



9 & under

Fling (4)	Swords (2 & 1)	Seann Triubhas (3 & 1)	Strathspey & Reel of Tulloch
<p>1 shedding</p> <p>5a second backstep (alt) (out, HC, out, front)</p> <p>6 basic crossover</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> 1 addressing the swords 4 pointing (end facing front)</p> <p><u>Quick step:</u> 7 open pdb quick step (comm 2 closed pdb)</p>	<p><u>Intro:</u> alt pivot, step & point</p> <p><u>Slow steps:</u> 1 basic 1st step 2 side travel 5 travelling balance</p> <p><u>Quick step:</u> 11 toe, heel & rock</p> <p><u>Finish:</u> method 1 1 leap</p>	<p><u>Intro:</u> alt all up on count 4</p> <p><u>Ending:</u> 2nd alt back front & ext to 2nd aerial, then 1 leap</p> <p><u>Strathspey steps:</u> 3 toe & heel 6 crossover</p> <p><u>Reel steps:</u> 1 pas de basque 10 shuffle 3 balance pdb (x 4 - no HC) last 16 HC's</p>


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Juvenile

Fling (6)	Swords (3 & 1)	Seann Triubhas (4 & 2)	Strathspey & Reel of Tulloch
<p>1 shedding</p> <p>2 basic backstepping</p> <p>4 shake & rock</p> <p>5a second backstep (alt) (out, HC, out, front)</p> <p>6 basic crossover</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> 1 addressing the swords 6 reverse points 4 pointing (end facing front)</p> <p><u>Quick steps:</u> 7 open pdb quick step (comm 2 closed pdb)</p>	<p><u>Intro:</u> alt pivot, step & point</p> <p><u>Slow steps:</u> 1 basic 1st step 2 side travel 6a leap & shed 5 travelling balance</p> <p><u>Quick steps:</u> 10 shedding with backstep 11 toe, heel & rock</p> <p><u>Finish:</u> method 1 1 leap</p>	<p><u>Intro:</u> alt all up on count 4</p> <p><u>Ending:</u> 2nd alt back front & ext to 2nd aerial, then 1 leap</p> <p><u>Strathspey steps:</u> 3 toe & heel 6 crossover</p> <p><u>Reel steps:</u> 1 pas de basque 10 shuffle 3 balance pdb (x 4 - no HC) last 16 HC's</p>

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Adult

Fling (6)	Swords (3 & 1)	Seann Triubhas (4 & 2)	Strathspey & Reel of Tulloch
<p>1 shedding</p> <p>3 toe & heel</p> <p>4 shake & rock</p> <p>5 second backstep (side, back front, out, front)</p> <p>6a extended crossover with travel</p> <p>8 last step (2 turns)</p> 	<p><u>Intro:</u> 4 count bow then step to 1d & rise</p> <p><u>Slow steps:</u> 1 addressing the swords 5 diagonal points 4 pointing (end facing sword 1) (arms 2nd pos in bars 4, 8, 12 & 16)</p> <p><u>Quick step:</u> 7 open pdb quick step (comm 2 open pdb)</p>	<p><u>Intro:</u> basic step, step & point</p> <p><u>Slow steps:</u> 1 basic 1st step 6 leap & highcut 3 diagonal travel (4 turns) 4a backward travel (with travel) (hop BBB x 3 & 4 shuffles)</p> <p><u>Quick steps:</u> 15 backstep (side back & 2 BS x 3, then turn) 12 point & BS (point, front, point chg x 3, then 4 BS)</p> <p><u>Finish:</u> method 2 2 leaps</p>	<p><u>Intro:</u> alt all up on count 4</p> <p><u>Ending:</u> 1st alt back then ext to 2nd aerial, then 1 leap</p> <p><u>Strathspey steps:</u> 1 first step 2 basic backstepping</p> <p><u>Reel steps:</u> 1 pas de basque 2a shake & travel (end with 8 HC) 3 balance pdb (x 4 - no HC) last 16 HC's</p>