
CARROLL-HENDERSON SCHOOL OF IRISH DANCING
PRESENTS



STEPS ON THE SOUND CHAMPIONSHIPS

Program

Saturday, October 10, 2026
Everett, WA | Registration at Feisworx.com

THE FRIENDS OF IRISH STUDIES IN THE WEST

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- ✓ Irish sport

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KEEP UP TO DATE

www.chirishdance.com/sots-fb-about

Email: info@chirishdance.com

Instagram: [stepsonthesound.feilebolger](https://www.instagram.com/stepsonthesound.feilebolger)



WELCOME

STEPS ON THE SOUND CHAMPIONSHIPS

A celebration of Irish dance in the Pacific Northwest!

Welcome to the Pacific Northwest! We are looking forward to welcoming people the Steps on the Sound Championships taking place right on the Puget Sound – a home for stunning nature, diverse creatures and a thriving dance community. This competition features a full syllabus with spectacular specials providing all dancers the opportunity to express their creativity and artistry. Don't miss out on day two at the same venue for Féile Bolger!

FEIS'N IN THE PNW



A full competition featuring:

- Raised stages including a full theatre for optimal viewing for all
- Feis App & BEAT musicians
- Renowned adjudicators
- **Creative specials** providing dancers opportunities for artistic self-expression
- A non-competitive **showcase** celebrating Irish Dance!

YES!
THERE'S A
RAISED STAGE!



ABOUT STEPS ON THE SOUND

Adjudicators

We are pleased and honored to welcome the following esteemed adjudicators

Anne Hall
Judy McCafferty
PJ McCafferty
Jacqueline McKay
Tara Reid

Musicians

We are pleased and honored to welcome the following esteemed musicians

Marty Garfield
Rio Navarro

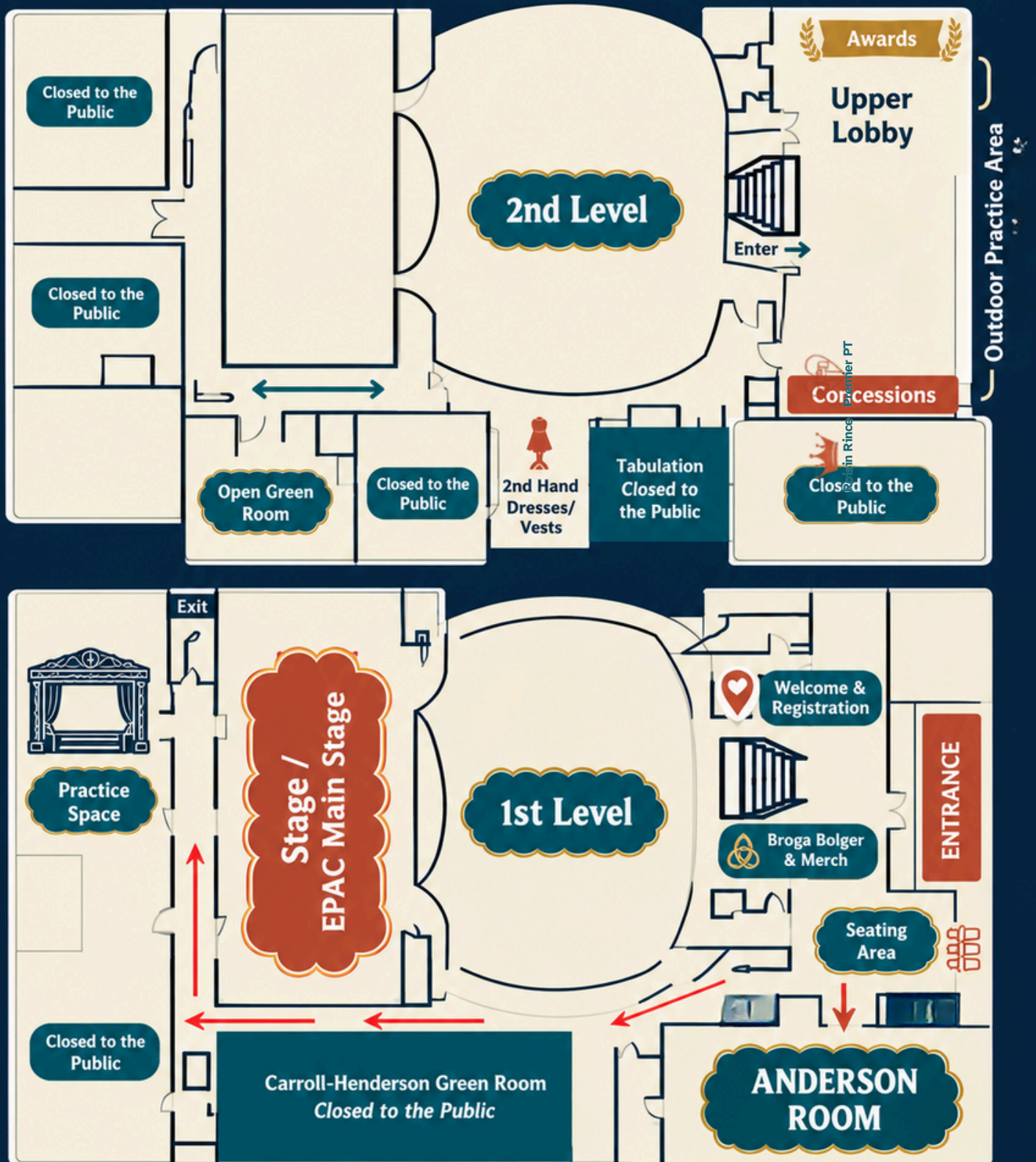
VILLAGE THEATRE (EPAC)

2710 Wetmore Ave, Everett

Conveniently located in downtown Everett, the Village Theatre
features:

- A full theatre
- Separate grades room with a raised staged for dancers
- Convenient **concessions**
- Many **vendors** for relaxation, massage, shoes, photographs and more!

Everett Performing Arts Center MAP



VENDORS

Enjoy a variety of vendors while at Steps on the Sound to fulfill all your dancing needs!



BROGA BOLGER

A local Seattle Irish dance shop featuring Irish dance shoes and other Irish dance basics.



ROISIN RINCE

From San Francisco Roisin Rince is a custom shop for accessories and items to celebrate the Irish dancer. They strive to provide everyone with a personal experience and allow creative input on designs.

PREMIER PT

Our compassionate, highly trained therapists, including a PT with Irish dance experience, can work closely with you to understand your unique needs and create a customized plan of care that combines effective treatment techniques with patient education to support your recovery and well-being..



VENDORS

Capture those unforgettable dance moments for lasting memories in the Pacific Northwest.



ERIN ELISE PHOTOGRAPHY

Erin is an award-winning photographer based in the Seattle area. As a former dancer she excels at highlighting current dancers' artistry and technique.

Erin will be taking live action shots of dancers who have been pre-booked. She capture moments from their dances, then deliver the best 4 images to families for \$60. This is a chance to memorialize those moments for dancers!

To book, please contact Erin at erin@erinelisephotography.com.



SPONSORS

*Thank you to our generous sponsors
for supporting Steps on the Sound
Championships.*



WORDEN THANE P.C.



FEIS MERCHANDISE

Three Ways to Order



Pre-Order Online | Items at the Feis | Order at Feis

Ordering Details

At the Feis

- Limited quantities of basic items may be available to purchase at the feis. We suggest arriving early!

Order at the Feis

- View samples and a full catalog at the feis.
- Order from us for shipping to your door – *great for travelers who have a full suitcase!*



www.chirishdance.com/store

ANDERSON ROOM SCHEDULE



STEPS ON THE SOUND CHAMPIONSHIPS

Saturday, October 10, 2026

ANDERSON ROOM			Anderson Room Notes
Time	Stage A	Stage B	
8:20	Line-Up for 701 & 702		
8:30	(701) Preliminary Championships U11 / (702) Preliminary Championships U13 Back-to-back		Room open to U11 & U13 Preliminary Championships
9:20	Room Break		
9:30	First Feis All Ages (001R-004J) Reel, Light Jig, Single Jig	U9 Beg. Soft Shoe (110R-113J) Reel, Light Jig, Slip Jig, Single Jig	Room open to First Feis, U9 Beginners
9:45	Beg. All Ages Hard Shoe (124T-126P) Treble Jig, Hornpipe, St. Patrick's Day	Adv. Beg. All Ages Hard Shoe (224T-226P) Treble Jig, Hornpipe, St. Patrick's Day	Room open to All ages - Beg. & Adv. Beg. Hard Shoe
10:15	First Feis Reel Special (901R)	Beg/Adv Beginner U9 Reel Special (910R)	Beginner/Adv Beginner Reel Specials
10:20	Room Break		Room open to U11 Beg & Adv. Beg. all ages
10:30	U11 Beg Reel (120R) 9&O Beg Light Jig (121L) 9&O Beg Slip Jig (122S) U11 Beg Single Jig (123J) Reel, Light Jig, Slip Jig, Single Jig	11&O Beg Reel (130R) - - 11&O Beg Slip Jig (133J) Reel, Light Jig, Slip Jig, Single Jig	Room open to U11 Beg., 11&O Beg., Adv. Beg. All ages
10:40	U9 Adv Beg Reel (210R) U11 Adv Beg Light (211L) All Ages Adv Beg Slip (222S) All Ages Adv Beg Single (223J)	9&O Adv Beg Reel (220R) 11&O Adv Beg Light Jig (231L)	
11:00	Beg/Adv Beginner U11 Reel Special (911R)	Beg/Adv Beginner 11&O Reel Special (912R)	
11:05	Beginner Treble Reel Special All Ages (915-TR)		
11:10	Room Break		Room open to U6 Tir Na nOg
11:15	Tir Na nOg (050R, 051L) Reel, Light Jig SPONSORED BY CLINE JEWELERS		
11:30	Room Break for Specials on the EPAC Main Stage		Room Open to All
12:00	LUNCH	LUNCH	
1:00	U11 Novice (310R-316TS)	U11 Prizewinner (410R-416TS)	Room open to U11 Novice & Prizewinner dancers
1:45	Adults Beg/Adv Beginner (600R-606P) / Adults Novice/Prizewinner (610R-616TS) Back-to-back		Open to Adults
2:10	(920R) Adults Beg/Adv Beginner Reel Special / (923R) Adults Nov/Priz Reel Special		

IMPORTANT NOTES

"Back to Back" means that one group will go, then the other, for each dance.

Dancers must be ready to dance **one hour ahead of posted time**, with the exception of the first competition of each day.

Due to the **private space of the Anderson Room**, we will allow families and dancers in for the competition performing on stage. Competitions occurring later in the day will not be admitted. We suggest enjoying the EPAC main stage and the other spacious areas of the venue, including green rooms and practice spaces, prior to the stated start time.

Specials and Championship Awards will be announced on the hour or half hour after the completion of the competition in the upstairs lobby.

Art (998-A) & Bread competitions (999-B) must be dropped off at the welcome desk by 10:00 am for judging.

EPAC SCHEDULE



STEPS ON THE SOUND CHAMPIONSHIPS Saturday, October 10, 2026

EPAC MAIN STAGE		
TIME	Stage C	Stage D
8:20	Line Up for 11&O Novice	Line Up for U13 Prizewinner
8:30	11&O Novice (320R-326TS)	U13 Prizewinner (420R-426TS)
9:00	U15 Prizewinner (430R-436TS)	15&O Prizewinner (440R-446TS)
9:30	(931R) U11 Nov/PW Reel Special	(932R) U13 Nov/PW Reel Special / (933R) 13&O Nov/PW Reel Special
9:40	(950L) U11 Championship Ladies Light Shoe Special (951L) U15 Championship Ladies Light Shoe Special	(953G) Championship Boys Reel Special (952L) 15&O Championships Ladies Light Shoe Special
10:00	(712) U13 Open Championship / (703) U15 Preliminary Championships <i>Back-to-back</i>	
11:15	Steps on the Sound Novelty Specials (922-S) Family 2-Hand Special	
11:30	(913S) U9 Beg/Adv Beg. Sealife Single Jig Special (918S) U11 Nov/PW Sealife Single Jig Special	(914S) 9&O Beg/Adv Beg. Sealife Single Jig Special (919S) 11&O Nov/PW Sealife Single Jig Special
11:45	15&O Championship Wildlife Treble Reel Special (956-W) U11 Nov/PW Wildlife Treble Reel Special (935-W)	U15 Championship Wildlife Treble Reel Special (955-W) 11&O Nov/PW Wildlife Treble Reel Special (936-W)
12:00	LUNCH	LUNCH
1:00	(713) U15 Open Championships / (714) U17 Open Championships <i>Back-to-back</i>	
2:15	(704) U17 Preliminary Championships / (715) 17&O Open Championships <i>Back-to-back</i>	
3:30	(705) 17&O Preliminary Championships / (720) Adult Championships <i>Back-to-back</i>	
4:15	(957) Modern Non-Traditional Choreography	
4:45	STEPS ON THE SOUND SHOWCASE <i>Includes Parade of Champions (1st & 2nd place from Prelims & Opens), local dance schools, winner of the Modern Non-Trad Choreography, two awards, and the Seattle Irish Dance Company</i>	

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Specials and Championship Awards will be announced on the hour or half hour after the completion of the competition in the upstairs lobby.

Art (998-A) & Bread competitions (999-B) must be dropped off at the welcome desk by 10:00 am for judging.

NUMBERING SYSTEM

Our feis follows a similar numbering systems to all Western US Region feiseanna. However, for families unfamiliar with the numbering system, this might be confusing.

All competition numbers will be posted on each stage which helps let families and dancers know which dance is currently on stage and which is coming next. To demistfy these numbers, we have identified the coding for each number. There is also an example of what this will look like on stage. We hope this is helpful!

Level	Starting Numbers	Dance	Letter
First Feis	001 - 049	Reel	R
Tir na nOg	050-051	Light Jig	L
Beginner	100-199	Slip Jig	S
Adv Beginner	200-299	Single Jig	J
Novice	300-399	Treble Jig	T
Prizewinner	400-499	Hornpipe	H
Prelims	700-709	St. Patrick's Day	P
Opens	710-720	Traditional Set	TS
Adult Beg/Adv Beg	600-699		
Adult Novice/Prizewinner	600-699		
Adult Championships	720		
Specials	900-999		

EXAMPLE ROOM



The first number is ‘001’ which refers to First Feis. This is followed by an ‘R’ which corresponds to the reel. This competition is the First Feis Reel. Since this is the FIRST number on the left, that dance is currently on stage. The dance following this will be 002L. When 001R has concluded, this paper will be removed.

FEES & REGISTRATION

See below for a pricing breakdown for competitions and instructions on how to register for Steps on the Sound Championships. Entry fees are NON-REFUNDABLE.

Category	Cost
Grades Soft Shoe (includes all soft shoe dances)	\$25
Grades Hard Shoe (includes all hard shoe dances)	\$20
Open, Adult, & Adv. Adult Championships (3 Rounds)	\$60
Preliminary Championships (2 Rounds)	\$45
Primary Specials, Art & Baking Competitions	\$10
Novelty Specials	\$15 - 20
Tir Na Nog (includes all soft shoe dances)	\$10
Family Registration Fee	\$30
Day of Registration Changes	\$10
Day of Registration Fee	\$50
Family Maximum (does not include specials)	\$150

KEEP IN TOUCH

www.chirishdance.com/sots-fb-about

Email: info@chirishdance.com

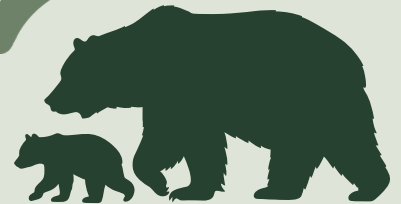
Instagram: [stepsonthesound.feilebolger](https://www.instagram.com/stepsonthesound.feilebolger)

GRADES

TIR NA NOG

Tir Na Nog is a special opportunity for our youngest dancers to take the stage. This is not a placement competition, but instead a chance for young dancers, including preschoolers and tots to step on a stage and perform 16 bars of a dance. Dancers will all receive an award and will not be ranked.

COME DANCE
LITTLES!



Age	Reel	Light Jig
U6	050R	051L

Tir Na Nog participation will not count towards 'First Feis', and dancers participating in this event will still be eligible to dance in the 'First Feis' category at a later date.

Dancers in this category can receive assistance from an instructor if necessary. We understand this is a big moment for little dancers, and some help or encouragement can be beneficial! .





PRIMARY SPECIALS

Primary specials will cost \$10 per participant. Dancers will dance one-at-time down the line. Dancers will perform a sixteen bars (16) of the specified dance – a right foot followed by left.

REEL & TREBLE REEL

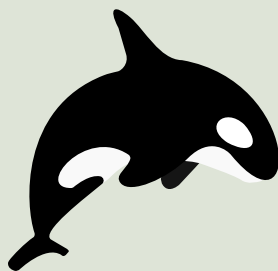
Dance	First Feis U7	First Feis U9	First Feis U11	Beg/Adv. Beg U9	Beg/Adv. Beg U11	Beg/Adv. Beg 11&O	Beg. Adult
Reel	900-R	901-R	902-R	910-R	911-R	912-R	920-R
Treble Reel	N/A	N/A	N/A	915-TR	916-TR	917-TR	921-TR

PRIMARY SPECIALS

REELS & LADIES LIGHT SHOE

Dance	Novice/ PW U9	Novice /PW U11	Novice / PW U13	Novice/ PW 13&O	Adult Novice /PW	Champ U11	Champ U15	Champ 15 &O	Champ All Ages
Reel*	930-R	931-R	932-R	933-R	923-R	-	-	-	-
Ladies Light Shoe*	-	-	-	-	-	950-L	951-L	952-L	-
Gents Reel*	-	-	-	-	-	-	-	-	953-G

Ladies Light shoe will dance sixteen (16) bars of either a reel or a slip jig.



NOVELTY SPECIALS

Novelty specials will cost \$15-20 per participant and include the specials noted below. Please see the descriptions regarding each of these specials. A few of these specials were chosen by Carroll-Henderson School of Irish Dancing students and families!

SEALIFE SINGLE JIG

Dance	Description	Beg/Adv Beg U9	Beg/Adv Beg 9&O	Nov/PW U11	Nov/PW 11&O
Sealife Single Jig+ (\$15)	<i>Dancers will perform 16 bars of a single jig with costume that reflects the diverse sea life in the Puget Sound region</i>	913-S	914-S	918-S	919-S

NOVELTY SPECIALS

WILDLIFE TREBLE REEL

Dance	Description	Nov/PW U11	Nov/PW 11&O	Champs U15	Champs 15&O
Wildlife Treble Reel (\$15) All fees will be donated to Woodland Park Zoo's conservation initiatives.	<i>Dancers will perform 16 bars of a treble reel with costume that reflects the diverse wildlife in the Pacific Northwest.</i>	935-W	936-W	955-W	956-W

FAMILY 2-HAND SPECIAL

Dance	Description	All Ages
Family 2-Hand Special (\$15)	32 bars of a two hand with a family member. Dancers will perform two groups at a time. <i>ALL LEVELS</i>	922-S

MODERN CHOREOGRAPHY

Dance	Description	All Ages
Modern Non-Trad Choreography (\$20) Max: 12 Groups	<i>Championship level dancers will choreograph their own modern Irish dance piece to a lyrical, non-traditional Irish music. The piece will be no longer than 1.5 minutes and can include up to 6 dancers. See important submission requirements below.</i>	957

Dancers registered for the Modern Non-Trad Choreography Special must send their cut music to info@chirishdance.com by September 25, 2026. If the music is not received, we will drop the registration. Steps on the Sound Championships does not maintain any rights to the music chosen. **For groups, ONE dancer will submit registration for the entire group. Please do NOT register separately.**

SPECIAL AWARDS

Steps on the Sound Championships recognizes Irish dancing and its benefits beyond competitive placements. To highlight admirable aspects of dancers in our community, we have to special awards that will be given out during our Evening Showcase.

RISING TIDE DANCER



The Rising Tide dancer will have demonstrated the same vibrancy as the tide pools and diverse life the tides embrace. A dancer in their grades will be selected by the adjudicators based on their performance ability, showcasing personal vibrance and personality while remaining kind and supportive of others throughout the competition.

The Rising Tide Award winner will be asked to perform 16 bars of a reel at the Steps on the Sound Showcase.

SPIRIT OF THE SOUND DANCER

The Puget Sound is home to many noble and powerful creatures revered by the people who call this place home. The sea life is known for its interconnectedness with an environment that is vibrant, yet peaceful. A dancer in any age and level will be selected by the adjudicators based on their demonstration of the interconnectedness of the Irish dance community, kindness, poise, and respect during the competition.

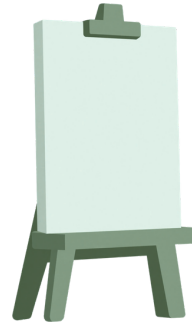
The Sprit of the Sound winner will be asked to perform 16 bars of a reel at the Steps on the Sound Showcase.



ART & BAKING

Steps on the Sound Championships recognizes the other artistic areas Irish culture touches. These challenges and competitions celebrate Irish culture in various artistic forms.

MIXED MEDIA ART



Competitors may submit one mixed media creation that shares a blend of Irish culture and the Pacific Northwest environment. Creativity is encouraged along with various mediums in the one piece.

Artists should submit a the art piece along with a title and short artistic statement of no more than 100 words.

Competition Number: 998-A

IRISH BROWN BREAD



The perfect side to any Irish soup is brown bread (or soda bread). All baking enthusiasts are encourage to create their best Irish brown bread, also known as soda bread. Explore the best crumb, sturdy yet delicious crust, and the mouthwatering taste. Loaves should be traditional with no additions such as raisins or fruit.

Competitors will drop off their loaves by 10:00 am to be adjudicated.

Competition Number: 999-B





STEPS ON THE SOUND SHOWCASE

You're invited to join us for an evening showcase celebrating the rich Irish dance community joining us for Steps on the Sound.

Date & Time

Saturday, October 10
4:45-5:30 p.m.

Location

Village Theatre

Performances

Parade of Champions
Modern Special Winner
*School Showcases**
*Special Awards***
Seattle Irish Dance Co.

**Each school is invited to present up to two (2) dances, each no longer than 3.5 minutes in length. Heads of schools will contact Lauren Carroll-Bolger at info@chirishdance.com to confirm participation and more details.*

***Special awards including Rising Tide and Spirit of the Sound will be announced during the showcase, and winners are invited to perform 16 bars of a reel.*

WASHINGTON

MONTANA



ADULT SOCIAL!

Adults are invited to join us in celebrating the rich Irish dance community joining us for Steps on the Sound.

Date & Time

Saturday, October 10
7:00pm

Location

Large Brewing & Tap Room



SCHOOLS

Thank you for joining us for Steps on the Sound Championships!

An Daire Academy
Blackthorn Academy of Irish Dance
Bracken School
Carroll-Henderson School of Irish Dance
Celtic Steps
Clann Rioga: Ireland & USA
Comerford Washington
Doherty Petri School
Grafton Street Academy
Haley Prendergast School of Irish Dance
Haran School of Irish Dance
Irish Dance Academy of Alaska
Kyne Irish Dance Co.
Magennis Academy
Murray School
O'Shea Irish Dance, Montana
Penk-O'Donnell
Rince O'Chroi
Rohan Murphy Irish Dance Academy
Sionnaine Irish Dance Academy
Steel School of Irish Dance
Tara Academy of Irish Dance
Tiernan Irish Dancers, Helena
Yeates Academy of Irish Dance, OR