

Tiny Tots Exams

1st Test	<ol style="list-style-type: none"> 1. Bow 2. Hands taken from 1st to 3rd and back to 1st 3. Point close from 1st to 4th position 4. Toe-Heel movement (with or without elevation) 5. 4 jumps in 1st and 4 claps. Repeat
2nd Test	<ol style="list-style-type: none"> 1. Jumps in 1st position 2. Changes in 3rd position 3. Point close from 1st to 4th position 4. Spring points in 4th position 5. Toe-Heel movement (with or without elevation) 6. Single High Cuts 7. Pas de Basques <p>(Teacher to select 5 from 2nd test)</p>
3rd Test	<ol style="list-style-type: none"> 1. 16 Pas de Basques to music 2. Single High Cuts 3. Pas de Basques over 1st Sword 4. Open Pas de Basques over 2nd and 4th Sword 5. Hop point in 2nd, hop point in 3rd, hop point in 4th, hop point in 3rd 6. Spring points over 2nd Sword (with or without turning) <p>(Teacher to select 5 from 3rd test)</p>
4th Test	<ol style="list-style-type: none"> 1. 16 Pas de Basques and High Cuts to music 2. 8 Shedding or 1st step Highland Fling 3. Shedding RF 4 Toe-Heels, 4 claps (with or without elevation) 4. Shedding Turns (one foot only) 5. Point and close from 1st to 2nd 6. Arms to 1st to 2nd and back to 1st position <p>(Teacher to select 5 from 3rd and 4th test)</p>
5th Test	Teacher to select 3 movements from 3 rd test and 3 movements from 4 th test

These tests are suitable for 3-6 years old
Practice dress may be worn

Highland Exams

Preparatory Test <i>(practice dress may be worn)</i>	Demonstrate without music:	Spring Points Single High Cuts Toe and Heel Pas de Basques Movements of elevation in 1 st position
Preliminary Test – Highland Fling <i>(practice dress may be worn)</i>	6 Pas de Basques and 4 High Cuts to music 4 times 1 st step, Toe Heel step, and Last step (1 st , 3 rd & 8 th) Each step to be danced separately without music	
Alt Preliminary Test – Sword Dance <i>(practice dress may be worn)</i>	6 Pas de Basques and 4 High Cuts to music 4 times 1 st step, pointing step OR Open Pas de Basque step (1 st , 2 nd or 4 th step) Each step to be danced separately without music	
Pre-Bronze	Fling or Sword (2&1)	4 steps (no back steps)
Bronze	Fling	4 steps
	Sword	2&1
Pre-Silver	Fling	4 steps
	Sword	2&1
	Movements:	Brushes (4 each foot), Shuffles (8), Hop Brush Toe Beat
Silver	Fling	4 steps
	Sword	2&1 (8 th step – cross & point QT)
	Seann Triubhas	3&1
Pre-Gold	Fling	4 steps
	Sword	2&1
	Seann Triubhas	3&1
	Movments:	Backsteps, Spring point turn (bar 4, 2 nd step sword), Shakes from 2 nd step S.T., Shake Shake Down
Gold	Fling	6 steps
	Sword	3&1 – 4 th , 8 th – Pointing, Cross & point QT
	Seann Triubhas	4&2
	Demonstrate:	Strathspey movement

SA1	Fling	6 steps
	Sword	3&1 – 3 rd , 8 th – Toe heel, Cross & point QT
	Seann Triubhas	4&2
	Half Tulloch or S&HR	4 parts or 2&2
SA2	Fling	6 steps
	Sword	3&1 – 5 th , 8 th – Diagonal points, Cross & point QT
	Seann Triubhas	4&2 – 2 nd – Side travel
	S&Reel of Tulloch	2&4
SA3	Fling	4 steps – 5 th , 7 th – 2 nd backstepping (side back around), Double shake & rock
	Sword	3&1 – 6 th , 7 th – Reverse points, Open pdb QT
	Seann Triubhas	4&2 – 6 th alt, 8 th – Leap & Shed, Side Heel & Toe
	S&HR	2&2 – 6 th , last – Balance & Round the leg, Highcutting
SA4	Fling	4 steps – 5 th alt – 2 nd backstepping alt (Out front cut)
	Sword	2&2
	Seann Triubhas	4&2 – 6 th , 7 th alt – Leap & HC, HC in front & Balance (with travel & shuffles)
	Reel of Tulloch	8 parts – 2 nd , 7 th , 8 th – Shake & travel, Backstep & travel, Assemble & travel, Highcutting
SA5 <i>(must be 13 years or older)</i>	Fling	4 steps – 5 th , 6 th , 8 th – 2 nd Backstepping (side back around), Crossover, Last shedding (2 turns)
	Sword	3&1 – 2 nd , 3 rd , 8 th – Open pdb, Toe heel with High cuts, Cross & point QT
	Seann Triubhas	4&2 – 1 st alt, 3 rd , 4 th alt, 7 th , 13 th , 15 th – Brush with pdbs, Diagonal travel, Backward travel (HBBB, SSD), High cut in front and balance, Heel & toe & shed QT, Backstepping QT
	S&HR	2&4 – 2 nd , 7 th , 10 th – Shake & travel, Backstep & travel, Shuffle

Irish Jig <i>(may wear running shoes)</i>			Hornpipe		
Pre-Bronze	4 steps		Pre-Bronze	4 steps	Single Highcuts accepted
Bronze	4 steps	Circle Shuffling Diagonal Travel Triple Shuffle	Bronze	4 steps	Circle Shuffle over the Buckle Heel Pull High Cutting
Silver	5 steps	Circle Shuffling Four Beat Side Run Flap Triple Shuffle	Silver	5 steps	Circle Shuffle over the Buckle Gathering In Rocking High Cutting
Gold	6 steps	Circle Shuffling Second Diagonal Travel Chase A or B Donnybrook Cross & Clip Heels	Gold	6 steps	Circle Diagonal Travel Toe-Heel Look out Scissors High Cutting
SA1	6 steps	Circle Shuffling Break Step Diagonal Roll Toe-Tap Heel Travel	SA1	6 steps	Circle Shuffle over the Buckle Run and Cable Haul Farewell Crab Walk Circling or Forward High Cutting
SA2	6 steps	Intro method 5 Circle with cramp roll Shuffling – toe taps turning Break step (alt break) Flap with hops Chase A Cross & Clip Heels	SA2	6 steps	Intro Alt method with Break A Circle using Polka step Shuffle over the Buckle with Break C & Shake movement Rocking – alternate method Low cutting using Break C Forward Crab Walk High cutting with Variations

Scottish National Exams

Pre-Bronze	Lilt or Flora	4 steps
Bronze	Lilt	4 steps
	Flora	4 steps
Silver	Lilt	4 steps
	Flora	4 steps
	Johnny	4 steps
Gold	Flora	First, Diagonal Travel, Backstep & Travel or Pas de Basque, Last
	Johnny	First, Point & Backstep, High Cut Action, Last
	Laddie	First, Shuffle, Heel Toe Travel (<i>Inverted 2nd may be replaced with 3rd aerial</i>), Last
SA1	Laddie	First, Point & Extend, Brush & Travel, Last
	Blue Bonnets	First, Retire Skip, High Cut, Last
	Scotch Measure	First, Brush Assemble, Pas de Basque, Last
SA2	Blue Bonnets	First, Retire Skip, Diagonal Travel, Last
	Scotch Measure	First, Brush Assemble, Skip Change of Step, Last
	Village Maid	First, Russian Bouree, Seven Step Side Travel, Last
SA3	Village Maid	First, Hop & Travel, Hop & Bouree, Last
	Earl of Errol	First, Double Treble, Hop & Travel, Last
	Hebridean Laddie	First, Hop Point Beat Beat, Side Travel, Last
SA4 <i>Highland Dress Worn Arms as for Highland</i>	Earl of Errol	First, Double Treble, Hop & Travel, Last
	Hebridean Laddie	First, Diagonal Travel, Ronde, Last
	Tribute to JL	First, Pas de Basque & Balance, Assemble & Change, Last
SA5 <i>Highland Dress Worn Arms as for Highland</i>	Earl of Errol	First, Balance, Double Treble Turning, Last (with leaps)
	Hebridean Laddie	First, Assemble Step Close, Heel Beat, Last
	Tribute to JL	First, Diagonal Travel, Side Travel, Last

Grade Examinations

Primary (10y&under) <i>Demo only</i>	General Technique	Correct stance, Spots & Spaces
	Positions of Feet	1 st , 2 nd , 3 rd with working foot placed on toe & supporting foot flat
	Positions of Hands	First, Second & Third
	Basic Movements	Bow, Hop, Spring, Shedding, Toe & Heel, Rock, Closed Pas de Basques for sword, Spring Point in 4th
	Dances	Fling (4) – no backsteps, Sword (2&1)
Grade 1 <i>Demonstrate & Describe</i>	General Technique	As for Primary plus: 3 rd rear, 3 rd aerial, 3 rd rear aerial, Placing of the foot on the Half Point
	Positions of Feet	As for Primary
	Positions of Hands	As for Primary
	Basic Movements	As for Primary
	Dances	Fling (4), Sword (2&1)
Grade 2 <i>Included is all knowledge from previous grades.</i>	General Technique	Line of Direction, Explain how to place foot on Toe and Heel and the amount of weight taken on both
	Positions of Feet	4 th Int, 4 th Int Aerial, 4 th opposite 5 th , Explain the terms 'Ground' and 'Rear'
	Hands/Arms	Grouping of fingers, 4 th , 5 th
	Basic Movements	Spring points, Open Pas de Basque in all positions & in which steps they would be danced, Shake for Fling, Backsteps
	Dances	Fling (6), Sword (2&1)
Grade 3 <i>All previous knowledge as well.</i>	General Technique	Placing of the working foot on the ball & amount of weight taken, Placing of the supporting foot
	Positions of Feet	Describe the terms: Open, Closed & Aerial
	Hands/Arms	
	Basic Movements	Assemble, Disassemble, High Cutting, Outward Brush, Inward Brush, Shuffle, Shake for Seann Triubhas
	Dances	Sword (3&1), ST (4&2)
Grade 4	General Technique	
	Positions of Feet	All rear positions, 3 rd Crossed
	Hands/Arms	Describe the raising and lowering of the arms
	Basic Movements	Step, Pivot Turn, Change, Balance, Travelling Balance, Progressive Strathspey Movement, Progressive Reel Movement
	Dances	Fling (4) or Sword (2&1) and ST (4&2), Strathspey & HR (2&2)
Grade 5	General Technique	Introduction to Fling, Sword, ST & Strathspey
	Positions of Feet	The different methods of placing the Working Foot in the 5 basic positions
	Hands/Arms	The general rules for arm and head work in co-ordination with foot work
	Basic Movements	High Cut in front, Heel and Toe, Hop Brush Beat Beat, Shake Shake Down, Leap, Propelled Pivot Turn
	Dances	Fling (4) or Sword (2&1) and ST (4&2), Strathspey & Reel of Tulloch (2&4)