

MOUNTAIN WEST HIGHLAND DANCE COMPETITION
NOV 7, 2026
VENUE: LEGACY PREPARATORY ACADEMY
1228 W. 2185 S. WOODS CROSS, UT 84087
SCOTDANCE USNW 0302
Judge– Emma Trentman, Albuquerque, NM
Registration 8:45 am - Dancing 9:30 am-Primary and Beginner
Registration 12:15 pm - Dancing 1:00 pm - Choreography
Registration 12:30 pm Dancing 1:30 pm– Novice-Int-Prem

The dance competition will be governed by the rules and regulations of the RSOBHD.

1. Advance registration is necessary. Dancers must enter by Oct 25, 2026.
2. No refunds of entry fees will be given. No exceptions.
3. Each Dancer must present a valid 2026 RSOBHD registration card.
4. The decision of the judge is final.
5. No one other than the competition committee may communicate with the judge.
6. All age groups will be determined at the close of the entry.
7. Dancers will dance in inverse order of entry (first to enter is last to dance)
8. Dancers must remain in costume to receive awards.
9. An Aggregate trophy will be awarded in each Beginner, Novice, Intermediate and Premier age group if there are at least three dancers in that age group. No Aggregate trophy will be awarded in Primary.
10. Any protest must be submitted in writing to the competition organizer, properly signed and accompanied by a fee of $20. It must be made immediately following the competition. If the protest is sustained, the fee will be returned.
11. Music will be the Definitive Collection CD by Donald McPhee

# HIGHLAND DANCE COMPETITION DANCES

**PRIMARY DANCES**
**ENTRY FEE $20**
**MWHDA MEMBER $10**

#1 Pas de Basques (16)
#2 Pas de Basques & High Cuts
#3 Highland Fling (4 Step)
#4 Sword Dance (2&1)

**BEGINNER DANCES**
**ENTRY FEE $35**
**MWHDA MEMBER $25**

#5 Highland Fling (4 Step)
#6 Sword Dance (2&1)
#7 Seann Triubhas (3&1)
#8 Scottish Lilt (4Step)

**NOVICE DANCES**
**ENTRY FEE $40**
**MWHDA MEMBER $30**

#9 Highland Fling (4Step)
#10 Sword Dance (2&1)
#11 Seann Triubhas (3&1)
#12 Flora MacDonald (4 Step)

**INTERMEDIATE DANCES**
**ENTRY FEE $40**
**MWHDA MEMBER $30**

#13 Highland Fling (4 Step)
#14 Sword Dance (2&1)
#15 Seann Triubhas (3&1)
#16 Strathsey & Reel of Tulloch Step)

**PREMIER 7 & UNDER 12 DANCES**
**ENTRY FEE $40**
**MWHDA MEMBER $30**

#17 Highland Fling (4 Step)
#18 Sword Dance (2&1)
#19 Seann Triubhas (3&1)
#20 Highland Laddie (4 Step)

**PREMIER 12 & OVER DANCES**
**ENTRY FEE $40**
**MWHDA MEMBER $30**

#21 Highland Fling (6 Step)
#22 Sword Dance (3&1)
#23 Seann Triubhas (4&2)
#24 Highland Laddie (4

#25 PRE PREMIER CHOREOGRAPHY – SOLO EVENT – CELTIC THEMED – 1.5 MINUTE MAX $25 MWHDA MEMBER $15
#26 PREMIER CHOREOGRAPHY – SOLO EVENT – CELTIC THEMED – 2.0 MINUTE MAX $25- MWHDA MEMBER $15

## Solo Choreography Rules

Content should consist primarily of movements from Highland, National, Hornpipe or Jig books. Choreography may be classified as either:

**a.** Themed – defined as the main idea on which the dance is based
**b.** A dance that interprets the music with no theme.

$2.00 from each entry will go to ScotDance USA NW Region to help with Regional and National Championships.

**Dancer Registration**
**Online entry will open on Sep 15 at 11:59 pm (MDT) Mountain Daylight and will close on Oct 25 at 11:59 pm (MST)**

**Spectator Admission $10**

## The following information will be required on the online entry form.

Dancers Name_____
Address _____City _____State_____ Zip_____
Phone _____ E-Mail_____
Dancers Age on 11/07/26_____Date of birth _____
RSOBHD Registration number _____

Category _____ List dances if not doing all_____

Name of Parent if Dancer is under 18 years_____
Name of Dance Teacher_____

Contacts:
Heather Overright Heather.overright@gmail.com
Kelsey Deklerk cranehighlanddance@gmail.com

**Waiver**

In consideration of the acceptance of this entry, I hereby for myself, my heirs, executors and administrators waive and release the officers and directors of the Mountain West Highland Dance Association, The Legacy Preparatory Academy and their agents and/or representatives from all claims, damage, injuries or property damage and/or losses which may be suffered by me (or my child) during the Mountain West Highland Dance Competition on Nov 7, 2026. By submitting my entry for this competition. I also agree to abide by all rules set forth by the MWHDA Competition Committee and it's representative committees, and to follow the ScotDance USA Code of Ethics.

Signed _____Date_____
Parent or Guardian if dancer is under 18 years of age

For additional information or to join the MWHDA
See https://mwhighlanddance.com/membership-support