



2022 CHAMPIONSHIP STEPS

Note 1. The order of the steps *MUST* be followed as listed below.

	7 & under 12 years	12 & under 16 years	16 years & over
FLING	1 st Step: Shedding 5 th Step Alternative: Second Back-Stepping 6 th Step: Cross-over 8 th Step: Last Shedding	1 st Step: Shedding 5 th Step Alternative: Second Back-Stepping 3 rd Step: Toe-and-Heel 4 th Step: Rocking 6 th Step 1 st Alternative: Cross-over 8 th Step: Last Shedding	1 st Step: Shedding 2 nd Step: First Back-Stepping 3 rd Step: Toe-and-Heel 4 th Step: Rocking 6 th Step 2 nd Alternative: Cross-over with Pause 8 th Step: Last Shedding
SWORD	Intro: 6 count bow and place on half point 1 st Step: Addressing the Swords 4 th Step: Pointing (alternative ending) 8 th Step Alternative Method Bar 1: Crossing and Pointing	Intro: 6 count bow and place on half point 1 st Step: Addressing the Swords 4 th Step: Pointing 6 th Step: Reverse Points 8 th Step: Crossing and Pointing	Intro: 6 count bow and place on half point 1 st Step: Addressing the Swords 4 th Step: Pointing 6 th Step: Reverse Points 8 th Step: Crossing and Pointing
SEANN TRIUBHAS	Intro: Alternative 1 st Step: Brushing 2 nd Step: Side Travel 9 th Step: Entrechat and Shedding 16 th Step: Heel-and-Toe and Shedding Finish: Method 1	Intro: Alternative 1 st Step: Brushing 2 nd Step: Side Travel 5 th Step: Travelling Balance 9 th Step: Entrechat and Shedding 15 th Step: Pointing and Back-Stepping 16 th Step: Heel-and-Toe and Shedding Finish: Method 1	Intro: Alternative 1 st Step: Brushing 2 nd Step: Side Travel 5 th Step: Travelling Balance 8 th Step: Leap and Shedding 15 th Step: Pointing and Back-Stepping 16 th Step: Heel-and-Toe and Shedding Finish: Method 2
STRATHSPEY AND HIGHLAND REEL	Introduction: Basic Ending: Basic 2 nd Step: First Back-Stepping 4 th Step: Rocking (finish 2 rocks) Ending: Assemble, change 8 th Step: Assemble and Travel Last Step: High Cutting	Introduction: Basic Ending: Basic 2 nd Step: First Back-Stepping 6 th Step: Cross-over Ending: Assemble, change 2 nd Step: Shake and Travel Last Step: High Cutting	Introduction: Basic Ending: Basic 5 th Step Alternative: Second Back-Stepping 6 th Step: Cross-over Ending: Assemble, change 2 nd Step: Shake and Travel Last Step: High Cutting

19th July 2021