

Dances	Individual steps	Comments (if any)	Start at	Video links
Pas de Basques	Pas de Basques		00:55	https://youtu.be/O1wtvLyaasA?t=55
Pas de Basques & High Cuts	Pas de Basques and High Cuts		00:08	https://youtu.be/nHpUfPmXogs?t=8
Highland Fling	First step: Shedding		00:40	https://youtu.be/dl0qyLLo48M?t=40
Highland Fling	Second step: First back-stepping		00:57	https://youtu.be/dl0qyLLo48M?t=57
Highland Fling	Third step: Toe-and-heel		00:39	https://youtu.be/xGq8fLHSumU?t=39
Highland Fling	Fourth step: Rocking	all except middle dancer	00:45	https://youtu.be/xZnED0YzE0?t=45
Highland Fling	Alternative Fourth step: Shake and Turn		01:23	https://youtu.be/YbNOFRw14?t=83
Highland Fling	Fifth step: Second back-stepping		01:32	https://youtu.be/dl0qyLLo48M?t=92
Highland Fling	Alternative fifth step: Second back-stepping		00:31	https://youtu.be/iU_zrB5x8c?t=31
Highland Fling	Sixth step: Cross-over		00:57	https://youtu.be/xGq8fLHSumU?t=57
Highland Fling	1st Alternative Sixth step: Cross-over		01:50	https://youtu.be/dl0qyLLo48M?t=110
Highland Fling	2nd Alternative Sixth step: Cross-over with pause			To be completed
Highland Fling	3rd Alternative Sixth step: Cross-over with shake	left dancer no 754	00:48	https://youtu.be/y1eNvMGKQRE?t=48
Highland Fling	4th Alternative Sixth step: Cross-over with low cut		00:40	https://youtu.be/o-601aDeVDg?t=40
Highland Fling	5th Alternative Sixth step: Cross-over with shake and low cut		01:01	https://youtu.be/n0yLuR-HYg?t=61
Highland Fling	Seventh step: Double shake and rock		01:14	https://youtu.be/xGq8fLHSumU?t=74
Highland Fling	Eighth step: Last shedding		01:41	https://youtu.be/YbNOFRw14?t=101
Highland Fling	Alternative Eighth step: Last shedding		02:07	https://youtu.be/dl0qyLLo48M?t=127
Sword Dance	First step: Addressing the swords		00:14	https://youtu.be/-i04IH2EBWE?t=14
Sword Dance	Second step: Open pas de basque		00:41	https://youtu.be/owu9OuW-1i0?t=41
Sword Dance	Third step: Toe-and-heel		01:29	https://youtu.be/NDFUQj69p4s?t=29
Sword Dance	Fourth step: Pointing		01:18	https://youtu.be/owu9OuW-1i0?t=78
Sword Dance	Fifth step: Diagonal points		00:51	https://youtu.be/-i04IH2EBWE?t=51
Sword Dance	Sixth step: Reverse points		01:30	https://youtu.be/0YIAce0FmY?t=90
Sword Dance	Seventh step: Open pas de basque quick-step		01:26	https://youtu.be/-i04IH2EBWE?t=86
Sword Dance	Eighth step: Crossing and pointing quick-step		01:57	https://youtu.be/-i04IH2EBWE?t=117
Seann Triubhas	First step: Brushing		00:14	https://youtu.be/Xe8-dL1fkE?t=14
Seann Triubhas	Alternative first step: Brushing		00:19	https://youtu.be/9cje4fxEseA?t=19
Seann Triubhas	Second step: Side travel		00:34	https://youtu.be/Xe8-dL1fkE?t=34
Seann Triubhas	Third step: Diagonal travel		00:56	https://youtu.be/30YV_wiNj4?t=56
Seann Triubhas	Alternative Third step: Diagonal travel			To be completed
Seann Triubhas	Fourth step: Backward travel	right dancer no 179	00:56	https://youtu.be/9cje4fxEseA?t=56
Seann Triubhas	Alternative Fourth step: Backward travel			To be completed
Seann Triubhas	Fifth step: Travelling balance		01:07	https://youtu.be/ykI4OWrwzNo?t=67
Seann Triubhas	Sixth step: Leap and high cut		01:03	https://youtu.be/SdghIPunDM8?t=63
Seann Triubhas	Seventh step: Entrechat and High Cut		00:58	https://youtu.be/6rwuXx6YH8?t=58
Seann Triubhas	Eighth step: Leap and Shedding		01:16	https://youtu.be/uyBkTjHXy?t=76
Seann Triubhas	Ninth step: entrechat and Shedding		01:13	https://youtu.be/woXddpReD78?t=73
Seann Triubhas	Tenth step: High cut in front and balance		01:00	https://youtu.be/gat318zeJuU?t=60
Seann Triubhas	Alternative Tenth step: High cut in front and balance		00:55	https://youtu.be/uyBkTjHXy?si=f9QrTtqtkwLuWA
Seann Triubhas	Eleventh step: Side heel-and-toe		01:11	https://youtu.be/nl8M5hD6R0?t=71
Seann Triubhas	Twelfth step: Double high cutting		01:15	https://youtu.be/Xe8-dL1fkE?t=75
Seann Triubhas	Thirteenth step: Shedding with back-step		01:45	https://youtu.be/F0WpbS6G0s?t=105
Seann Triubhas	Fourteenth step: Toe-and-heel and rock	left dancer no 178	01:15	https://youtu.be/9cje4fxEseA?t=75
Seann Triubhas	Fifteenth step: Pointing and back-stepping		01:41	https://youtu.be/gat318zeJuU?t=101
Seann Triubhas	Sixteenth step: Heel-and-toe and shedding	right dancer no 179	01:15	https://youtu.be/9cje4fxEseA?t=75
Seann Triubhas	Seventeenth step: Heel-and-toe, shedding and back-stepping		01:57	https://youtu.be/uyBkTjHXy?t=117
Seann Triubhas	Eighteenth step: Back-Stepping		01:36	https://youtu.be/uyBkTjHXy?t=96
Strathspey: Figure of eight	First/second step: figure of eight		00:09	https://youtu.be/dev208iSkic?t=9
Highland Reel: Figure of eight	First/second step: figure of eight		01:25	https://youtu.be/ZINRu3FYjg?t=85
Reel of Tulloch	Propelled Pivot turn		01:25	https://youtu.be/ITksNtrPak?t=85
Basic Reel Steps	First step: Pas de basque		00:24	https://youtu.be/dev208iSkic?t=80
Basic Reel Steps	Second step: Shake and travel		00:24	https://youtu.be/K070pVpVtRg?t=24
Basic Reel Steps	Third step: Balance and pas de basque		00:42	https://youtu.be/K070pVpVtRg?t=42
Basic Reel Steps	Fourth step: Brushing		02:29	https://youtu.be/WSaoE6ETUg?t=149
Basic Reel Steps	Fifth step: High cuts and spring points		01:01	https://youtu.be/K070pVpVtRg?t=61
Basic Reel Steps	Sixth step: Balance and round-the-leg		02:06	https://youtu.be/PHiV4GIV20?t=126
Basic Reel Steps	Seventh step: Back-step and travel		01:26	https://youtu.be/ikw9vhtNf5k?t=86
Basic Reel Steps	Eighth step: Assemble and travel		01:57	https://youtu.be/K070pVpVtRg?t=117
Basic Reel Steps	Ninth step: High cut in front and balance		01:19	https://youtu.be/K070pVpVtRg?t=79
Basic Reel Steps	Tenth step: Shuffle		00:47	https://youtu.be/ikw9vhtNf5k?t=47
Basic Reel Steps	Last step: High cutting		02:16	https://youtu.be/K070pVpVtRg?t=136
Scottish Lilt	First step: Circle		00:04	https://youtu.be/kboDgr3ir2i?t=4
Scottish Lilt	Second step: Balance		00:18	https://youtu.be/kboDgr3ir2i?t=18
Scottish Lilt	Third step: Assemble		00:46	https://youtu.be/kboDgr3ir2i?t=46
Scottish Lilt	Fourth step: Pas de basque		00:39	https://youtu.be/kGyKladd0qW?t=39
Scottish Lilt	Fifth step: Forward travel		00:32	https://youtu.be/kboDgr3ir2i?t=32
Scottish Lilt	Sixth step: Rocking	Dancer on the left	01:06	https://youtu.be/xpZkRCAsQ4?t=66
Scottish Lilt	Seventh step: Brushing		01:01	https://youtu.be/kboDgr3ir2i?t=61
Scottish Lilt	Eighth step: Round-the-leg		01:15	https://youtu.be/kboDgr3ir2i?t=75
Flora MacDonald's Fancy	First step: Hop-brush-beat-beat		00:10	https://youtu.be/h9-WCuXWHh4?t=10
Flora MacDonald's Fancy	Second step: Hop and travel		00:30	https://youtu.be/h9-WCuXWHh4?t=30
Flora MacDonald's Fancy	Third step: Diagonal travel		00:50	https://youtu.be/h9-WCuXWHh4?t=50
Flora MacDonald's Fancy	Fourth step: Back-step and travel		01:09	https://youtu.be/h9-WCuXWHh4?t=69
Flora MacDonald's Fancy	Fifth step: Pas de basque		01:29	https://youtu.be/h9-WCuXWHh4?t=89
Flora MacDonald's Fancy	Sixth step: Syncopated hop		01:48	https://youtu.be/h9-WCuXWHh4?t=108
Blue Bonnets	First step: Skip change		00:07	https://youtu.be/JZEseBwhxYE?t=7
Blue Bonnets	Second step: Retire skip		00:28	https://youtu.be/JZEseBwhxYE?t=28
Blue Bonnets	Third step: Assemble and travel		00:49	https://youtu.be/JZEseBwhxYE?t=49
Blue Bonnets	Fourth step: Diagonal travel		01:10	https://youtu.be/JZEseBwhxYE?t=70
Blue Bonnets	Fifth step: High cut in front		01:31	https://youtu.be/JZEseBwhxYE?t=91
Blue Bonnets	Sixth step: Assemble disassemble		01:51	https://youtu.be/JZEseBwhxYE?t=111
Scotch Measure	First/last step: Hop and travel		00:09	https://youtu.be/79j9ule9m-Y?t=9
Scotch Measure	Second step: Brush/assemble		00:27	https://youtu.be/79j9ule9m-Y?t=27
Scotch Measure	Third step: Plie and turn		00:45	https://youtu.be/79j9ule9m-Y?t=45
Scotch Measure	Fourth step: Skip change of step		01:03	https://youtu.be/79j9ule9m-Y?t=63
Scotch Measure	Fifth step: Pas de basque		01:21	https://youtu.be/79j9ule9m-Y?t=81
The Earl of Errol	First step: Circle and point		00:10	https://youtu.be/6VyyGZGerl4?t=10
The Earl of Errol	Second step: Double treble		00:34	https://youtu.be/6VyyGZGerl4?t=34
The Earl of Errol	Third step: Hop and travel		00:59	https://youtu.be/6VyyGZGerl4?t=59
The Earl of Errol	Fourth step: Balance		01:24	https://youtu.be/6VyyGZGerl4?t=84
The Earl of Errol	Fifth step: Double treble turning		01:48	https://youtu.be/6VyyGZGerl4?t=108
The Earl of Errol	Sixth step: Single treble		02:13	https://youtu.be/6VyyGZGerl4?t=133
The Village Maid	First step: Hop and travel		00:09	https://youtu.be/Jau7ttBWsDA?t=9
The Village Maid	Second step: Russian bourree		00:30	https://youtu.be/Jau7ttBWsDA?t=30
The Village Maid	Third step: Second hop and travel		00:51	https://youtu.be/Jau7ttBWsDA?t=51
The Village Maid	Fourth step: Hop and bourree		01:13	https://youtu.be/Jau7ttBWsDA?t=73
The Village Maid	Fifth step: Seven-step side travel		01:34	https://youtu.be/Jau7ttBWsDA?t=94
The Village Maid	Sixth step: Diamond		01:55	https://youtu.be/Jau7ttBWsDA?t=115

Barracks Johnnie	First step: Balance and travel		00:06	https://youtu.be/0c9M6D4PCVY?t=6
Barracks Johnnie	Second step: Pas de basque		00:24	https://youtu.be/0c9M6D4PCVY?t=24
Barracks Johnnie	Third step: Pointing and back-step		01:16	https://youtu.be/0c9M6D4PCVY?t=76
Barracks Johnnie	Fourth step: Assemble and change		00:41	https://youtu.be/0c9M6D4PCVY?t=41
Barracks Johnnie	Fifth step: High cut action/Diagonal extension		00:59	https://youtu.be/0c9M6D4PCVY?t=59
Barracks Johnnie	Sixth step: Circling	dancer with red jacket	00:58	https://youtu.be/f43pEg8XjI?t=58
Barracks Johnnie	Seventh step: Reverse shedding		01:14	https://youtu.be/F681bbGn_FU?t=74
Barracks Johnnie	Eighth step: Turning		01:34	https://youtu.be/0c9M6D4PCVY?t=94
Highland Laddie	First step: Half turn, high cut in front		00:01	https://youtu.be/YiuZGk1G15U?t=1
Highland Laddie	Second step: Point and extend		00:21	https://youtu.be/YiuZGk1G15U?t=21
Highland Laddie	Third step: Shuffles		00:40	https://youtu.be/YiuZGk1G15U?t=40
Highland Laddie	Fourth step: Heel toe travel		01:00	https://youtu.be/YiuZGk1G15U?t=60
Highland Laddie	Fifth step: Brush and travel		01:19	https://youtu.be/YiuZGk1G15U?t=79
Highland Laddie	Sixth step: Balance and round-the-leg		01:39	https://youtu.be/YiuZGk1G15U?t=99
Sailors' Hornpipe	First step: Circle		00:10	https://youtu.be/W-hFeA5aSI?t=10
Sailors' Hornpipe	Second step: Shuffle over the buckle		00:30	https://youtu.be/Sbe9Wm-mKvC?t=30
Sailors' Hornpipe	Third step: Diagonal travel		00:29	https://youtu.be/W-hFeA5aSI?t=29
Sailors' Hornpipe	Fourth step: Farewell		01:08	https://youtu.be/W-hFeA5aSI?t=68
Sailors' Hornpipe	Fifth step: Scissors or sailors' buckle	dancer on the right (19)	01:33	https://youtu.be/2Kn1zAN2wHQ?t=93
Sailors' Hornpipe	Sixth step: Gathering in	dancer in the middle (white outfit)	01:12	https://youtu.be/2Kn1zAN2wHQ?t=72
Sailors' Hornpipe	Seventh step: Look out		00:49	https://youtu.be/W-hFeA5aSI?t=49
Sailors' Hornpipe	Eighth step: Crab walk	dancer on the right	00:50	https://youtu.be/c_vN1kbJH0?t=50
Sailors' Hornpipe	Ninth step: Heel pull	middle & right	00:39	https://youtu.be/W-hFeA5aSI?t=39
Sailors' Hornpipe	Tenth step: Pumping	middle dancer	00:59	https://youtu.be/Lb8YPD7QE0U?t=59
Sailors' Hornpipe	Eleventh step: Low cutting		00:30	https://youtu.be/c_vN1kbJH0?t=30
Sailors' Hornpipe	Twelfth step: Rocking		00:51	https://youtu.be/Sbe9Wm-mKvC?t=51
Sailors' Hornpipe	Thirteenth step: Inverted toe		01:27	https://youtu.be/W-hFeA5aSI?t=87
Sailors' Hornpipe	Fourteenth step: Run and cable haul		01:10	https://youtu.be/3nykYm-9QOQ?t=70
Sailors' Hornpipe	Fifteenth step: Forward crab walk		01:21	https://youtu.be/DsCXTf-dw?t=81
Sailors' Hornpipe	Sixteenth step: High cutting		01:47	https://youtu.be/W-hFeA5aSI?t=107
Irish Jig	First step: Circle		00:13	https://youtu.be/93HQyXdxSI?t=13
Irish Jig	Second step: Shuffling		00:29	https://youtu.be/93HQyXdxSI?t=29
Irish Jig	Third step: Break step	dancer no 045	00:47	https://youtu.be/22lFp_0Alvg?t=47
Irish Jig	Fourth step: Chase or de'il on the run		01:00	https://youtu.be/93HQyXdxSI?t=60
Irish Jig	Fifth step: Flap	dancer no 044	00:30	https://youtu.be/22lFp_0Alvg?t=30
Irish Jig	Sixth step: Diagonal travel	left dancer (green outfit)	00:40	https://youtu.be/pNGRumRpsUw?t=40
Irish Jig	Seventh step: Donnybrook	left & right dancers (288 & 292)	00:48	https://youtu.be/xt4ltzsrw?t=48
Irish Jig	Eighth step: Cross and clip-heels		01:32	https://youtu.be/93HQyXdxSI?t=92
Irish Jig	Ninth step: Diagonal roll	right dancer no 14	01:12	https://youtu.be/hBo1GQ8edwY?t=72
Irish Jig	Tenth step: Four beat side run		00:44	https://youtu.be/93HQyXdxSI?t=44
Irish Jig	Eleventh step: Second diagonal travel	left dancer no 496	00:26	https://youtu.be/W-hFeA5aSI?t=26
Irish Jig	First finishing step: Toe tap		01:16	https://youtu.be/93HQyXdxSI?t=76
Irish Jig	Second finishing step: Triple shuffle	dancer no 044	01:21	https://youtu.be/22lFp_0Alvg?t=81
Irish Jig	Third finishing step: Heel travel	dancers no 042 & 043	01:37	https://youtu.be/22lFp_0Alvg?t=97
The Cake Walk	First step		00:17	https://youtu.be/mNRmS70NpU?t=17
The Cake Walk	Second step		00:35	https://youtu.be/1E2Juhw1ED0?t=35
The Cake Walk	Third step		00:50	https://youtu.be/mNRmS70NpU?t=50
The Cake Walk	Fourth step		00:58	https://youtu.be/oJRuEP8QnSw?t=58
The Cake Walk	Fifth step		00:51	https://youtu.be/1E2Juhw1ED0?t=51
The Cake Walk	Sixth step		01:41	https://youtu.be/mNRmS70NpU?t=101
The Cake Walk	Seventh step			To be completed
The Cake Walk	Eighth step		01:07	https://youtu.be/1E2Juhw1ED0?t=67
The Cake Walk	Ninth step		01:24	https://youtu.be/1E2Juhw1ED0?t=84
Hebridean Laddie	First step		00:06	https://youtu.be/u6WMCn4yW7Y?t=6
Hebridean Laddie	Second step: Assemble step close		00:44	https://youtu.be/GHh3G5DTJl0?t=44
Hebridean Laddie	Third step: Hop point beat beat		01:47	https://youtu.be/Cj_ooQ0U0GQ?t=107
Hebridean Laddie	Fourth step: Side travel		00:44	https://youtu.be/u6WMCn4yW7Y?t=44
Hebridean Laddie	Fifth step: Diagonal travel		01:29	https://youtu.be/Cj_ooQ0U0GQ?t=89
Hebridean Laddie	Sixth step: Ronde	middle dancer	01:42	https://youtu.be/GHh3G5DTJl0?t=102
Hebridean Laddie	Seventh step: Heel beat		01:08	https://youtu.be/Cj_ooQ0U0GQ?t=68
Hebridean Laddie	Eighth step		01:04	https://youtu.be/u6WMCn4yW7Y?t=64
Flower of Edinburgh	First step		00:00	https://youtu.be/FMlvuXCoBmk?t=0
Flower of Edinburgh	Second step		00:21	https://youtu.be/FMlvuXCoBmk?t=21
Flower of Edinburgh	Third step		00:43	https://youtu.be/FMlvuXCoBmk?t=43
Flower of Edinburgh	Fourth step		01:04	https://youtu.be/FMlvuXCoBmk?t=64
Flower of Edinburgh	Fifth step		01:25	https://youtu.be/FMlvuXCoBmk?t=85
Flower of Edinburgh	Sixth step		01:46	https://youtu.be/FMlvuXCoBmk?t=106
Over the Water to Charlie	First step		00:00	https://youtu.be/IOZqR5DTSCQ?t=0
Over the Water to Charlie	Second step		00:18	https://youtu.be/IOZqR5DTSCQ?t=18
Over the Water to Charlie	Third step		00:36	https://youtu.be/IOZqR5DTSCQ?t=36
Over the Water to Charlie	Fourth step		00:54	https://youtu.be/IOZqR5DTSCQ?t=54
Over the Water to Charlie	Fifth step		01:12	https://youtu.be/IOZqR5DTSCQ?t=72
Over the Water to Charlie	Sixth step		01:30	https://youtu.be/IOZqR5DTSCQ?t=90
Tulloch Gorum	First step		00:11	https://youtu.be/75rEqZqaNlg?t=11
Tulloch Gorum	Second step		00:27	https://youtu.be/75rEqZqaNlg?t=27
Tulloch Gorum	Third step		00:35	https://youtu.be/GSp7XT3kRrY?t=35
Tulloch Gorum	Fourth step		00:44	https://youtu.be/75rEqZqaNlg?t=44
Tulloch Gorum	Fifth step		01:00	https://youtu.be/75rEqZqaNlg?t=60
Tulloch Gorum	Sixth step			To be completed
A Tribute to J.L. McKenzie	First step		00:09	https://youtu.be/km4TUPVLi2k?t=9
A Tribute to J.L. McKenzie	Second step: Pas de basque/balance		00:28	https://youtu.be/km4TUPVLi2k?t=28
A Tribute to J.L. McKenzie	Third step: Assemble/change		00:04	https://youtu.be/km4TUPVLi2k?t=4
A Tribute to J.L. McKenzie	Fourth step: Diagonal travel		01:05	https://youtu.be/km4TUPVLi2k?t=65
A Tribute to J.L. McKenzie	Fifth step: Side travel		01:23	https://youtu.be/km4TUPVLi2k?t=83
A Tribute to J.L. McKenzie	Last step		01:42	https://youtu.be/km4TUPVLi2k?t=102
The Dusty Miller	First step		00:06	https://youtu.be/IEUV7N_hbr4?t=6
The Dusty Miller	Second step: Break step		00:17	https://youtu.be/IEUV7N_hbr4?t=17
The Dusty Miller	Third step: Shedding		00:28	https://youtu.be/IEUV7N_hbr4?t=28
The Dusty Miller	Fourth step: Diagonal travel		00:39	https://youtu.be/IEUV7N_hbr4?t=39
The Dusty Miller	Fifth step: Reverse shedding		00:50	https://youtu.be/IEUV7N_hbr4?t=50
The Dusty Miller	Last step		01:02	https://youtu.be/IEUV7N_hbr4?t=62
Lochaber Sword	First step		00:09	https://youtu.be/ng9puCLsX6c?t=9
Lochaber Sword	Second step	2nd and 3rd step are mixed by 1/4	00:45	https://youtu.be/80bNgqxbANE?t=45
Lochaber Sword	Third step	2nd and 3rd step are mixed by 1/4	00:54	https://youtu.be/ng9puCLsX6c?t=54
Lochaber Sword	Quick step		01:20	https://youtu.be/ng9puCLsX6c?t=80