2012 Championship Steps

10 Years & Under 16

Highland Fling

Intro
1st Shedding
2nd First Back-Stepping
4th* Rocking
6th Cross-Over
7th* Shake and Turn (Turn with Arms in 2nd Position)
8th Last Shedding

Sword Dance

Intro Six Count Bow (Place on 1/2 Point)
1st Addressing the Swords
5th* Diagonal points
4th Pointing (Arms 2nd pos. Bars 4, 8, 12, 16)
8th Crossing and Pointing-Quick Step

Seann Triubhas

Intro Either
1st Alt Brushing (Bars 1-3 sequence of Brushes 4,2,2,4)
2nd Side Travel
4th Backward Travel
6th Alt* Leap and Shedding
11th* Toe-and-Heel and Rock
10th Shedding with Back-Step
Finish Method 1 (1 Leap)

Strathspey and ½ Tulloch

Intro Alt Method
Ending Basic
3rd Toe-and-Heel
8th Alt Last Shedding (1 turn)

Reel of Tulloch

1st Pas de Basque
(All dancers use Pas de Basque Method)
5th High Cuts and Spring points (4 times)
3rd Balance and Pas de Basque - 1st Alt Method
Last High Cutting

16 Years and Over

Highland Fling

Intro (Arms by the sides)
1st Shedding
5th Second Back-Stepping
3rd Toe and Heel
6th Cross-Over
7th Shake and Turn (Turn with Arms in 2nd Position)
8th Last Shedding

Sword Dance

Intro Six Count Bow (Rise 7,8)
1st Addressing the Swords
4th Pointing (Arms 2nd pos. Bars 4, 8, 12, 16)
5th Diagonal points
7th Open Pas de Basque-Quick Step

Seann Triubhas

Intro Either
1st Alt Brushing (Bars 1-3 sequence of Brushes 4,2,2,4) 3 Arm circles
2nd Side Travel
7th Alt High Cut in Front and Balance (with travel)
9th Double High Cutting
12th Pointing and Back-Stepping
11th Toe-and-Heel and Rock
Finish Method 1 (1 Leap)

Strathspey and ½ Tulloch

Intro Alt Method
Ending 2nd Alt Method
1st First Shedding
7th Alt Double Shake and Rock

Reel of Tulloch

1st Pas de Basque
(All dancers use Pas de Basque Method)
2nd Alt Shake and Travel
9th High Cut in Front and Balance
Last High Cutting

Note * - 7 and Under 10 Years Championships – steps to be deleted.