & under 12 years; 12 years & under 16 years)

- There is no travel in this step.
- 7 & under 12 years – on Bar 16, linking into the 5th Step (Pas de Basque), the finishing extension finishes towards 2nd aerial position low, to lead into the pas de basque movement.
- 12 & under 16 years – on Bar 16, linking into the 3rd Step 1st Alternative (Diagonal Travel), the finishing extension finishes towards 4th intermediate position, to lead into the next movement.

3rd Step 1st Alternative Method – Diagonal Travel (12 & under 16 years; 16 years & over)

- Bar 1 commences with step RF towards 4th Intermediate (count '1'), take the LF to 3rd rear aerial position and hop RF, then place LF in 3rd rear position (count '& 2')
- The dancer travels straight back to regain line during the shuffles in Bars 7 and 8.

4th Step – Backstep and Travel (16 years & over)

- The shuffle from the previous step finishes in mid 4th aerial position low.
- Bars 1 and 2: This method can only be executed with a **step** LF towards 2nd position following count '1' (count '&') and with a **step** RF in 3rd position to release LF to 3rd rear aerial position very low (count '2')
- On Bar 16, the last shuffle finishes in 4th intermediate aerial position in preparation for the last step.

5th Step – Pas De Basque (7 & under 12 years)

- Must be danced facing RDF on Bars 1 and 2 and facing LDF on Bars 3 and 4, therefore the break commences with a 1/8 turn to face the front on count '1' of Bar 5.

6th Step – Second Syncopated Hop (All age groups)

- While executing the six syncopated hop movements, make a half turn on the spot during each bar.
- On Bar 15, assemble LF with or without an extension to 2nd aerial position low or to 4th intermediate aerial position, in 3rd position (count '5')

HIGHLAND LADDIE

1st Step – Half Turn/High Cut in Front (All age groups)

- Disassemble point to 2nd position on count 1
- Extension prior to high cut in front may be to 2nd aerial or 4th intermediate aerial position
- Half point or step on ball towards 2nd position after high cut in front
- Shuffles are danced in perfect half beat rhythm
- When linking into a bourrée from a shuffle the leg naturally progresses from mid 4th aerial position low through 3rd rear aerial to 3rd rear or it may be extended to 2nd aerial position low prior to the bourrée derrière.

2nd Step – Point and Extend (7 & under 12 years)

- All extensions are to 2nd aerial position.

4th Step – Hop Heel Travel (All age groups)

- Bourrées may be danced in perfect or imperfect half beat rhythm.

5th Step – Brush to Second and Travel (12 & under 16 years, 16 years & over)

- Brush from 3rd or 3rd aerial very low position towards 2nd aerial position low
- Bourrées are danced in perfect or imperfect half beat rhythm

6th Step Alternative – Balance and Round-the-Leg (All age groups)

- Bars 13 and 14: When LF crosses over RF to commence the turn circle arms outwards and downwards at the sides to 5th position. During the turn raise arms to 4th position and circle out and down at the sides to 1st position.
- Bar 16: Pivot 1/8th turn to the left on LF point RF in 4th position (7), pause (8). Arms: Out and up to 3rd position, turn head to front (7, 8)

VILLAGE MAID

Arms

- **Female** – The skirt/dress is held throughout the dance
- **Male** – The arms used are at the discretion of the teacher.

Russian Bourrées

- Preceded by an extension to 4th intermediate aerial position low *except* in the 6th step where the extension is to 4th aerial position low, while softly lowering the heel to almost flat *or* flat on count ‘&’
- All steps back following Russian Bourrées *may* be towards 4th rear position *or* 4th intermediate rear position unless otherwise stated. The same position *must* be used throughout the step.

Hop and Travel

- Danced using perfect half beat rhythm, with graceful flow of movement, without travel on hop, placing on half point.

1st Step – Hop and Travel (All age groups)

- Bar 4 *may* be danced lowering the heel of the supporting foot *or* remain on the ball of the RF, with forward circle through 4th intermediate aerial position low count ‘7 & 8’

2nd Step – Russian Bourrée (All age groups)

- Bars 5 to 8 and 13 to 16 – the dancer steps back to 4th rear position or 4th intermediate rear position.
- Bars 8 and 16 – the last count finishes in 1st position.

3rd Step – Second Hop and Travel (7 & under 12 years; 12 & under 16 years)

- If Bar 4 is danced with the small quick hop (&7 & 8), then the dancer must step back towards 4th intermediate rear position in Bars 7 and 8.

5th Step – Pas-de-Basque and Side Travel (16 years & over)

- Bars 7 and 8 and 13 and 16 – the dancer steps back to 4th rear position or 4th intermediate rear position.

6th Step – Diamond (All age groups)

- Bar 3 – step RF forward flat (count ‘5’), brush LF forward through 1st position flat to 4th aerial position (count ‘6’)
- Bar 4 – place LF in 3rd crossed position prior to the pivot turn. ***May*** finish flat ***or*** poised on balls of feet (count ‘7, 8’)



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CHANGE LOG

DATE	CHANGE
01.09.26	Approved document for release in the secure section of the RSOBHD website.