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Any professional found to be sharing this information prior to the RSOBHD publishing this on 1st September 2021 will be subject to the RSOBHD Disciplinary procedures.



2022 SCOTTISH NATIONAL DANCE PREMIERSHIP STEPS

(RSOBHD "Scottish National Dances for RSOBHD Competitions and Scottish National Dance Premierships" 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 Sailors' Hornpipe.

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
SAILORS'	Intro: Alternative	Intro: Alternative with Break A	Intro: Alternative with Break A with shakes
HORNPIPE	1 st Step: Circle with Polka	1 st Step: Circle	1 st Step: Circle
	2 nd Step: Shuffle over the Buckle	2 nd Step: Shuffle over the Buckle	2 nd Step: Shuffle over the Buckle
	12 th Step: Rocking	3 rd Step: Diagonal Travel	3 rd Step: Diagonal Travel
	16 th Step: High Cutting	8 th Step: Crab Walk	15 th Step: Forward Crab Walk
		16 th Step: High Cutting	16 th Step: High Cutting
EARL OF	1 st Step: Circle and Point	1 st Step: Circle and Point	1 st Step: Circle and Point
ERROL	3 rd Step: Hop and Travel	3 rd Step: Hop and Travel	2 nd Step: Double Treble
	4 th Step: Balance	5 th Step: Double Treble (Turning)	4 th Step: Balance
	6 th Step: Single Treble	6 th Step: Single Treble	6 th Step: Single Treble
COTOU	1st Stop Alternatives Hop and Travel	18 Stop Alternatives Hen and Travel	1st Stop Alternatives Hen and Travel
SCOTCH	1 st Step Alternative: Hop and Travel	1 st Step Alternative: Hop and Travel	1 st Step Alternative: Hop and Travel
MEASURE	3 rd Step: Plié and Turn	3 rd Step: Plié and Turn	4 th Step: Skip Change of Step
	5 th Step Alternative: Pas de Basque Derrière	4 th Step: Skip Change of Step 6 th Step: Second Hop and Travel (Female)	5 th Step Alternative: Pas de Basque Derrière 6 th Step: Second Hop and Travel (Female)
	6 th Step: Second Hop and Travel (Female) 6 th Step 1 st Alternative: Second Hop and Travel	6^{th} Step 2 nd Alternative: Second Hop and Travel	
	(Male)	(Male)	6 th Step 3 rd Alternative: Second Hop and Travel (Male)
SCOTTISH LILT	1 st Step: Circle	1 st Step: Circle	1 st Step: Circle
SCOTTISH LILT	2 nd Step Alternative: Balance	5 th Step: Forward Travel	4 th Step: Pas de Basque
	3 rd Step: Assemble	7 th Step 2 nd Alternative: Brushing	7^{th} Step 2^{nd} Alternative: Brushing
	8 th Step: Round-the-Leg	8 th Step 1 st Alternative: Round-the-Leg	8 th Step 1 st Alternative: Round-the-Leg
	o Step. Koulid-lie-Leg	o Step i Alternative. Kound-the-Leg	o Step 1 Alternative. Kound-the-Leg