**2025 CHAMPIONSHIP STEPS**

**Note 1. The order of the steps *MUST* be followed as listed below.**

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| --- | --- | --- | --- |
|   | **7 & under 12 years**   | **12 & under 16 years**   | **16 years & over**   |
| **FLING**   | 1st Step: Shedding 5th Step Alternative: Second Back-Stepping 3rd Step: Toe-and-Heel 8th Step: Last Shedding  | 1st Step: Shedding 5th Step: Second Back-Stepping 3rd Step: Toe-and-Heel 4th Step: Rocking 6th Step: Cross-over 8th Step: Last Shedding  | 1st Step: Shedding 5th Step: Second Back-Stepping 3rd Step: Toe-and-Heel 4th Step Alternative: Shake-and-Turn 6th Step 1st Alternative: Cross-over 8th Step: Last Shedding  |
| **SWORD**   | Intro: 4 count bow and step to 1d 1st Step: Addressing the Swords 2nd Step: Open Pas-de-Basque 7th Step Alternative Method Bar 1: Open Pas de Basque Quick-Step  | Intro: 4 count bow and step to 1d 1st Step: Addressing the Swords 5th Step: Diagonal Points 7th Step Alternative Method Bar 1: Open Pas de Basque Quick-Step 8th Step Alternative Method Bar 1: Crossing and Pointing Quick-Step  | Intro: 4 count bow and step to 1d 1st Step: Addressing the Swords 6th Step: Reverse Points 7th Step Alternative Method Bar 1: Open Pas de Basque Quick-Step 8th Step Alternative Method Bar 1: Crossing and Pointing Quick-Step  |
| **SEANN TRIUBHAS**   | Intro: Alternative 1st Step: Brushing (3 arm circles during Bars 1 – 3 and Bars 5 – 7) 2nd Step: Side Travel 5th Step: Travelling Balance 17th Step: Heel-and-Toe, Shedding and Back-Stepping Finish: Method 1  | Intro: Alternative 1st Step: Brushing (3 arm circles during Bars 1 – 3 and Bars 5 – 7) 2nd Step: Side Travel 5th Step: Travelling Balance 8th Step: Leap and Shedding 15th Step: Pointing and Back-Stepping 17th Step: Heel-and-Toe, Shedding and Back-Stepping Finish: Entrechat Method 2  | Intro: Alternative 1st Step: Brushing (3 arm circles during Bars 1 – 3 and Bars 5 – 7) 2nd Step: Side Travel 5th Step: Travelling Balance 9th Step: Entrechat and Shedding 18th Step: Back-Stepping 17th Step: Heel-and-Toe, Shedding and Back-Stepping Finish: Entrechat Method 5  |
| **STRATHSPEY** **AND** **HIGHLAND REEL**  | Introduction: Basic Ending: Basic 3rd Step: Toe-and-Heel 4th Step: Rocking (finish 3 rocks) Ending: Assemble, change 2nd Step: Shake and Travel Last Step: High Cutting  | Introduction: Basic Ending: 3rd Alternative 3rd Step: Toe-and-Heel 4th Step: Rocking (finish 3 rocks) Ending: Assemble, change 7th Step: Back-Step and Travel Last Step: High Cutting  | Introduction: Basic Ending: 3rd Alternative 3rd Step: Toe-and-Heel 4th Step: Rocking (finish 3 rocks) Ending: Assemble, change 7th Step: Back-Step and Travel Last Step: High Cutting  |

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