

## 2011 - Championship Steps - 2011

### JUVENILE

#### FLING

1st	Shedding
5th alt	2nd Back Stepping (high cut in front)
3rd**	Toe and Heel
6th alt**	Cross Over (with extension)
7th alt	Double Shake and Rock
8th	Last Shedding (2 turns)

#### SWORD

Intro	6 count bow (rise on 7, 8)
1st	Addressing the Swords
2nd	Open Pas de Basque
3rd**	Toe and Heel (4 sping pts. In 4th pos.)
8th	Crossing and Pointing (commence w/2 open PDB's to start)

9 and under finish 2nd step with alternate ending under

#### SEANN TRIUBHAS

Intro	Alt. Method (pivot 1/8th turn)
1st	Brushing
2nd	Side Travel
7th	High Cut in Front and Balance
8th**	Side Heel and Toe (2 shakes, 2 pivots)
12th**	Pointing and Back Stepping
13th	Heel, Toe and Shedding
Finish	Method 2 (2 leaps)

#### STRATHSPEY AND HIGHLAND REEL

Intro	Basic
Ending	1st alt. Method (extend to 2nd with hop)
2nd	Back Stepping
4th	Rocking (2 rocks and round the leg)

#### Highland Reel

Ending	Assemble Change
8th	Assemble and Travel
Last	16 High Cuts

### ADULT

#### FLING

1st	Shedding
2nd	Back Stepping
3rd	Toe and Heel
5th alt	2nd Back Stepping (high cut in front)
7th alt	Double Shake and Rock
8th	Last Shedding (2 turns)

#### SWORD

Intro	6 count bow (place on ½ point)
1st	Addressing the Swords
2nd	Open Pas de Basque
6th	Reverse Points (finish last turn in 4th)
8th	Crossing and Pointing (commence w/2 open PDB's to start)

#### SEANN TRIUBHAS

Intro	Alt. Method (pivot 1/8th turn)
1st	Brushing
2nd	Side Travel
5th	Traveling Balance
6th alt.	Leap and Shedding
13th	Heel, Toe and Shedding
15th	Back Stepping
Finish	Method 1 (1 Leap)

#### STRATHSPEY AND HIGHLAND REEL

Intro	Basic
Ending	3rd alt. Method (2 leaps)
4th	Rocking (3 rocks and hop to 3rd aerial)
6th	Cross Over

#### Highland Reel

Ending	8 Reel Movements
8th	Assemble and Travel
Last	16 High Cuts

**Note: \*\* indicates these steps are deleted for 9 and Under dancers**