

# Follow the Highland Hustle Trail and dance your way to the finish line!



Grab a dice and counters to play!

**START**

**1** You Started Late... Do 16 Pas De Basque!

**3**

**4** Birdspotting! Plie and raise 30 seconds!

**6**

**7**

**14** Spot a Wild Haggis! Do 6 Leaps

**12** Deer! Side Lunge 10 Times to Space 19

**10**

**9** Ants! Cross Taps x 20

**15**

**17** Tripped on a molehill! Do 10 Toe & Heel

**19** Caught in Nettles! Do 8 Highcuts

**20**

**22** Climb a Mountain! Lunge Hold 10 Times

**30** Walk on Hot Sand! Do 10 Entrechat

**28**

**27** Feeling Happy! Freestyle 20 seconds!

**25**

**24** Hiding in Long Grass! Hold a Plank 30 seconds

**32** Play in Puddles! Do 30 Spring Points

**33** Disturb a Bees Nest! Do 10 Jump Jacks Back to Space 28!

**35**

**37** Nearly There Take a Bow!

**FINISH!**