




9 & under			
Fling (4)	Swords (2 & 1)	Seann Triubhas (3 & 1)	Strathspey & Highland Reel
<p>1 shedding</p> <p>2 basic backstepping</p> <p>7a double shake & rock</p> <p>8 last step (2 turns)</p> 	<p><u>Intro:</u> 4 count bow then step to 1d</p> <p><u>Slow steps:</u></p> <p>1 addressing the swords</p> <p>2 open pdb</p> <p><u>Quick step:</u></p> <p>8 crossing & pointing</p>	<p><u>Intro:</u></p> <p>either step & step OR pivot & step</p> <p><u>Slow steps:</u></p> <p>1 brushing</p> <p>2 side travel</p> <p>7 hc in front & balance (no shuffles & no travel)</p> <p><u>Quick step:</u></p> <p>13 heel toe & shedding</p> <p><u>Finish:</u></p> <p>method 1 1 leap</p>	<p><u>Intro:</u></p> <p>basic pivot, point, pause, rise</p> <p><u>Strathspey ending:</u></p> <p>1a hop to 2nd aerial pos count 4 then leap</p> <p><u>Strathspey steps:</u></p> <p>5a alt backstep (out, HC, out, front)</p> <p>4 shake & rock (end 3 rocks & hop to 3a)</p> <p><u>Reel ending:</u></p> <p>either 8 reels OR 7 reels & ass chg</p> <p><u>Reel steps:</u></p> <p>6 balance round the leg (x 2, then 2 x r l out, then 4HC)</p> <p>last 16 HC's</p>

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Juvenile			
Fling (6)	Swords(3 & 1)	Seann Triubhas (4 & 2)	Strathspey & Highland Reel
<p>1 shedding</p> <p>2 basic backstepping</p> <p>3 toe & heel</p> <p>6 basic crossover</p> <p>7a double shake & rock</p> <p>8 last step (2 turns)</p> 	<p><u>Intro:</u> 4 count bow then step to 1d</p> <p><u>Slow steps:</u></p> <p>1 addressing the swords</p> <p>2 open pdb</p> <p>3 toe & heel</p> <p>end 2a 4 SP (no turn)</p> <p><u>Quick step:</u></p> <p>8 crossing & pointing (commence 2 open pdb)</p>	<p><u>Intro:</u></p> <p>either step & step OR pivot & step</p> <p><u>Slow steps:</u></p> <p>1 brushing</p> <p>2 side travel</p> <p>7 hc in front & balance (no shuffles & no travel)</p> <p>8 heel travel (2 shake 2 turn)</p> <p><u>Quick steps:</u></p> <p>15 backstepping (side, back, 2 BS / x 3 then turn)</p> <p>13 heel toe & shedding</p> <p><u>Finish:</u></p> <p>method 1 1 leap</p>	<p><u>Intro:</u></p> <p>basic pivot, point, pause, rise</p> <p><u>Strathspey ending:</u></p> <p>1a hop to 2nd aerial pos count 4 then leap</p> <p><u>Strathspey steps:</u></p> <p>5a alt backstep (out, HC, out, front)</p> <p>4 shake & rock (end 3 rocks & hop to 3a)</p> <p><u>Reel ending:</u></p> <p>either 8 reels OR 7 reels & ass chg</p> <p><u>Reel steps:</u></p> <p>6 balance round the leg (x 2, then 2 x r l out, then 4HC)</p> <p>last 16 HC's</p>

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Adult			
Fling (6)	Swords(3 & 1)	Seann Triubhas (4 & 2)	Strathspey & Highland Reel
<p>1 shedding</p> <p>2 basic backstepping</p> <p>4 shake & rock</p> <p>5a alt backstep (out, HC, out, front)</p> <p>7a double shake & rock</p> <p>8 last step (2 turns)</p> 	<p><u>Intro:</u> 4 count bow then step to 1d</p> <p><u>Slow steps:</u></p> <p>1 addressing the swords</p> <p>5 diagonal points</p> <p>3 toe & heel</p> <p>end 1a SP turn (end facing side)</p> <p><u>Quick step:</u></p> <p>8 crossing & pointing (commence 2 open pdb)</p>	<p><u>Intro:</u></p> <p>either step & step OR pivot & step</p> <p><u>Slow steps:</u></p> <p>1a brushing with pdb's</p> <p>2 side travel</p> <p>5 travelling balance</p> <p>6 leap & HC</p> <p><u>Quick steps:</u></p> <p>11 toe & heel & rock</p> <p>12 pointing & backstepping (mid 4, front, mid 4, spring)</p> <p><u>Finish:</u></p> <p>method 2 2 leaps</p>	<p><u>Intro:</u></p> <p>alt all up on count 4</p> <p><u>Strathspey ending:</u></p> <p>3a 2 leaps</p> <p><u>Strathspey steps:</u></p> <p>3 toe & heel</p> <p>6 basic crossover</p> <p><u>Reel ending:</u></p> <p>either 8 reels OR 7 reels & ass chg</p> <p><u>Reel steps:</u></p> <p>2 (1a) shake & travel (x 2, then 8 HC's)</p> <p>last 16 HC's</p>