



This information must not be shared, including on social media sites, until AFTER the SOBHD have published it on the general section of their website on 2nd September 2019.

Examining Bodies and Affiliated Bodies can share this with professionals in secure areas of their websites only after the SOBHD posts this in the secure areas of the SOBHD website on Monday 22nd July 2019.

Any professional found to be sharing this information prior to the SOBHD publishing this on 2nd September 2019 will be subject to the SOBHD Disciplinary procedures.

Due to the procedures mentioned above, please note that no copies of the steps will be supplied at any of the lectures held prior to 2nd September 2019.



2020 CHAMPIONSHIP STEPS

	7 & under 12 years	12 & under 16 years	16 years & over
FLING	1 st Step: Shedding 2 nd Step: First Back-Stepping 7 th Step: Double Shake and Rock 8 th Step Alternative: Last Shedding	1 st Step: Shedding 2 nd Step: First Back-Stepping 4 th Step: Rocking 5 th Step Alternative: Second Back-Stepping 7 th Step: Double Shake and Rock 8 th Step Alternative: Last Shedding	1 st Step: Shedding 5 th Step Alternative: Second Back-Stepping 4 th Step Alternative: Shake and Turn 6 th Step 5 th Alternative: Crossover with Shake and Low Cut 7 th Step: Double Shake and Rock 8 th Step Alternative: Last Shedding
SWORD	Intro: 6 count bow and rise 1 st Step: Addressing the Swords 4 th Step: Pointing 7 th Step: Open Pas de Basque Quick Step	Intro: 6 count bow and rise 1 st Step: Addressing the Swords 2 nd Step: Open Pas de Basque 7 th Step: Open Pas de Basque Quick Step 8 th Step Alternative: Crossing and Pointing	Intro: 6 count bow and rise 1 st Step: Addressing the Swords 2 nd Step: Open Pas de Basque 7 th Step Alternative: Open Pas de Basque Quick Step 8 th Step Alternative: Crossing and Pointing
SEANN TRIUBHAS	Intro: Basic 1 st Step Alternative: Brushing 2 nd Step: Side Travel 4 th Step: Backward Travel 13 th Step: Shedding with Back-Step Finish: Entrechat Method 3	Intro: Basic 1 st Step Alternative: Brushing 2 nd Step: Side Travel 3 rd Step Alternative: Diagonal Travel 4 th Step: Backward Travel 14 th Step: Toe-and-Heel, and Rock 13 th Step: Shedding with Back-Step Finish: Entrechat Method 3	Intro: Basic 1 st Step Alternative: Brushing 2 nd Step: Side Travel 3 rd Step: Diagonal Travel 4 th Step Alternative: Backward Travel 14 th Step: Toe-and-Heel, and Rock 13 th Step: Shedding with Back-Step Finish: Entrechat Method 5
STRATHSPEY and HIGHLAND REEL	Intro: Alternative Ending: 1 st Alternative Setting Steps: 2 nd Step: First Back-Stepping 3 rd Step: Toe-and-Heel Highland Reel ending: assemble change 3 rd Step: Balance and Pas de Basque Last Step: High Cutting	Intro: Alternative Ending: 2 nd Alternative Setting Steps: 5 th Step: Second Back-Stepping 3 rd Step: Toe-and-Heel Highland Reel ending: assemble change 5 th Step: High Cuts and Spring Points (4 times) Last Step: High Cutting	Intro: Alternative (bow with arms by side) Ending: 2 nd Alternative Setting Steps: 5 th Step: Second Back-Stepping (Bar 1: 1 <u>2</u> & 3 4) 3 rd Step: Toe-and-Heel Highland Reel ending: 8 Highland Reels 5 th Step: High Cuts and Spring Points (4 times) Last Step: High Cutting

28th March 2019