**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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