



2026 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 2 nd Step: First Back-Stepping 6 th Step 1 st Alternative: Cross-over 8 th Step: Last Shedding	1 st Step: Shedding 2 nd Step: First Back-Stepping 6 th Step 4 th Alternative: Cross-over with Low-Cut 5 th Step Alternative: Second Back-Stepping 4 th Step Alternative: Shake-and-Turn 8 th Step: Last Shedding	1 st Step: Shedding 2 nd Step: First Back-Stepping 6 th Step 5 th Alternative: Cross-over with Shake and Low-Cut 5 th Step Alternative: Second Back-Stepping 7 th Step: Double Shake-and-Rock 8 th Step: Last Shedding
SWORD	Intro: 6 count bow and rise 1 st Step: Addressing the Swords 4 th Step: Pointing 8 th Step: Crossing and Pointing Quick-Step	Intro: 6 count bow and rise 1 st Step: Addressing the Swords 6 th Step: Reverse Points 4 th Step: Pointing 8 th Step: Crossing and Pointing Quick-Step	Intro: 6 count bow and rise 1 st Step: Addressing the Swords 5 th Step: Diagonal Points 4 th Step: Pointing 8 th Step: Crossing and Pointing Quick-Step
SEANN TRIUBHAS	Intro: Basic 1 st Step: Brushing 2 nd Step: Side Travel 11 th Step: Side Heel-and-Toe (4 shake-shake down) 14 th Step: Toe-and-Heel, and Rock Finish: Entrechat Method 2	Intro: Basic 1 st Step: Brushing 2 nd Step: Side Travel 9 th Step: Entrechat and Shedding 11 th Step: Side Heel-and-Toe (2 shakes 2 pivots) 18 th Step: Back-Stepping 14 th Step: Toe-and-Heel, and Rock Finish: Method 1	Intro: Basic 1 st Step: Brushing 2 nd Step: Side Travel 6 th Step: Leap and High Cut 11 th Step: Side Heel-and-Toe (2 shakes and 2 pivots) 13 th Step: Shedding with Back-Step 14 th Step: Toe-and-Heel, and Rock Finish: Entrechat Method 4
STRATHSPEY AND REEL OF TULLOCH	Introduction: Alternative Ending: 1 st Alternative 6 th Step 1 st Alternative: Cross-over 8 th Step: Last Shedding Reel Steps: 1 st Step: Pas-de-Basque 8 th Step: Assemble and Travel 3 rd Step 1 st Alternative: Balance and Pas-De-Basque Last Step: High Cutting	Introduction: Alternative Ending: 2 nd Alternative 6 th Step 1 st Alternative: Cross-over 8 th Step: Last Shedding Reel Steps: 1 st Step: Pas-de-Basque 8 th Step: Assemble and Travel 3 rd Step 1 st Alternative: Balance and Pas-De-Basque Last Step: High Cutting	Introduction: Alternative Ending: 3 rd Alternative 6 th Step 1 st Alternative: Cross-over 8 th Step Alternative: Last Shedding Reel Steps: 1 st Step: Pas-de-Basque 2 nd Step Alternative: Shake and Travel 3 rd Step 1 st Alternative: Balance and Pas-De-Basque Last Step: High Cutting