

Junior (7 & Under 16 Years)

Barracks Johnnie

Intro.

- 1st Balance & Travel
- 4th Assemble & Change
- 7th Reverse Shedding
- 8th Turning

Village Maid

Intro.

- 1st Hop & Travel
- 2nd Russian Bourree
- 5th Seven-Step Side Travel | PdB & Side Travel
- 6th Diamond

Blue Bonnets

Intro.

- 1st Skip Change
- 2nd Backward Skip
- 5th High Cut In Front
- 6th Assemble/Disassemble

Irish Jig

Intro. Any Choice of Intro.

- 1st Circle
 - 2nd Shuffling (Break B)
 - 6th Diagonal Travel
- Finishing**
- 1st Toe Tap
 - 8th Cross & Clip Heels (any choice of finish)

Senior (16 Years & Over)

Barracks Johnnie

Intro.

- 1st Balance & Travel
- 2nd Pas de Basque
- 7th Reverse Shedding
- 8th Turning

Village Maid

Intro.

- 1st Hop & Travel
- 4th Second Russian Bourree | Hop & Bourree
- 5th Seven-Step Side Travel | PdB & Side Travel
- 6th Diamond

Blue Bonnets

Intro.

- 1st Skip Change
- 4th Disassemble & Glide | Diagonal Travel
- 5th High Cut In Front
- 6th Assemble/Disassemble

Irish Jig

Intro. Any Choice of Intro.

- 1st Circle
 - 2nd Shuffling (Break C)
 - 11th Second Diagonal Travel
- Finishing**
- 1st Toe Tap
 - 8th Cross & Clip Heels (any choice of finish)

Note 1 – BATD, SDTA, UKA methods accepted in the Scottish National Dances.

Note 2 – Male dancers must use male methods where applicable.

Note 3 – Dances may be danced in any order however the order of the step must be followed as listed above.