

HOW TO DO THE HIGHLAND SCOTTISCHE



STEP 1:
START WITH BOTH FEET ON THE GROUND.



STEP 2:
START HOPPING ON YOUR LEFT FOOT.
POINT YOUR RIGHT FOOT OUT TO THE RIGHT.
TOUCH YOUR RIGHT BIG TOE TO THE GROUND,
THEN BRING THAT LEG UP.



STEP 3:
KEEP HOPPING ON YOUR LEFT FOOT.
BRING YOUR RIGHT FOOT, WITH YOUR TOE
POINTING DOWN, BEHIND YOUR LEFT CALF.



STEP 4:
KEEP HOPPING ON YOUR LEFT FOOT.
BRING YOUR RIGHT FOOT BACK DOWN AND
TOUCH YOUR RIGHT TOE TO THE GROUND AGAIN.



STEP 5:
KEEP HOPPING ON YOUR LEFT FOOT.
BRING YOUR RIGHT FOOT BACK UP AND
PUT IT IN FRONT OF YOUR LEFT SHIN.



STEP 6:
BRING YOUR RIGHT FOOT BACK DOWN.
REPEAT STEPS 1 - 5 BUT SWITCH FEET.