



2024 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 4 th Step: Rocking 8 th Step: Last Shedding	1 st Step: Shedding 2 nd Step: First Back-Stepping 4 th Step: Rocking 5 th Step Alternative: Second Back-Stepping 6 th Step 3 rd Alternative: Cross-over with Shake 8 th Step: Last Shedding	1 st Step: Shedding 2 nd Step: First Back-Stepping 4 th Step: Rocking 5 th Step Alternative: Second Back-Stepping 6 th Step 4 th Alternative: Cross-over with Low Cut 8 th Step: Last Shedding
SWORD	Intro: 6 count bow and place on half point 1 st Step: Addressing the Swords 4 th Step: Pointing 7 th Step: Open Pas de Basque Quick-Step	Intro: 6 count bow and place on half point 1 st Step: Addressing the Swords 4 th Step: Pointing (alternative ending) 3 rd Step 2 nd Alternative: Toe-and-Heel 7 th Step Alternative Method Bar 1: Open Pas de Basque Quick-Step	Intro: 6 count bow and place on half point 1 st Step: Addressing the Swords 4 th Step: Pointing (alternative ending) – 2 nd position of arms Bars 4, 8, 12 and 16 3 rd Step 1 st Alternative: Toe-and-Heel 7 th Step Alternative Method Bar 1: Open Pas de Basque Quick-Step
SEANN TRIUBHAS	Intro: Basic 1 st Step Alternative: Brushing 2 nd Step: Side Travel 10 th Step Alternative: High Cut in Front and Balance (with travel) 14 th Step: Toe-and-Heel, and Rock Finish: Method 1	Intro: Basic 1 st Step Alternative: Brushing 2 nd Step: Side Travel 6 th Step: Leap and High Cut 10 th Step Alternative: High Cut in Front and Balance (with travel) 16 th Step: Heel-and-Toe and Shedding 14 th Step: Toe-and-Heel, and Rock Finish: Method 2	Intro: Basic 1 st Step Alternative: Brushing 2 nd Step: Side Travel 12 th Step: Double High Cutting 10 th Step Alternative: High Cut in Front and Balance (with travel) 16 th Step: Heel-and-Toe and Shedding 14 th Step: Toe-and-Heel, and Rock Finish: Method 2
REEL OF TULLOCH	1 st Step: Pas de Basque 2 nd Step: Shake and Travel 3 rd Step: Balance and Pas de Basque 5 th Step: High Cuts and Spring Points (4 times) 8 th Step: Assemble and Travel 9 th Step: High Cut in Front and Balance 4 th Step: Brushing Last Step: High Cutting	1 st Step: Pas de Basque 2 nd Step: Shake and Travel 3 rd Step 1 st Alternative: Balance and Pas de Basque 6 th Step 1 st Alternative: Balance and Round-the-Leg 8 th Step: Assemble and Travel 5 th Step: High Cuts and Spring Points (4 times) 9 th Step: High Cut in Front and Balance Last Step: High Cutting	1 st Step: Pas de Basque 2 nd Step Alternative: Shake and Travel 3 rd Step 1 st Alternative: Balance and Pas de Basque 6 th Step 2 nd Alternative: Balance and Round-the-Leg 8 th Step: Assemble and Travel 5 th Step: High Cuts and Spring Points (4 times) 9 th Step: High Cut in Front and Balance Last Step: High Cutting

Released to Professionals – 17th July 2023