



2017 CHAMPIONSHIP STEPS

	7 & under 12 years	12 & under 16 years	16 years & over
FLING	1 st Step: Shedding 5 th Step: Second Back-Stepping (Bar 1: 1, 2, &3, 4) 3 rd Step: Toe and Heel 8 th Step: Last Shedding	1 st Step: Shedding 5 th Step: Second Back-Stepping (Bar 1 – 1, 2, &3, 4) 3 rd Step: Toe and Heel 4 th Step: Rocking 6 th Step 3 rd Alternative: Crossover with Shake 8 th Step: Last Shedding	1 st Step: Shedding 5 th Step: Second Back-Stepping (Bar 1 – 1, 2, &3, 4) 3 rd Step: Toe and Heel 6 th Step 3 rd Alternative: Crossover with Shake 7 th Step: Double Shake and Rock 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 4 th Step: Pointing 7 th Step: Open Pas De Basque Quick-Step Commence Alt method for Bar 1 8 th Step: Crossing and Pointing	Intro: 4 count bow, step to 1d 1 st Step: Addressing the Swords 4 th Step: Pointing (Arms 2 nd pos Bars 4,8,12,16) 7 th Step: Open Pas De Basque Quick-Step 8 th Step: Crossing and Pointing
SEANN TRIUBHAS	Intro: Basic 1 st Step: Brushing (2 arm circles) 2 nd Step: Side Travel 4 th Step: Backward Travel 14 th Step: Toe-and-Heel and Rock Finish: Entrechat Method 1	Intro: Basic 1 st Step: Brushing (2 arm circles) 2 nd Step: Side Travel 5 th Step: Travelling Balance (Alternative method of counting) 9 th Step: Entrechat and Shedding 15 th Step: Pointing and Back-Stepping 14 th Step: Toe-and-Heel and Rock Finish: Entrechat Method 1	Intro: Basic 1 st Step: Brushing (3 arm circles) 2 nd Step: Side Travel 5 th Step: Travelling Balance (Alternative method of counting) 9 th Step: Entrechat and Shedding 15 th Step: Pointing and Back-Stepping 14 th Step: Toe-and-Heel and Rock Finish: Entrechat Method 2
STRATHSPEY and HIGHLAND REEL	Intro: Basic Ending: Basic Setting Steps: 4 th Step: Rocking (finishing 2 rocks) 6 th Step: Crossover Highland Reel ending: assemble, change 8 th Step: Assemble and Travel Last Step: High Cutting	Intro: Basic Ending: 2 nd Alternative counts 1, 2, 3, &4 Setting Steps: 6 th Step 3 rd Alternative: Crossover with Shake 7 th Step: Double Shake and rock Highland Reel ending: assemble, change 8 th Step: Assemble and Travel Last Step: High Cutting	Intro: Basic Ending: 2 nd Alternative counts 1, 2, 3, &4 Setting Steps: 6 th Step 3 rd Alternative: Crossover with Shake 5 th Step Alternative: Second Back-Stepping Highland Reel ending: 8 Highland Reels 2 nd Step: Shake and Travel Last Step: High Cutting (must include at least 2 double round-the leg movements – one with each foot)