



## 2026 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.** Where applicable Male Dancers must dance male methods and use stipulated arms for males.

**Note 3.** 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
<b>SAILORS HORNPIPE</b>	Introduction: Basic 1 <sup>st</sup> Step: Circle 2 <sup>nd</sup> Step: Shuffle Over The Buckle 12 <sup>th</sup> Step: Rocking 16 <sup>th</sup> Step: High Cutting	Introduction: Alternative with Break A (without shakes) 1 <sup>st</sup> Step: Circle 2 <sup>nd</sup> Step: Shuffle Over The Buckle 12 <sup>th</sup> Step: Rocking 11 <sup>th</sup> Step: Low Cutting (with break) 16 <sup>th</sup> Step: High Cutting	Introduction: Alternative with Break A (with or without shakes) 1 <sup>st</sup> Step: Circle 2 <sup>nd</sup> Step: Shuffle Over The Buckle 12 <sup>th</sup> Step Alternative: Rocking 11 <sup>th</sup> Step: Low Cutting (any method) 16 <sup>th</sup> Step: High Cutting
<b>BLUE BONNETS</b>	Introduction: Any method 1 <sup>st</sup> Step: Skip Change 2 <sup>nd</sup> Step: Backward Skip 3 <sup>rd</sup> Step: Assemble and Backward Skip 6 <sup>th</sup> Step: Assemble/Disassemble (finish facing front)	Introduction: Any method 1 <sup>st</sup> Step 2 <sup>nd</sup> Alternative: Skip Change 4 <sup>th</sup> Step: Diagonal Glide 5 <sup>th</sup> Step: High cut in Front 6 <sup>th</sup> Step: Assemble/Disassemble (finish facing front)	Introduction: Any method 1 <sup>st</sup> Step 2 <sup>nd</sup> Alternative: Skip Change 4 <sup>th</sup> Step: Diagonal Glide 5 <sup>th</sup> Step: High cut in Front 6 <sup>th</sup> Step: Assemble/Disassemble (finish facing LDF)
<b>EARL OF ERROL</b>	Introduction: Any method 1 <sup>st</sup> Step: Circle and Point 2 <sup>nd</sup> Step: Double Treble (without travel) 3 <sup>rd</sup> Step: Hop and Travel 6 <sup>th</sup> Step: Single Treble	Introduction: Any method 1 <sup>st</sup> Step: Circle and Point 3 <sup>rd</sup> Step: Hop and Travel 5 <sup>th</sup> Step Alternative: Double Treble (Turning) 6 <sup>th</sup> Step: Single Treble	Introduction: Any method 1 <sup>st</sup> Step: Circle and Point 3 <sup>rd</sup> Step: Hop and Travel 5 <sup>th</sup> Step Alternative: Double Treble (Turning) 6 <sup>th</sup> Step: Single Treble
<b>SCOTTISH LILT</b>	Introduction: Basic 1 <sup>st</sup> Step Alternative: Circle 3 <sup>rd</sup> Step: Assemble 4 <sup>th</sup> Step Alternative: Pas de Basque 8 <sup>th</sup> Step: Round-the-Leg	Introduction: Basic 1 <sup>st</sup> Step Alternative: Circle 2 <sup>nd</sup> Step: Balance 5 <sup>th</sup> Step 1 <sup>st</sup> Alternative: Forward Travel 8 <sup>th</sup> Step 1 <sup>st</sup> Alternative: Round-the-Leg	Introduction: Basic 1 <sup>st</sup> Step Alternative: Circle 2 <sup>nd</sup> Step Alternative: Balance 5 <sup>th</sup> Step 1 <sup>st</sup> Alternative: Forward Travel 8 <sup>th</sup> Step 2 <sup>nd</sup> Alternative: Round-the-Leg

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## 2026 SCOTTISH NATIONAL DANCE PREMIERSHIP STEPS OBSERVATIONS

The technical detail for each step within each dance is contained within The Sailors' Hornpipe 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.

### **SAILORS HORNPIPE**

- Beats and rhythms should always be clearly shown and heard.
- Breaks – all breaks can finish flat or on the balls of both feet in 1<sup>st</sup>, 3<sup>rd</sup> or 5<sup>th</sup> position.
- Please cross reference the “**Sailors’ Hornpipe - History of actions, movements & outfit**”.
- Please refer to the detail of the steps within the Sailors Hornpipe textbook (revised February 2019).

### **Introduction**

- All heel taps finish off the ground including the last one on bar 2.

### **Introduction Alternative with Break A (12 & under 16 years, 16 years & over)**

- Hop LF then step RF towards 2<sup>nd</sup> position
- The foot does not touch the leg at the rear
- Thigh may or may not be slapped. Thigh would be slapped on count 8.
- 12 & under 16 years – must be danced without shakes
- 16 years & over – may be danced with or without shakes

### **1<sup>st</sup> Step – Circle**

- The working foot **brushes** the floor to 4<sup>th</sup> intermediate aerial position.
- There should be forward travel on counts 1, 3 and 4.

### **2<sup>nd</sup> Step – Shuffle Over The Buckle**

- Prior to all steps in 5<sup>th</sup> rear position the working foot passes through 3<sup>rd</sup> rear aerial position but is not in contact with the leg

### **11<sup>th</sup> Step – Low Cutting (12 & under 16 years, 16 years & over)**

- Commence with LF in 2<sup>nd</sup> aerial position low
- During the movement the RF travels sideways with minimum of elevation count ‘8 and’
- 12 & under 16 years – Bars 7 and 8 danced with Break
- 16 years & over – Any method may be danced.
- If dancing Break C, the last extension before the break should be omitted.
- Shake breaks cannot be danced.

### **12<sup>th</sup> Step – Rocking (7 & under 12 years, 12 & under 16 years)**

- Commence with disassemble onto LF
- Both shakes with RF in forward 2<sup>nd</sup> aerial position
- Rocks in the Sailors Hornpipe are different to those in the Eighth Edition Textbook
  - Place RF in forward 5<sup>th</sup> position
  - Outside then inside edge of the foot in sympathy with each other
- Heels well off the ground
- Bars 5 and 6 – omitting commencing shuffle travel backwards to regain line.

### 12<sup>th</sup> Step Alternative – Rocking (16 years & over)

- On last count of the previous step, execute sharp extension of the LF to forward 2<sup>nd</sup> aerial position
- Place LF in forward 5<sup>th</sup> position for **3 rocks**,
- Finish the third rock before hop LF shake RF counts '1, 2, 3 & 4'

### 16<sup>th</sup> Step – High Cutting

- Bar 1 commences with a spring or disassemble.
- Bar 9 commences with a spring.
- Bar 16 – assemble RF in 3<sup>rd</sup> or 5<sup>th</sup> position. Leap finishes with either RF or LF in front.
- Bars 1 to 6 and Bars 9 to 15 – may be danced with or without extensions and varied with spring, hop, single or double round the leg movements
- Bars 1 to 6 – a body sway will be allowed on High Cuts without extensions.
- Bars 9 to 15 - during the hop movements, hands should be held in front of the body

## 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 4<sup>th</sup> intermediate foot position. The skirt should not be held from the bottom edge.

During the curtsy, the rear foot may be placed on the toe, half point or ball, while the front foot remains flat.

## BLUE BONNETS

### Bourrées

- All bourrées may be preceded OR finished, with OR without an extension to 2<sup>nd</sup> aerial position low, unless otherwise stated within the step.
- All methods chosen should be consistent throughout the **step**.

### Introduction

- Either method is acceptable

### 1<sup>st</sup> Step – Skip Change (7 & under 12 years)

- Bar 1 – commences 1/8<sup>th</sup> body turn with a disassemble
- Bar 3 – assemble without extension
- Bar 4 – dancer finishes facing RDF

### 1<sup>st</sup> Step 2<sup>nd</sup> Alternative – Skip Change (12 years & under 16 years, 16 years & over)

- Bar 1 – commences 1/8<sup>th</sup> body turn with a disassemble
- Bar 3 – assemble with or without extension to 2<sup>nd</sup> aerial position low
- Bar 4 – dancer finishes facing the front (count '8')

**2<sup>nd</sup> Step – Backward Skip (7 & under 12 years)**

- Bar 1 – commence 1/8<sup>th</sup> body turn with a disassemble OR release.
- Bar 2 – finishes facing RDF in 3<sup>rd</sup> rear position
- Bars 3 and 4 – use a shoulder lead while executing the rondé action

**3<sup>rd</sup> Step – Assemble and Backward Skip (7 & under 12 years)**

- Bar 1 – commence 1/8<sup>th</sup> body turn; Count '2' place half point OR small step towards 2<sup>nd</sup> position
- Bars 3 and 4 – make 7/8<sup>th</sup> turn to finish facing the front

**4<sup>th</sup> Step – Diagonal Glide (12 & under 16 years, 16 years & over)**

- Bar 1 – Prepare by softly releasing LF to 3<sup>rd</sup> rear aerial position very low or 4<sup>th</sup> intermediate rear aerial position low, then soft spring to displace RF taking RF to 3<sup>rd</sup> aerial position very low
- Bar 2 – the glide towards 4<sup>th</sup> intermediate position is on the flat of the right foot
- Bars 1 and 2 are similar to a full contrebemps, assemblé over and sissoné ordinaire passé en arrière in ballet.

**5<sup>th</sup> Step – High cut in Front (12 & under 16 years, 16 years & over)**

- Bar 1 – release RF to 4<sup>th</sup> intermediate aerial position then hop during the elevation taking the RF to 3<sup>rd</sup> aerial position count '1'
- Bar 3 – take small step towards 4<sup>th</sup> position (count '& 5')
- Arms – Bars 3 and 4 either 1<sup>st</sup> OR 3<sup>rd</sup> position

**6<sup>th</sup> Step – Assemble/Disassemble (All age groups)**

- Bars 1 and 2 – with exception of assemble this step consistently travels towards 4<sup>th</sup> intermediate position
- Bars 3 and 4 – all 4<sup>th</sup> intermediate rear aerial positions in this step are raised to low level
- Bar 16
  - 7 & under 12 years, 12 & under 16 years – finish facing front pointing in 4<sup>th</sup> position
  - 16 years & over – pointing RF in 4<sup>th</sup> position facing LDF

## **EARL OF ERROL**

### **Break**

- Begin with a disassemble or, if from a spring, may extend to forward 2<sup>nd</sup> aerial position low or released to 3<sup>rd</sup> aerial position low
- All heights must be at low aerial
- Dancer must be on the balls of the feet for the spread with the knees slightly relaxed.

### **Single and Double Trebles**

- Inward brush from 4<sup>th</sup> intermediate aerial position to 3<sup>rd</sup> aerial position very low (count 'and')
- Hop, brush **STEP**

### **Introduction**

- Either method is acceptable
- Males may use Highland Fling introduction

### **1<sup>st</sup> Step – Circle and Point (All age groups)**

- Begins with a disassemble
- Break in Bar 7 is danced with or without a change of feet; ALL others must change
- Foot is just behind 3<sup>rd</sup> rear aerial position (not on the leg) on count '1' and is then circled through 2<sup>nd</sup> aerial position and 4<sup>th</sup> intermediate aerial position; point in 4<sup>th</sup> position.

### **2<sup>nd</sup> Step – Double Treble (7 & under 12 years)**

- Begin with a hop or disassemble
- MUST BE DANCED ON THE SPOT

### **3<sup>rd</sup> Step – Hop and Travel (All age groups)**

- Begins with a hop
- Travel towards 2<sup>nd</sup> position.
- Minimal travel on turn

### **5<sup>th</sup> Step Alternative – Double Treble (Turning) (12 & under 16 years, 16 years & over)**

- Begin with a hop or disassemble
- Turn forming an oval shape

### **6<sup>th</sup> Step – Single Treble (All age groups)**

- Begin with a hop or disassemble
- May extend prior to the assemble to 4<sup>th</sup> intermediate aerial position OR 2<sup>nd</sup> aerial position low
- NO leaps
- Break begins with a disassemble

## **SCOTTISH LILT**

### **Basic Introduction (All age groups)**

- The RF must be pointed in 4<sup>th</sup> position on count '5', then pause, count '6'
- Male arms – must be held in 1<sup>st</sup> position for the duration of the introduction

### **1<sup>st</sup> Step Alternative – Circle**

- Bars 1 to 3 and Bars 5 and 7 – step towards 4<sup>th</sup> position and carry leg to 4<sup>th</sup> intermediate aerial position.
- The last spring point on bar 8 finishes in 4<sup>th</sup> position

### **2<sup>nd</sup> Step – Balance (12 & under 16 years)**

- Prepare by extending the RF to 4<sup>th</sup> intermediate aerial position
- The bourrée derrière in bar 3 finishes with an extension to 2<sup>nd</sup> aerial position (count '5') in preparation for the shake action

### **2<sup>nd</sup> Step Alternative – Balance (16 years & over)**

- Bar 3 - bourrée derrière finishes in 4<sup>th</sup> intermediate position on count 3 of bar 3. The right leg is then carried to 2<sup>nd</sup> aerial position to execute the shake action (count '4')

### **3<sup>rd</sup> Step – Assemble (7 & under 12 years)**

- The first assemble is danced with no extension
- The arm is not circled in front of the face.

### **4<sup>th</sup> Step Alternative – Pas de Basque (7 & under 12 years)**

- The extension during the syncopated hop on counts '3 & 4' of bars 1 and 2, is to 4<sup>th</sup> intermediate aerial position as per the 4<sup>th</sup> step
- The extension on counts '5, 6' of bar 2 are to 4<sup>th</sup> aerial position

### **5<sup>th</sup> Step 1<sup>st</sup> Alternative – Forward Travel (12 & under 16 years, 16 years & over)**

- A slight upper body turn is used to give a left shoulder lead on counts '1 & 2' of bar 1
- The LF **must** be placed on the **half point** on count '& 3' of bar 1
- The backward travel is executed during the bourrée derrières, whilst the lateral coupes are executed on the spot
- Male arms: Must use 2<sup>nd</sup> position on bars 1 to 4 and 3<sup>rd</sup> position on bars 5 to 8.

### **8<sup>th</sup> Step – Round-the-Leg (All methods; All age groups)**

- The round-the-leg movement in bar 1 is executed in perfect half beat rhythm (counts '2 & 3')



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CHANGE LOG

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