

## 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.