



2019 SCOTTISH NATIONAL DANCE PREMIERSHIP STEPS

	7 & under 12 years	12 & under 16 years	16 years & over
SAILORS HORNPIPE	Intro: Any 1 st Step: Circle (see note 1) 2 nd Step: Shuffle over the Buckle 12 th Step: Rocking 16 th Step: High Cutting	Intro: Any 1 st Step: Circle (see note 1) 2 nd Step: Shuffle over the Buckle 3 rd Step: Diagonal Travel 12 th Step: Rocking 16 th Step: High Cutting	Intro: Any 1 st Step: Circle (see note 1) 2 nd Step: Shuffle over the Buckle 12 th Step Alternate: Rocking 14 th Step: Run and Cable Haul 16 th Step: High Cutting
BLUE BONNETS (BATD method only)	1 st Step: Skip Change 2 nd Step: Backward Skip 3 rd Step: Assemble and Backward Skip 6 th Step: Assemble/Disassemble	1 st Step: Skip Change 3 rd Step: Assemble and Backward Skip 4 th Step: Disassemble and Glide 6 th Step: Assemble/Disassemble	1 st Step: Skip Change 2 nd Step: Backward Skip 4 th Step: Disassemble and Glide 6 th Step: Assemble/Disassemble
SCOTTISH LILT (SDTA method only)	1 st Step: Circle 3 rd Step: Assemble 4 th Step: Pas De Basque 8 th Step: Last Step	1 st Step: Circle 2 nd Step: Balance 6 th Step: Rocking (11 rocks & shake) 8 th Step: Last Step	1 st Step: Circle 5 th Step: Forward Travel 6 th Step: Rocking (10 rocks & round-the-leg) 8 th Step: Last Step
WILT THOU GO TO THE BARRACKS JOHNNIE? (UKA method only)	1 st Step: Balance and Travel 2 nd Step: Pas de Basque 4 th Step: Assemble and Change 8 th Step: Turning	1 st Step: Balance and Travel 2 nd Step: Pas de Basque 5 th Step: Diagonal Extension 8 th Step: Turning	1 st Step: Balance and Travel 3 rd Step: Pointing and Backstep 5 th Step: Diagonal Extension 8 th Step: Turning

Note 1. In the Sailors Hornpipe any first step method will be accepted.

Note 2. Any method of Introduction and Breaks may be danced in the Sailors Hornpipe.

Note 3. Male Dancers' must use male methods where applicable, including arms.

Note 4. The specified Examining Body methods must be danced, this includes Introduction and Endings.

Note 5. Dances may be danced in any order, however, the order of the Steps must be followed as listed above.

31 August 2018