

RMHD Dances & Set Performance Steps

To help performances look clean and polished we would prefer that all dancers perform the same steps on stage. Please be sure that you know the steps and are able to perform them before signing up for a particular dance at an RMHD performance. If you are unsure, check with your teacher.

Fling

1st – First Shedding

2nd – Toe & Heel

3rd – Crossover

4th – Last Shedding

Sword

1st – Addressing the Swords

2nd – Pointing

3rd – Open Pas de Bas or Crossing & Pointing Quick Time

Seann

1st – Brushing

2nd – Side Travel (Shake step)

3rd – Hop Brush Place Beat

4th – Point, Behind, Heel, Toe and Shedding

Strathespey & Reel

1st – Shake & Rock

2nd – Crossover

3rd – Highcut & Spring Points

4th – 16 Highcuts Turning

Strathespey & 1/2 Tulloch

Add: Balance & Pas de Bas 4x

Lilt

1st – Circle

2nd – Balance

3rd – Assemble

4th – Last

Flora

1st – Hop Brush Place Beat

2nd – 3 Syncopated Hops Turning, Hop Brush Place Beat

3rd – Pas de Bas, Hop Brush Place Beat

4th – Last (6 Syncopated Hops Turning)

Barracks

1st – Balance

2nd – Pas de Bas

3rd – Pointing

4th – Last (Turning)

Laddie

1st – Highcut in Front Turning

2nd – Pointing

3rd – Side, Heel & Toe

4th – Last (Everything Step)

Jig

1st – Circle

2nd – Shuffling

3rd – 4-Beat Side Run

4th – Heel Travel

Hornpipe

1st – Circle

2nd – Shuffle Over the Buckle

3rd – Shake, Shake, Rock, Rock

4th – Highcutting

Blue Bonnets

1st – Skip Change of Step & Assemble

2nd – Skip Change of Step & Skip Back

3rd – Assemble Step Close & Skip Back

4th – Last

Earl of Errol

1st – First

2nd – Double Treble

3rd – Hop & Travel

4th – Single Treble & Changes

Scotch Measure

1st – Hop & Travel to 4th Intermediate

2nd – Plie Break & Bouree Unders

3rd – Pas de Bas Forward & Backward

4th – Hop & Travel to 2nd