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Examining Bodies and Affiliated Bodies can share this with professionals in secure areas of their websites only after the RSOBHD posts this in the secure areas of the RSOBHD website on **18<sup>th</sup> July 2022.**

Any professional found to be sharing this information prior to the RSOBHD publishing this on **1<sup>st</sup> September 2022** will be subject to the RSOBHD Disciplinary procedures.



## 2023 CHAMPIONSHIP STEPS

**Note 1. The order of the steps *MUST* be followed as listed below.**

|                                       | <b>7 &amp; under 12 years</b>  | <b>12 &amp; under 16 years</b>   | <b>16 years &amp; over</b>   |
|---------------------------------------|--|--|--|
| <b>FLING</b>                          | 1 <sup>st</sup> Step: Shedding<br>5 <sup>th</sup> Step: Second Back-Stepping<br>7 <sup>th</sup> Step: Double Shake and Rock<br>8 <sup>th</sup> Step Alternative: Last Shedding   | 1 <sup>st</sup> Step: Shedding<br>5 <sup>th</sup> Step: Second Back-Stepping<br>4 <sup>th</sup> Step Alternative: Shake and Turn<br>6 <sup>th</sup> Step 2 <sup>nd</sup> Alternative: Cross-over with Pause<br>7 <sup>th</sup> Step: Double Shake and Rock<br>8 <sup>th</sup> Step Alternative: Last Shedding  | 1 <sup>st</sup> Step: Shedding<br>5 <sup>th</sup> Step: Second Back-Stepping<br>4 <sup>th</sup> Step Alternative: Shake and Turn<br>6 <sup>th</sup> Step 5 <sup>th</sup> Alternative: Cross-over with Shake and Low Cut<br>7 <sup>th</sup> Step: Double Shake and Rock<br>8 <sup>th</sup> Step Alternative: Last Shedding  |
| <b>SWORD</b>                          | Intro: 4 count bow and step to 1d<br>1 <sup>st</sup> Step: Addressing the Swords<br>2 <sup>nd</sup> Step: Open Pas de Basque<br>8 <sup>th</sup> Step: Crossing and Pointing  | Intro: 4 count bow and step to 1d<br>1 <sup>st</sup> Step: Addressing the Swords<br>2 <sup>nd</sup> Step: Open Pas De Basque<br>6 <sup>th</sup> Step: Reverse Points<br>8 <sup>th</sup> Step: Crossing and Pointing  | Intro: 4 count bow and step to 1d<br>1 <sup>st</sup> Step: Addressing the Swords<br>5 <sup>th</sup> Step: Diagonal Points<br>6 <sup>th</sup> Step: Reverse Points<br>8 <sup>th</sup> Step: Crossing and Pointing   |
| <b>SEANN TRIUBHAS</b>                 | Intro: Basic<br>1 <sup>st</sup> Step: Brushing<br>2 <sup>nd</sup> Step: Side Travel<br>8 <sup>th</sup> Step: Leap and Shedding<br>13 <sup>th</sup> Step: Shedding with Back-Step<br>Finish: Entrechat Method 2   | Intro: Basic<br>1 <sup>st</sup> Step: Brushing<br>2 <sup>nd</sup> Step: Side Travel<br>8 <sup>th</sup> Step: Leap and Shedding<br>11 <sup>th</sup> Step: Side Heel-and-Toe (2 shakes and 2 pivots)<br>13 <sup>th</sup> Step: Shedding with Back-Stepping<br>17 <sup>th</sup> Step: Heel-and-Toe, Shedding and Back-Stepping<br>Finish: Entrechat Method 3  | Intro: Basic<br>1 <sup>st</sup> Step: Brushing<br>2 <sup>nd</sup> Step: Side Travel<br>7 <sup>th</sup> Step: Entrechat and High Cut<br>11 <sup>th</sup> Step: Side Heel-and-Toe (2 shakes and 2 pivots)<br>17 <sup>th</sup> Step: Heel-and-Toe, Shedding and Back-Stepping<br>18 <sup>th</sup> Step: Back-Stepping<br>Finish: Entrechat Method 4   |
| <b>STRATHSPEY AND REEL OF TULLOCH</b> | Introduction: Alternative<br>Ending: 1 <sup>st</sup> Alternative<br>3 <sup>rd</sup> Step: Toe-and-Heel<br>6 <sup>th</sup> Step: Cross-over<br>Reel Steps:<br>1 <sup>st</sup> Step: Pas de Basque<br>2 <sup>nd</sup> Step: Shake and Travel<br>6 <sup>th</sup> Step: Balance and Round-the-Leg<br>Last Step: High Cutting | Introduction: Alternative<br>Ending: 2 <sup>nd</sup> Alternative (any method of counting)<br>3 <sup>rd</sup> Step: Toe-and-Heel<br>8 <sup>th</sup> Step Alternative: Last Shedding<br>Reel Steps:<br>1 <sup>st</sup> Step: Pas de Basque<br>7 <sup>th</sup> Step: Back-Step and Travel<br>6 <sup>th</sup> Step 1 <sup>st</sup> Alternative: Balance and Round-the-Leg<br>Last Step: High Cutting | Introduction: Alternative<br>Ending: 2 <sup>nd</sup> Alternative (any method of counting)<br>3 <sup>rd</sup> Step: Toe-and-Heel<br>8 <sup>th</sup> Step Alternative: Last Shedding<br>Reel Steps:<br>1 <sup>st</sup> Step: Pas de Basque<br>7 <sup>th</sup> Step: Back-Step and Travel<br>6 <sup>th</sup> Step 1 <sup>st</sup> Alternative: Balance and Round-the-Leg<br>Last Step: High Cutting |

**Released – 18<sup>th</sup> July 2022**