



2023 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: Second Back-Stepping 7 th Step: Double Shake and Rock 8 th Step Alternative: Last Shedding	1 st Step: Shedding 5 th Step: Second Back-Stepping 4 th Step Alternative: Shake and Turn 6 th Step 2 nd Alternative: Cross-over with Pause 7 th Step: Double Shake and Rock 8 th Step Alternative: Last Shedding	1 st Step: Shedding 5 th Step: Second Back-Stepping 4 th Step Alternative: Shake and Turn 6 th Step 5 th Alternative: Cross-over with Shake and Low Cut 7 th Step: Double Shake and Rock 8 th Step Alternative: Last Shedding
SWORD	Intro: 4 count bow and 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 and step to 1d 1 st Step: Addressing the Swords 2 nd Step: Open Pas De Basque 6 th Step: Reverse Points 8 th Step: Crossing and Pointing	Intro: 4 count bow and step to 1d 1 st Step: Addressing the Swords 5 th Step: Diagonal Points 6 th Step: Reverse Points 8 th Step: Crossing and Pointing
SEANN TRIUBHAS	Intro: Basic 1 st Step: Brushing 2 nd Step: Side Travel 8 th Step: Leap and Shedding 13 th Step: Shedding with Back-Step Finish: Entrechat Method 2	Intro: Basic 1 st Step: Brushing 2 nd Step: Side Travel 8 th Step: Leap and Shedding 11 th Step: Side Heel-and-Toe (2 shakes and 2 pivots) 13 th Step: Shedding with Back-Stepping 17 th Step: Heel-and-Toe, Shedding and Back-Stepping Finish: Entrechat Method 3	Intro: Basic 1 st Step: Brushing 2 nd Step: Side Travel 7 th Step: Entrechat and High Cut 11 th Step: Side Heel-and-Toe (2 shakes and 2 pivots) 17 th Step: Heel-and-Toe, Shedding and Back-Stepping 18 th Step: Back-Stepping Finish: Entrechat Method 4
STRATHSPEY AND REEL OF TULLOCH	Introduction: Alternative Ending: 1 st Alternative 3 rd Step: Toe-and-Heel 6 th Step: Cross-over Reel Steps: 1 st Step: Pas de Basque 2 nd Step: Shake and Travel 6 th Step: Balance and Round-the-Leg Last Step: High Cutting	Introduction: Alternative Ending: 2 nd Alternative (any method of counting) 3 rd Step: Toe-and-Heel 8 th Step Alternative: Last Shedding Reel Steps: 1 st Step: Pas de Basque 7 th Step: Back-Step and Travel 6 th Step 1 st Alternative: Balance and Round-the-Leg Last Step: High Cutting	Introduction: Alternative Ending: 2 nd Alternative (any method of counting) 3 rd Step: Toe-and-Heel 8 th Step Alternative: Last Shedding Reel Steps: 1 st Step: Pas de Basque 7 th Step: Back-Step and Travel 6 th Step 1 st Alternative: Balance and Round-the-Leg Last Step: High Cutting

Released – 18th July 2022