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Scottish Dance Teachers' Alliance
101 Park Road
GLASGOW
G4 9JE

Tel. 0141 339 8944

office@sdta.co.uk
www.sdta.co.uk

www.facebook.com/dancesdta

SCOTTISH DANCE TEACHERS' ALLIANCE

Professional Syllabus Highland & Scottish National Examinations

Index

Rules	Page 3
Highland Associate Examination	Page 5
Highland Member Examination	Page 7
Scottish National Associate Examination	Page 9
Scottish National Member Examination	Page 10
Fellowship Examination	Page 11

RULES

The Alliance is established for the following purposes:

- To further the interests of the art of Dancing in all its phases.
- To ensure that members are conversant with current accepted techniques and principles.
- To give counsel and/or advice to any members requiring aid in reference to their profession.

Highland - Candidates will be examined in the technique laid down by the Royal Scottish Official Board of Highland Dancing in its textbook 'Highland Dancing' but subject to any official additions or amendments subsequently made thereto since its publication. General deportment, and carriage of the head, body and arms, will be taken into consideration throughout the examinations.

1. The classes of membership are: **Associate, Member and Fellow**
2. The application form [Professional Examination Application – Scottish Dance Teachers' Alliance \(sdta.co.uk\)](http://sdta.co.uk) shall be properly completed and the examination fee paid via our website.
3. An applicant for membership must furnish satisfactory proof of personal integrity, good character and must satisfy the Examining Board as to their ability, but such examination may be dispensed with if it is considered unnecessary by the unanimous decision of the Executive Council.
4. It shall be the responsibility of the applicant to arrange for suitable music and swords, if required by the syllabus, at their examination.
5. Practice wear is acceptable although the wearing of a Kilt or Aboyne is preferred.
6. Associate: Applicants to the Highland Branch must be 16 years or over.
7. Member: An applicant for Membership must be 18 years of age or over and must: have had two years' teaching experience in the Branch for which the application is being made; or have held Associate status in that Branch and had two years' teaching experience.
8. Fellow: Applicants must have held the status of Member (Highland and Scottish National) for not less than three years. Applicants must be 21 years or over. Candidates will be examined on Highland, Scottish National, Irish Jig and Sailors' Hornpipe technique.

Scottish National - Candidates will be examined in the technique laid down in the textbook published by the Scottish Dance Teachers' Alliance on Scottish National Dances and the Sailors' Hornpipe and Irish Jig textbooks by the Royal Scottish Official Board of Highland Dancing.

1. Scottish National Associate - Applicants for an Associate in Scottish National must already hold Associate status in the Highland Branch.
2. Scottish National Membership - Applicants for a Member in Scottish National must already hold Member status in the Highland Branch.
3. Fellow - Applicants for Fellow must hold Member status in Highland and Scottish National.

NOTE: *In the rules –*

When commenced with a small “m”, the word member refers to one who holds any status within the SDTA but when commenced with a capital “M”, it refers specifically to the status of Member.

HIGHLAND ASSOCIATE

SECTION 1 – TECHNIQUE

A – Basic Positions

Candidates will be required to demonstrate and describe the following:

1. Positions of the feet.
2. Positions of the arms and grouping of the fingers.
3. Positions of the head.

B – Basic Movements

Candidates will be required to demonstrate, describe and count the following:

Bow (for introduction); Hop; Spring, Step; Assemble, Disassemble, Change; Leap, Entrechat, Brush (Inwards & Outward), Shake (for Highland Fling and Seann Triubhas), Low Cutting (for Highland Fling), Pas de Basque, Open Pas de Basque, High Cut, High Cut in Front, Balance, Travelling Balance, Rock, Round-the-Leg, Round-the-Leg (Single & Double), Shedding, Toe-and-Heel, Heel-and Toe, Back-Stepping, Shuffle, Spring Point, Pivot Turn, Hop-Brush-Beat-Beat, Shake-Shake-Down, Propelled Pivot Turn, Progressive Strathspey Movement, Progressive Reel Movement.

C - Basic Steps

Candidates will be required to demonstrate, describe and count the following:

Highland Fling – The Introduction, 1st - First Shedding, 2nd - First Back-Stepping, 3rd - Toe-and-Heel, 4th - Rocking, 6th - Cross-Over, 7th - Double Shake and Rock, 8th - Last Shedding, and the Finish.

Sword Dance – The Introduction, 1st – Addressing the Swords, 2nd - Open Pas de Basque, 3rd - Toe-and-Heel, 4th - Pointing, 7th - Open Pas de Basque Quick Step, 8th - Crossing and Pointing Quick Step, and the Finish.

Seann Triubhas – The Introduction, 1st – Brushing, 2nd – Side Travel, 3rd – Diagonal Travel, 4th – Backward Travel, 5th – Traveling Balance, 8th – Leap and Shedding, 9th – Entrechat and Shedding, 11th – Side Heel-and-Toe, 13th – Shedding and Back-Step, 14th – Toe-and-Heel and Rock, 15th – Pointing and Back-Stepping, 16th – Heel-and-Toe and Shedding, 17th – Heel-and-Toe-Shedding and Back-Stepping, Preparation for the Finish – Method 1, 2 & 3, Entrechat Ending – Method 1&2 and the Finish.

Strathspey – The Introduction, The Figure of Eight – also ability to demonstrate and describe how the following Highland Fling steps are adapted for Setting in this dance; 2nd – First Back-Stepping, 3rd – Toe-and-Heel, 4th – Rocking, 6th – Cross-Over.

Highland Reel – The Figure of Eight and the Finish.

Basic Reel Steps – 1st – Pas de Basques (from Strathspey and Reel of Tulloch), 2nd – Shake and Travel, 3rd – Balance and Pas de Basques, 5th – High Cuts and Spring Points, 6th – Balance and Round-the-Leg, Last Step – High Cutting.

NOTE: *Unless specified, where there is more than one recognised method of executing any of the above Basic Steps, Introductions or Finishes, the candidate will be required to demonstrate and describe one method only.*

SECTION 2 – MUSICAL KNOWLEDGE

Candidates will be required to count and clap in Single Beat Rhythm, Perfect Half Beat Rhythm and both types of Imperfect Half Beat Rhythm and demonstrate the application of those rhythms to counting of steps in Highland Dancing.

SECTIONS 3 – DANCES

Candidates will be required to give practical demonstrations of the following Highland Dances:

Highland Fling – 4 steps

Sword Dance – 2 slow steps and 1 quick step

Seann Triubhas – 3 slow steps and 1 quick steps

Strathspey and Highland Reel – 2 parts Strathspey and 2 parts Highland Reel

Duration of examination: 1.25 hours

HIGHLAND MEMBER

Questions on teaching methods will be set throughout the examination.

SECTION 1 - TECHNIQUE

A - Basic Positions

As for Highland Associate.

B - Basic Movements

As for Highland Associate.

C - Basic Steps

Candidates will be required to demonstrate, describe and count the following:

As for Highland Associate, **plus** the following:

Highland Fling – 4th Alt. – Shake and Turn, 5th & Alt. Method – Second Back-Stepping, 6th Alt. Methods 1st, 2nd, 3rd, 4th & 5th – Cross-Over, 8th Alt Method – Last Shedding.

Sword Dance – 5th – Diagonal Points, 6th – Reverse Points.

Seann Triubhas – 6th – Leap and High Cut, 7th – Entrechat and High Cut, 10th – High Cut In Front and Balance, 12th – Double High Cutting, 17th – Heel-and-Toe, Shedding and Back-Stepping, 18th – Back-Stepping, Entrechat Ending – Method 3,4,5 & 6.

Strathspey – Candidates should know which Highland Fling steps are used for setting and should be able to demonstrate and describe how they are adapted to this purpose.

Basic Reel Steps – 4th – Brushing, 7th – Back-Step and Travel, 8th – Assemble and Travel, 9th – High Cut In Front and Balance, 10th – Shuffle.

Reel of Tulloch – Candidates should be able to describe the figuration of this dance and how it is commenced (a) when preceded by the Strathspey and (b) when performed as a separate dance. They should also know the 1st – Pas de Basques and Last Setting Steps and the Finish.

NOTE: *The candidate must have a knowledge of alternative methods.*

SECTION 2 – MUSICAL KNOWLEDGE

Theory – Candidates should have a knowledge of the rudiments of music and should fully understand the following musical terms:

Beat, Bar, Time, Tempo, Rhythm and Time Signature. They should also have an elementary knowledge of staff notation.

Rhythm – Candidates should be able to explain and apply the following standard rhythms used when counting movements and steps in Highland dancing, also counting in beats and bars.

- (a) Single beat rhythm.
- (b) Perfect half beat rhythm.
- (c) Imperfect half beat rhythm (two types)
- (d) Quadruple or quarter beat rhythm.

SECTION 3 - DANCES

Candidates will be required to give a practical demonstration of the following Highland Dances. These may be demonstrated step by step.

Highland Fling – 4 steps

Sword Dance – 2 slow steps and 1 quick step

Seann Triubhas – 3 slow steps and 1 quick step

Strathspey & Reel of Tulloch – 2 parts Strathspey and 4 parts Reel of Tulloch

Duration of examination: 1.5 hours

SCOTTISH NATIONAL ASSOCIATE

SECTION 1 – TECHNIQUE

A - Basic Positions

Candidates will be required to demonstrate and describe:

Positions of the feet, arms and arm actions as used in Sailors' Hornpipe and Irish Jig.

B - Basic Movements

Candidates will be required to demonstrate, describe and count:

Holding the skirt, Curtsey, Bouree Devant, Derriere and under, Retire Skip, Entrechat, Hop and Travel, High Cut in Front and Travel, Plie and Turn, Pas de Basque Derriere, Seven Step Side Travel, Lateral Coupes, Ronde, Skip Change of Step, Syncopated Hop, Brush to 2nd aerial, Pas de Valse, Développé

Sailors' Hornpipe: Jump, Disassemble, Full Knee Bend, Heel Tap, Heel Dig, Shuffle, Ball-Change, Shuffle Over the Buckle, Hoisting Slacks.

Irish Jig: Step, Hop, Spring, Jump, Disassemble, Stamp, Tap Spring, Tap Step, Toe Tap, Heel Tap, Heel Beat, Heel Dig, Heel Change, Ball Change, Ball Dig, Change.

Sailors Hornpipe and Irish Jig Breaks.

C - Basic Steps

Candidates will be required to demonstrate, describe and count:

Flora MacDonald's Fancy	Intro and Steps	1 st	2 nd	5 th	6 th
Scottish Lilt	Intro and Steps	1 st	2 nd	6 th	8 th
Highland Laddie	Intro and Steps	1 st	3 rd	4 th	6 th
WTG to Barracks Johnnie	Intro and Steps	1 st	3 rd	5 th	8 th

SECTION 2 – MUSICAL KNOWLEDGE

Candidates will be required to count and clap half beat and triple beat rhythm and demonstrate the application of those rhythms to counting of steps in Scottish National Dances, Sailor's Hornpipe and Irish Jig.

SECTION 3 – DANCES

Candidates will be required to give a practical demonstration of four (4) steps from Flora MacDonald's Fancy, Scottish Lilt, Highland Laddie, WTG to Barracks Johnnie.

Duration of examination: 1.25

SCOTTISH NATIONAL MEMBER

Questions on teaching methods will be asked throughout examination.

SECTION 1 – TECHNIQUE

A - Basic Positions

As for Scottish National Associate

B - Basic Movements

Candidates will be required to demonstrate, describe and count **all** basic movements used in Scottish National dances.

Sailor's Hornpipe:

As for Scottish National Associate **plus** Scissors, Heel Roll, Crab Walk, Forward Crab Walk, Rocking, Low Cutting and Look-Out.

Irish Jig:

As for Scottish National Associate **plus** Flap, Slap, Drop, Heel Clicks, Clip Heels, 4 Beat Grinds "A" and "B", 3 Beat Grind "C", Skips, Shake, Cramp Roll, Hitch Kick, Spring Kick, Shuffle.

Introductions for Sailor's Hornpipe and Irish Jig

C - Basic Steps

Candidates will be required to demonstrate, describe and count steps for Scottish National Associate **plus**:

Flora Macdonald's Fancy	Intro and Steps	1 st	3 rd	4 th	6 th
Scottish Lilt	Intro and Steps	1 st	3 rd	5 th	8 th
Highland Laddie	Intro and Steps	1 st	2 nd	5 th	6 th
WTG to Barracks Johnnie	Intro and Steps	1 st	2 nd	4 th	8 th
Blue Bonnets	Intro and Steps	1 st	2 nd	5 th	6 th
Scotch Measure	Intro and Steps	1 st	2 nd	5 th	6 th
Village Maid	Intro and Steps	1 st	2 nd	5 th	6 th
Earl of Errol	Intro and Steps	1 st	2 nd	3 rd	6 th
Sailor's Hornpipe	Intro and Steps	1 st	2 nd	9 th	12 th
Irish Jig	Intro and Steps	1 st	2 nd	5 th	6 th

SECTION 2 – MUSICAL KNOWLEDGE

Candidates should have a knowledge of various rhythms used in the dances listed and should show the ability to count in Beats and Bars.

SECTION 3 – DANCES

Candidates will be required to give a practical demonstration of four steps from four of the dances listed. The Examiner will select the required dances.

Duration of examination: 1.5 hours

FELLOWSHIP

The Fellowship examination will be conducted by two Examiners.

SECTION 1 – TECHNIQUE

As for Member Highland Examination plus candidates will be expected to have a deeper knowledge of technique in parts A and B and, furthermore, candidates should be able to demonstrate and describe any recognised alternative method or methods of executing any Basic Step, Introduction or Finish included in part C.

This section will also cover all dances in the SDTA Scottish National book, the Sailors' Hornpipe and the Irish Jig.
Dusty Miller and Cakewalk will not be included.

SECTION 2 – MUSICAL KNOWLEDGE

As for Member Highland.

SECTION 3 – DANCES

This section will not be taken separately. The candidate's dancing ability will be taken into consideration when demonstrating the work in Section 1.

Duration of examination: 2.5 hours