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Due to the procedures mentioned above, please note that no copies of the steps will be supplied at any of the lectures held prior to 1<sup>st</sup> September 2018.



## 2019 CHAMPIONSHIP STEPS

	<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 6 <sup>th</sup> Step: Crossover 8 <sup>th</sup> Step: Last Shedding	1 <sup>st</sup> Step: Shedding 2 <sup>nd</sup> Step: First Back-Stepping 3 <sup>rd</sup> Step: Toe-and-Heel 5 <sup>th</sup> Step: Second Back-Stepping 6 <sup>th</sup> Step 2 <sup>nd</sup> Alternative: Crossover with Pause 8 <sup>th</sup> Step: Last Shedding	1 <sup>st</sup> Step: Shedding 2 <sup>nd</sup> Step: First Back-Stepping 3 <sup>rd</sup> Step: Toe-and-Heel 5 <sup>th</sup> Step: Second Back-Stepping 6 <sup>th</sup> Step 4 <sup>th</sup> Alternative: Crossover with Low Cut 8 <sup>th</sup> Step: Last Shedding
<b>SWORD</b>	Intro: 4 count bow, 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, step to 1d 1 <sup>st</sup> Step: Addressing the Swords 5 <sup>th</sup> Step: Diagonal Points 3 <sup>rd</sup> Step: Toe-and-Heel 8 <sup>th</sup> Step: Crossing and Pointing	Intro: 4 count bow, step to 1d 1 <sup>st</sup> Step: Addressing the Swords 5 <sup>th</sup> Step: Diagonal Points 3 <sup>rd</sup> Step: Toe-and-Heel 8 <sup>th</sup> Step: Crossing and Pointing
<b>SEANN TRIUBHAS</b>	Intro: Alternative 1 <sup>st</sup> Step: Brushing 2 <sup>nd</sup> Step: Side Travel 8 <sup>th</sup> Step: Leap and Shedding 14 <sup>th</sup> Step: Toe-and-Heel, and Rock Finish: Entrechat Method 1	Intro: Alternative 1 <sup>st</sup> Step: Brushing 2 <sup>nd</sup> Step: Side Travel 5 <sup>th</sup> Step: Travelling Balance 8 <sup>th</sup> Step: Leap and Shedding 17 <sup>th</sup> Step: Heel-and-Toe, Shedding and Back-Stepping 14 <sup>th</sup> Step: Toe-and-Heel, and Rock Finish: Entrechat Method 1	Intro: Alternative 1 <sup>st</sup> Step: 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) 17 <sup>th</sup> Step: Heel-and-Toe, Shedding and Back-Stepping 14 <sup>th</sup> Step: Toe-and-Heel, and Rock Finish: Entrechat Method 2
<b>STRATHSPEY and REEL OF TULLOCH</b>	Intro: Basic Ending: Basic Setting Steps: 4 <sup>th</sup> Step: Rocking (ending 2 rocks) 6 <sup>th</sup> Step: Crossover Reel Steps: 1 <sup>st</sup> Step: Pas De Basque 8 <sup>th</sup> Step: Assemble and Travel 5 <sup>th</sup> Step: High Cuts and Spring Points (finish with 4 High Cuts) Last Step: High Cutting	Intro: Basic Ending: 2 <sup>nd</sup> Alternative Setting Steps: 4 <sup>th</sup> Step: Rocking (ending 2 rocks) 6 <sup>th</sup> Step 1 <sup>st</sup> Alternative: Crossover Reel Steps: 1 <sup>st</sup> Step: Pas De Basque 8 <sup>th</sup> Step: Assemble and Travel 6 <sup>th</sup> Step 1 <sup>st</sup> Alternative: Balance and Round-the-Leg Last Step: High Cutting	Intro: Alternative Ending: 3 <sup>rd</sup> Alternative Setting Steps: 4 <sup>th</sup> Step: Rocking (ending 2 rocks) 6 <sup>th</sup> Step 3 <sup>rd</sup> Alternative: Crossover with Shake Reel Steps: 1 <sup>st</sup> Step: Pas De Basque 8 <sup>th</sup> Step: Assemble and Travel 6 <sup>th</sup> Step 1 <sup>st</sup> Alternative: Balance and Round-the-Leg Last Step: High Cutting