



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

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