



9 & under

Fling (4)	Swords (2 & 1)	Seann Triubhas (3 & 1)	half tulloch
<p>1 shedding</p> <p>5 second backstep (2nd, back front, out, front)</p> <p>4 shake & rock</p> <p>8a last step (1 turn)</p> 	<p><u>Intro:</u> 6 count bow then place on 1/2 point</p> <p><u>Slow steps:</u></p> <p>1 addressing the swords</p> <p>4 pointing (end facing sword 1)</p> <p><u>Quick step:</u></p> <p>8 crossing & pointing (commence 2 open pdb)</p>	<p><u>Intro:</u> either step & step OR pivot & step</p> <p><u>Slow steps:</u></p> <p>1a brushing (with pdb bars 5 - 7)</p> <p>2 side travel</p> <p>4 backward travel (without travel) (end with assemble prior to quick step)</p> <p><u>Quick step:</u></p> <p>14 heel toe & shedding & backstep</p> <p><u>Finish:</u> method 3 2 turns</p>	<p>1 pas de basques</p> <p>2 shake & travel (3 times & 4 HC)</p> <p>6 (1a) balance round the leg (3 times & 4 HC)</p> <p>last 16 HC's</p>


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Juvenile

Fling (6)	Swords(2 & 2)	Seann Triubhas (4 & 2)	full tulloch
<p>1 shedding</p> <p>5 second backstep (2nd, back front, out, front)</p> <p>3 toe and heel</p> <p>4 shake & rock</p> <p>6a extended crossover</p> <p>8a last step (1 turn)</p> 	<p><u>Intro:</u> 6 count bow then place on 1/2 point</p> <p><u>Slow steps:</u></p> <p>1 addressing the swords</p> <p>4 pointing (end facing the front as normal)</p> <p><u>Quick steps:</u></p> <p>7 open pdb quick step (commence 2 cl pdb)</p> <p>8 crossing & pointing (commence 2 open pdb)</p>	<p><u>Intro:</u> either step & step OR pivot & step</p> <p><u>Slow steps:</u></p> <p>1a brushing (with pdb bars 5 - 7)</p> <p>2 side travel</p> <p>3 diagonal travel (4 turns)</p> <p>4 backward travel (with travel) (end with assemble prior to quick step)</p> <p><u>Quick steps:</u></p> <p>11 toe, heel & rock</p> <p>14 heel toe & shedding & backstep</p> <p><u>Finish:</u> method 3 2 turns</p>	<p>1 pas de basques</p> <p>2 shake & travel (3 times & 4 HC)</p> <p>6 (1a) balance round the leg (3 times & 4 HC)</p> <p>5 HC Spring points (3 times & 4 HC)</p> <p>9 HC in front & balance (no HC)</p> <p>8 assemble & travel</p> <p>3 balance pas de basque (4 times - no HC)</p> <p>last 16 HC's</p>

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Adult

Fling (6)	Swords(2 & 2)	Seann Triubhas (4 & 2)	full tulloch
<p>1 shedding</p> <p>2 basic backstepping</p> <p>3 toe & heel</p> <p>5a second backstep (alt) (out, HC, out, front)</p> <p>7 shake & turn</p> <p>8a last step (1 turn)</p> 	<p><u>Intro:</u> 6 count bow & rise</p> <p><u>Slow steps:</u></p> <p>1 addressing the swords</p> <p>6 reverse points (end facing front as normal)</p> <p><u>Quick step:</u></p> <p>7 open pdb quick step (commence 2 cl pdb)</p> <p>8 crossing & pointing (commence 2 open pdb)</p>	<p><u>Intro:</u> either pivot & step (no choice this year!)</p> <p><u>Slow steps:</u></p> <p>1a brushing (with pdb bars 5 - 7)</p> <p>2 side travel</p> <p>9 double highcutting</p> <p>8 side heel travel (2 shakes & 2 turns)</p> <p><u>Quick steps:</u></p> <p>10 shedding with backstep</p> <p>14 heel toe shedding & backstep</p> <p><u>Finish:</u> method 2 2 leaps</p>	<p>1 pas de basques</p> <p>10 shuffle</p> <p>3 (1a) balance pas de basque (3 times & 4 HC)</p> <p>7 backstep & travel</p> <p>9a HC in front & balance (end 4 HC)</p> <p>5 HC Spring points (4 times)</p> <p>8 assemble & travel</p> <p>last 16 HC's</p>