



2020 CHAMPIONSHIP STEPS

	7 & under 12 years	12 & under 16 years	16 years & over
FLING	1 st Step: Shedding 2 nd Step: First Back-Stepping 7 th Step: Double Shake and Rock 8 th Step Alternative: Last Shedding	1 st Step: Shedding 2 nd Step: First Back-Stepping 4 th Step: Rocking 5 th Step Alternative: Second Back-Stepping 7 th Step: Double Shake and Rock 8 th Step Alternative: Last Shedding	1 st Step: Shedding 5 th Step Alternative: Second Back-Stepping 4 th Step Alternative: Shake and Turn 6 th Step 5 th Alternative: Crossover with Shake and Low Cut 7 th Step: Double Shake and Rock 8 th Step Alternative: Last Shedding
SWORD	Intro: 6 count bow and rise 1 st Step: Addressing the Swords 4 th Step: Pointing 7 th Step: Open Pas de Basque Quick Step	Intro: 6 count bow and rise 1 st Step: Addressing the Swords 2 nd Step: Open Pas de Basque 7 th Step: Open Pas de Basque Quick Step 8 th Step Alternative: Crossing and Pointing	Intro: 6 count bow and rise 1 st Step: Addressing the Swords 2 nd Step: Open Pas de Basque 7 th Step Alternative: Open Pas de Basque Quick Step 8 th Step Alternative: Crossing and Pointing
SEANN TRIUBHAS	Intro: Basic 1 st Step Alternative: Brushing 2 nd Step: Side Travel 4 th Step: Backward Travel 13 th Step: Shedding with Back-Step Finish: Entrechat Method 3	Intro: Basic 1 st Step Alternative: Brushing 2 nd Step: Side Travel 3 rd Step Alternative: Diagonal Travel 4 th Step: Backward Travel 14 th Step: Toe-and-Heel, and Rock 13 th Step: Shedding with Back-Step Finish: Entrechat Method 3	Intro: Basic 1 st Step Alternative: Brushing 2 nd Step: Side Travel 3 rd Step: Diagonal Travel 4 th Step Alternative: Backward Travel 14 th Step: Toe-and-Heel, and Rock 13 th Step: Shedding with Back-Step Finish: Entrechat Method 5
STRATHSPEY and HIGHLAND REEL	Intro: Alternative Ending: 1 st Alternative Setting Steps: 2 nd Step: First Back-Stepping 3 rd Step: Toe-and-Heel Highland Reel ending: assemble change 3 rd Step: Balance and Pas de Basque Last Step: High Cutting	Intro: Alternative Ending: 2 nd Alternative Setting Steps: 5 th Step: Second Back-Stepping 3 rd Step: Toe-and-Heel Highland Reel ending: assemble change 5 th Step: High Cuts and Spring Points (4 times) Last Step: High Cutting	Intro: Alternative (bow with arms by side) Ending: 2 nd Alternative Setting Steps: 5 th Step: Second Back-Stepping (Bar 1: 1 <u>2</u> & 3 4) 3 rd Step: Toe-and-Heel Highland Reel ending: 8 Highland Reels 5 th Step: High Cuts and Spring Points (4 times) Last Step: High Cutting

28th March 2019