



2025 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 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: 2 nd Method 1 st Step: Circle 6 th Step: Diagonal Travel 8 th Step: Cross and Clip-Heels (Any Break) 1 st Finishing Step: Toe Tap	Intro: 2 nd Method 1 st Step: Circle 3 rd Step: Break Step 8 th Step: Cross and Clip-Heels (Break C) 11 th Step: Second Diagonal Travel 1 st Finishing Step: Toe Tap	Intro: 3 rd Method 1 st Step: Circle 3 rd Step: Break Step 8 th Step: Cross and Clip-Heels (Break C) 9 th Step: Diagonal Roll 1 st Finishing Step: Toe Tap
FLORA MACDONALD'S FANCY	Introduction: Basic 1 st Step: Hop-Brush-Beat-Beat 2 nd Step Alternative: Syncopated Hop 5 th Step: Pas de Basque 6 th Step: Second Syncopated Hop	Introduction: Basic 1 st Step: Hop-Brush-Beat-Beat 2 nd Step Alternative: Syncopated Hop 4 th Step: Backstep and Travel 6 th Step: Second Syncopated Hop	Introduction: Basic 1 st Step: Hop-Brush-Beat-Beat 2 nd Step Alternative: Syncopated Hop 4 th Step: Backstep and Travel 6 th Step: Second Syncopated Hop
SCOTCH MEASURE	Introduction: Basic 1 st Step: Hop and Travel 2 nd Step: Brush Assemble/Disassemble 5 th Step: Pas de Basque Derrière 6 th Step: Second Hop and Travel (All)	Introduction: Basic 1 st Step: Hop and Travel 2 nd Step: Brush Assemble/Disassemble 4 th Step: Skip Change of Step 6 th Step: Second Hop and Travel (Female) 6 th Step 1 st Alternative: Second Hop and Travel (Male)	Introduction: Basic 1 st Step: Hop and Travel 2 nd Step: Brush Assemble/Disassemble 4 th Step: Skip Change of Step 6 th Step: Second Hop and Travel (Female) 6 th Step 2 nd Alternative: Second Hop and Travel (Male)
WILT THOU GO TO THE BARRACKS JOHNNIE?	All Breaks: Arms Bar 1 – 3 rd pos; Bar 2 – 2 nd pos; travel towards 4 th intermediate position. 1 st Step: Balance and Travel (Arms Bar 1 – 3 rd pos; Bar 2 – 2 nd pos) 2 nd Step: Pas de Basque 4 th Step: Assemble and Change 8 th Step: Turning	All Breaks: Arms Bar 1 – 3 rd pos; Bar 2 – 2 nd pos; travel towards 4 th intermediate position. 1 st Step: Balance and Travel (Arms Bar 1 – 3 rd pos; Bar 2 – 2 nd pos) 3 rd Step: Pointing and Backstep 4 th Step: Assemble and Change 8 th Step: Turning	All Breaks: Arms Bar 1 – 3 rd pos; Bar 2 – 2 nd pos; travel towards 4 th intermediate position. 1 st Step: Balance and Travel (Arms Bar 1 – 3 rd pos; Bar 2 – 2 nd pos) 3 rd Step: Pointing and Backstep 5 th Step: Diagonal Extension 8 th Step: Turning

Updated – 9th October 2024