



2019 CHAMPIONSHIP STEPS

	7 & under 12 years	12 & under 16 years	16 years & over
FLING	1 st Step: Shedding 5 th Step: Second Back-Stepping 6 th Step: Crossover 8 th Step: Last Shedding	1 st Step: Shedding 2 nd Step: First Back-Stepping 3 rd Step: Toe-and-Heel 5 th Step: Second Back-Stepping 6 th Step 2 nd Alternative: Crossover with Pause 8 th Step: Last Shedding	1 st Step: Shedding 2 nd Step: First Back-Stepping 3 rd Step: Toe-and-Heel 5 th Step: Second Back-Stepping 6 th Step 4 th Alternative: Crossover with Low Cut 8 th Step: Last Shedding
SWORD	Intro: 4 count bow, step to 1d 1 st Step: Addressing the Swords 2 nd Step: Open Pas de Basque 8 th Step: Crossing and Pointing	Intro: 4 count bow, step to 1d 1 st Step: Addressing the Swords 5 th Step: Diagonal Points 3 rd Step: Toe-and-Heel 8 th Step: Crossing and Pointing	Intro: 4 count bow, step to 1d 1 st Step: Addressing the Swords 5 th Step: Diagonal Points 3 rd Step: Toe-and-Heel 8 th Step: Crossing and Pointing
SEANN TRIUBHAS	Intro: Alternative 1 st Step: Brushing 2 nd Step: Side Travel 8 th Step: Leap and Shedding 14 th Step: Toe-and-Heel, and Rock Finish: Entrechat Method 1	Intro: Alternative 1 st Step: Brushing 2 nd Step: Side Travel 5 th Step: Travelling Balance 8 th Step: Leap and Shedding 17 th Step: Heel-and-Toe, Shedding and Back-Stepping 14 th Step: Toe-and-Heel, and Rock Finish: Entrechat Method 1	Intro: Alternative 1 st Step: Brushing 2 nd Step: Side Travel 6 th Step: Leap and High Cut 10 th Step Alternative: High Cut in Front and Balance (with travel) 17 th Step: Heel-and-Toe, Shedding and Back-Stepping 14 th Step: Toe-and-Heel, and Rock Finish: Entrechat Method 2
STRATHSPEY and REEL OF TULLOCH	Intro: Basic Ending: Basic Setting Steps: 4 th Step: Rocking (ending 2 rocks) 6 th Step: Crossover Reel Steps: 1 st Step: Pas De Basque 8 th Step: Assemble and Travel 5 th Step: High Cuts and Spring Points (finish with 4 High Cuts) Last Step: High Cutting	Intro: Basic Ending: 2 nd Alternative Setting Steps: 4 th Step: Rocking (ending 2 rocks) 6 th Step 1 st Alternative: Crossover Reel Steps: 1 st Step: Pas De Basque 8 th Step: Assemble and Travel 6 th Step 1 st Alternative: Balance and Round-the-Leg Last Step: High Cutting	Intro: Alternative Ending: 3 rd Alternative Setting Steps: 4 th Step: Rocking (ending 2 rocks) 6 th Step 3 rd Alternative: Crossover with Shake Reel Steps: 1 st Step: Pas De Basque 8 th Step: Assemble and Travel 6 th Step 1 st Alternative: Balance and Round-the-Leg Last Step: High Cutting