



## 2024 CHAMPIONSHIP STEPS

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

	<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 2 <sup>nd</sup> Step: First Back-Stepping 4 <sup>th</sup> Step: Rocking 8 <sup>th</sup> Step: Last Shedding	1 <sup>st</sup> Step: Shedding 2 <sup>nd</sup> Step: First Back-Stepping 4 <sup>th</sup> Step: Rocking 5 <sup>th</sup> Step Alternative: Second Back-Stepping 6 <sup>th</sup> Step 3 <sup>rd</sup> Alternative: Cross-over with Shake 8 <sup>th</sup> Step: Last Shedding	1 <sup>st</sup> Step: Shedding 2 <sup>nd</sup> Step: First Back-Stepping 4 <sup>th</sup> Step: Rocking 5 <sup>th</sup> Step Alternative: Second Back-Stepping 6 <sup>th</sup> Step 4 <sup>th</sup> Alternative: Cross-over with Low Cut 8 <sup>th</sup> Step: Last Shedding
<b>SWORD</b>	Intro: 6 count bow and place on half point 1 <sup>st</sup> Step: Addressing the Swords 4 <sup>th</sup> Step: Pointing 7 <sup>th</sup> Step: Open Pas de Basque Quick-Step	Intro: 6 count bow and place on half point 1 <sup>st</sup> Step: Addressing the Swords 4 <sup>th</sup> Step: Pointing (alternative ending) 3 <sup>rd</sup> Step 2 <sup>nd</sup> Alternative: Toe-and-Heel 7 <sup>th</sup> Step Alternative Method Bar 1: Open Pas de Basque Quick-Step	Intro: 6 count bow and place on half point 1 <sup>st</sup> Step: Addressing the Swords 4 <sup>th</sup> Step: Pointing (alternative ending) – 2 <sup>nd</sup> position of arms Bars 4, 8, 12 and 16 3 <sup>rd</sup> Step 1 <sup>st</sup> Alternative: Toe-and-Heel 7 <sup>th</sup> Step Alternative Method Bar 1: Open Pas de Basque Quick-Step
<b>SEANN TRIUBHAS</b>	Intro: Basic 1 <sup>st</sup> Step Alternative: Brushing 2 <sup>nd</sup> Step: Side Travel 10 <sup>th</sup> Step Alternative: High Cut in Front and Balance (with travel) 14 <sup>th</sup> Step: Toe-and-Heel, and Rock Finish: Method 1	Intro: Basic 1 <sup>st</sup> Step Alternative: Brushing 2 <sup>nd</sup> Step: Side Travel 6 <sup>th</sup> Step: Leap and High Cut 10 <sup>th</sup> Step Alternative: High Cut in Front and Balance (with travel) 16 <sup>th</sup> Step: Heel-and-Toe and Shedding 14 <sup>th</sup> Step: Toe-and-Heel, and Rock Finish: Method 2	Intro: Basic 1 <sup>st</sup> Step Alternative: Brushing 2 <sup>nd</sup> Step: Side Travel 12 <sup>th</sup> Step: Double High Cutting 10 <sup>th</sup> Step Alternative: High Cut in Front and Balance (with travel) 16 <sup>th</sup> Step: Heel-and-Toe and Shedding 14 <sup>th</sup> Step: Toe-and-Heel, and Rock Finish: Method 2
<b>REEL OF TULLOCH</b>	1 <sup>st</sup> Step: Pas de Basque 2 <sup>nd</sup> Step: Shake and Travel 3 <sup>rd</sup> Step: Balance and Pas de Basque 5 <sup>th</sup> Step: High Cuts and Spring Points (4 times) 8 <sup>th</sup> Step: Assemble and Travel 9 <sup>th</sup> Step: High Cut in Front and Balance 4 <sup>th</sup> Step: Brushing Last Step: High Cutting	1 <sup>st</sup> Step: Pas de Basque 2 <sup>nd</sup> Step: Shake and Travel 3 <sup>rd</sup> Step 1 <sup>st</sup> Alternative: Balance and Pas de Basque 6 <sup>th</sup> Step 1 <sup>st</sup> Alternative: Balance and Round-the-Leg 8 <sup>th</sup> Step: Assemble and Travel 5 <sup>th</sup> Step: High Cuts and Spring Points (4 times) 9 <sup>th</sup> Step: High Cut in Front and Balance Last Step: High Cutting	1 <sup>st</sup> Step: Pas de Basque 2 <sup>nd</sup> Step Alternative: Shake and Travel 3 <sup>rd</sup> Step 1 <sup>st</sup> Alternative: Balance and Pas de Basque 6 <sup>th</sup> Step 2 <sup>nd</sup> Alternative: Balance and Round-the-Leg 8 <sup>th</sup> Step: Assemble and Travel 5 <sup>th</sup> Step: High Cuts and Spring Points (4 times) 9 <sup>th</sup> Step: High Cut in Front and Balance Last Step: High Cutting