2015 Premiership Set Steps

Junior (7 & Under 16 Years)

Highland or Hielan' Laddie

Intro.
1st Half Turn|High Cut In Front
3rd Shuffles
4th Heel/Toe Travel or Hop Heel Travel
6th Last Step or Balance and Round The Leg

Flora MacDonald's Fancy

Intro.
1st Hop Brush Beat Beat
2nd Hop and Travel or Syncopated Hop
5th Pas de Basque
6th Last Step or Second Syncopated Hop

Scotch Measure

Intro.
1st Hop and Travel
2nd Brush/Assemble or Assemble/Disassemble
5th Pas de Basque Derriere or Pas de Basque
6th Last Step or Second Hop and Travel

Sailors' Hornpipe

Alt. Intro. Break A bars 7 & 8
1st Circle (see Note 1)
2nd Shuffle Over The Buckle
12th Rocking
13th Inverted Toe-Heel
16th High Cutting

Senior (16 Years & Over)

Highland or Hielan' Laddie

Intro.
1st Half Turn|High Cut In Front
2nd Point and Extend
4th Heel/Toe Travel or Hop Heel Travel
6th Last Step or Balance and Round The Leg

Flora MacDonald's Fancy

Intro.
1st Hop Brush Beat Beat
3rd Diagonal Travel
5th Pas de Basque
6th Last Step or Second Syncopated Hop

Scotch Measure

Intro.
1st Hop and Travel
2nd Brush/Assemble or Assemble/Disassemble
4th Skip Change of Step
6th Last Step or Second Hop and Travel

Sailors' Hornpipe

Alt. Intro. Break A bars 7 & 8
1st Circle (see Note 1)
2nd Shuffle Over The Buckle (any Break with Shakes)
11th Low Cutting
5th Scissors or Sailors' Buckle
16th High Cutting

Note 1 – Any 1st Step Method will be accepted.

Note 2 – Current BATD, SDTA, UKA methods accepted in the Scottish National Dances including Alternative Methods.

Note 3 – Male dancers must use male methods where applicable including arms.

Note 4 – Dances may be danced in any order however the order of the steps must be followed as listed above.