

2011 - Championship Steps - 2011

JUVENILE

FLING

1st	Shedding
5th alt	2nd Back Stepping (high cut in front)
3rd**	Toe and Heel
6th alt**	Cross Over (with extension)
7th alt	Double Shake and Rock
8th	Last Shedding (2 turns)

SWORD

Intro	6 count bow (rise on 7, 8)
1st	Addressing the Swords
2nd	Open Pas de Basque
3rd**	Toe and Heel (4 sping pts. In 4th pos.)
8th	Crossing and Pointing (commence w/2 open PDB's to start)

9 and under finish 2nd step with alternate ending under

SEANN TRIUBHAS

Intro	Alt. Method (pivot 1/8th turn)
1st	Brushing
2nd	Side Travel
7th	High Cut in Front and Balance
8th**	Side Heel and Toe (2 shakes, 2 pivots)
12th**	Pointing and Back Stepping
13th	Heel, Toe and Shedding
Finish	Method 2 (2 leaps)

STRATHSPEY AND HIGHLAND REEL

Intro	Basic
Ending	1st alt. Method (extend to 2nd with hop)
2nd	Back Stepping
4th	Rocking (2 rocks and round the leg)

Highland Reel

Ending	Assemble Change
8th	Assemble and Travel
Last	16 High Cuts

ADULT

FLING

1st	Shedding
2nd	Back Stepping
3rd	Toe and Heel
5th alt	2nd Back Stepping (high cut in front)
7th alt	Double Shake and Rock
8th	Last Shedding (2 turns)

SWORD

Intro	6 count bow (place on ½ point)
1st	Addressing the Swords
2nd	Open Pas de Basque
6th	Reverse Points (finish last turn in 4th)
8th	Crossing and Pointing (commence w/2 open PDB's to start)

SEANN TRIUBHAS

Intro	Alt. Method (pivot 1/8th turn)
1st	Brushing
2nd	Side Travel
5th	Traveling Balance
6th alt.	Leap and Shedding
13th	Heel, Toe and Shedding
15th	Back Stepping
Finish	Method 1 (1 Leap)

STRATHSPEY AND HIGHLAND REEL

Intro	Basic
Ending	3rd alt. Method (2 leaps)
4th	Rocking (3 rocks and hop to 3rd aerial)
6th	Cross Over

Highland Reel

Ending	8 Reel Movements
8th	Assemble and Travel
Last	16 High Cuts

Note: ** indicates these steps are deleted for 9 and Under dancers