



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

**Released – 18<sup>th</sup> July 2022**