

Highland Fling 4 steps

1st Shedding

Starting with RF, execute one shedding,
Change to LF repeat, change to RF repeat,
Change to LF and do a Fling Turn to the right
2nd half of step is repeated starting with the LF

2nd Toe and Heel

Starting with RF, execute one shedding
Change to LF and do 4 toe & heels changing feet
each time. Change to LF and do a Fling Turn to
the right.
2nd half of step is repeated starting with LF

3rd Cross Over Hop Toe

Starting with RF, execute one shedding
Stay with RF and point toe to the side, then hop
and take it behind, spring and change feet taking
LF to the back then hop again and point the LF
in the front (3rd position)
Repeat 3 times, starting LF then RF then LF

4th Last step – 3 Shedding

Starting with RF execute 3 shedding

Change to LF and do a Highland Fling turn
Repeat starting with LF and turn
Bow to finish

Sword Dance