



## 2020 / 2021 CHAMPIONSHIP STEPS

|                                     | <b>7 &amp; under 12 years</b>   | <b>12 &amp; under 16 years</b>   | <b>16 years &amp; over</b>  |
|-------------------------------------|---|--|---|
| <b>FLING</b>                        | 1 <sup>st</sup> Step: Shedding<br>2 <sup>nd</sup> Step: First Back-Stepping<br>7 <sup>th</sup> Step: Double Shake and Rock<br>8 <sup>th</sup> Step Alternative: Last Shedding   | 1 <sup>st</sup> Step: Shedding<br>2 <sup>nd</sup> Step: First Back-Stepping<br>4 <sup>th</sup> Step: Rocking<br>5 <sup>th</sup> Step Alternative: Second Back-Stepping<br>7 <sup>th</sup> Step: Double Shake and Rock<br>8 <sup>th</sup> Step Alternative: Last Shedding   | 1 <sup>st</sup> Step: Shedding<br>5 <sup>th</sup> Step Alternative: Second Back-Stepping<br>4 <sup>th</sup> Step Alternative: Shake and Turn<br>6 <sup>th</sup> Step 5 <sup>th</sup> Alternative: Crossover with Shake and Low Cut<br>7 <sup>th</sup> Step: Double Shake and Rock<br>8 <sup>th</sup> Step Alternative: Last Shedding                  |
| <b>SWORD</b>                        | Intro: 6 count bow and rise<br>1 <sup>st</sup> Step: Addressing the Swords<br>4 <sup>th</sup> Step: Pointing<br>7 <sup>th</sup> Step: Open Pas de Basque Quick Step   | Intro: 6 count bow and rise<br>1 <sup>st</sup> Step: Addressing the Swords<br>2 <sup>nd</sup> Step: Open Pas de Basque<br>7 <sup>th</sup> Step: Open Pas de Basque Quick Step<br>8 <sup>th</sup> Step Alternative: Crossing and Pointing   | Intro: 6 count bow and rise<br>1 <sup>st</sup> Step: Addressing the Swords<br>2 <sup>nd</sup> Step: Open Pas de Basque<br>7 <sup>th</sup> Step Alternative: Open Pas de Basque Quick Step<br>8 <sup>th</sup> Step Alternative: Crossing and Pointing  |
| <b>SEANN TRIUBHAS</b>               | Intro: Basic<br>1 <sup>st</sup> Step Alternative: Brushing<br>2 <sup>nd</sup> Step: Side Travel<br>4 <sup>th</sup> Step: Backward Travel<br>13 <sup>th</sup> Step: Shedding with Back-Step<br>Finish: Entrechat Method 3  | Intro: Basic<br>1 <sup>st</sup> Step Alternative: Brushing<br>2 <sup>nd</sup> Step: Side Travel<br>3 <sup>rd</sup> Step Alternative: Diagonal Travel<br>4 <sup>th</sup> Step: Backward Travel<br>14 <sup>th</sup> Step: Toe-and-Heel, and Rock<br>13 <sup>th</sup> Step: Shedding with Back-Step<br>Finish: Entrechat Method 3 | Intro: Basic<br>1 <sup>st</sup> Step Alternative: Brushing<br>2 <sup>nd</sup> Step: Side Travel<br>3 <sup>rd</sup> Step: Diagonal Travel<br>4 <sup>th</sup> Step Alternative: Backward Travel<br>14 <sup>th</sup> Step: Toe-and-Heel, and Rock<br>13 <sup>th</sup> Step: Shedding with Back-Step<br>Finish: Entrechat Method 5                        |
| <b>STRATHSPEY and HIGHLAND REEL</b> | Intro: Alternative<br>Ending: 1 <sup>st</sup> Alternative<br>Setting Steps:<br>2 <sup>nd</sup> Step: First Back-Stepping<br>3 <sup>rd</sup> Step: Toe-and-Heel<br>Highland Reel ending: assemble change<br>3 <sup>rd</sup> Step: Balance and Pas de Basque<br>Last Step: High Cutting | Intro: Alternative<br>Ending: 2 <sup>nd</sup> Alternative<br>Setting Steps:<br>5 <sup>th</sup> Step: Second Back-Stepping<br>3 <sup>rd</sup> Step: Toe-and-Heel<br>Highland Reel ending: assemble change<br>5 <sup>th</sup> Step: High Cuts and Spring Points (4 times)<br>Last Step: High Cutting                             | Intro: Alternative (bow with arms by side)<br>Ending: 2 <sup>nd</sup> Alternative<br>Setting Steps:<br>5 <sup>th</sup> Step: Second Back-Stepping (Bar 1: 1 <u>2</u> & 3 4)<br>3 <sup>rd</sup> Step: Toe-and-Heel<br>Highland Reel ending: 8 Highland Reels<br>5 <sup>th</sup> Step: High Cuts and Spring Points (4 times)<br>Last Step: High Cutting |

**18<sup>th</sup> August 2020**