



2025 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 |
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| FLING | 1 st Step: Shedding 5 th Step Alternative: Second Back-Stepping 3 rd Step: Toe-and-Heel 8 th Step: Last Shedding | 1 st Step: Shedding 5 th Step: Second Back-Stepping 3 rd Step: Toe-and-Heel 4 th Step: Rocking 6 th Step: Cross-over 8 th Step: Last Shedding | 1 st Step: Shedding 5 th Step: Second Back-Stepping 3 rd Step: Toe-and-Heel 4 th Step Alternative: Shake-and-Turn 6 th Step 1 st Alternative: Cross-over 8 th Step: Last Shedding |
| SWORD | Intro: 4 count bow and step to 1d 1 st Step: Addressing the Swords 2 nd Step: Open Pas-de-Basque 7 th Step Alternative Method Bar 1: Open Pas de Basque Quick-Step | Intro: 4 count bow and step to 1d 1 st Step: Addressing the Swords 5 th Step: Diagonal Points 7 th Step Alternative Method Bar 1: Open Pas de Basque Quick-Step 8 th Step Alternative Method Bar 1: Crossing and Pointing Quick-Step | Intro: 4 count bow and step to 1d 1 st Step: Addressing the Swords 6 th Step: Reverse Points 7 th Step Alternative Method Bar 1: Open Pas de Basque Quick-Step 8 th Step Alternative Method Bar 1: Crossing and Pointing Quick-Step |
| SEANN TRIUBHAS | Intro: Alternative 1 st Step: Brushing (3 arm circles during Bars 1 – 3 and Bars 5 – 7) 2 nd Step: Side Travel 5 th Step: Travelling Balance 17 th Step: Heel-and-Toe, Shedding and Back-Stepping Finish: Method 1 | Intro: Alternative 1 st Step: Brushing (3 arm circles during Bars 1 – 3 and Bars 5 – 7) 2 nd Step: Side Travel 5 th Step: Travelling Balance 8 th Step: Leap and Shedding 15 th Step: Pointing and Back-Stepping 17 th Step: Heel-and-Toe, Shedding and Back-Stepping Finish: Entrechat Method 2 | Intro: Alternative 1 st Step: Brushing (3 arm circles during Bars 1 – 3 and Bars 5 – 7) 2 nd Step: Side Travel 5 th Step: Travelling Balance 9 th Step: Entrechat and Shedding 18 th Step: Back-Stepping 17 th Step: Heel-and-Toe, Shedding and Back-Stepping Finish: Entrechat Method 5 |
| STRATHSPEY AND HIGHLAND REEL | Introduction: Basic Ending: Basic 3 rd Step: Toe-and-Heel 4 th Step: Rocking (finish 3 rocks) Ending: Assemble, change 2 nd Step: Shake and Travel Last Step: High Cutting | Introduction: Basic Ending: 3 rd Alternative 3 rd Step: Toe-and-Heel 4 th Step: Rocking (finish 3 rocks) Ending: Assemble, change 7 th Step: Back-Step and Travel Last Step: High Cutting | Introduction: Basic Ending: 3 rd Alternative 3 rd Step: Toe-and-Heel 4 th Step: Rocking (finish 3 rocks) Ending: Assemble, change 7 th Step: Back-Step and Travel Last Step: High Cutting |