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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 **17th July 2023.**

Any professional found to be sharing this information prior to the RSOBHD publishing this on **1st September 2023** will be subject to the RSOBHD Disciplinary procedures.



2024 CHAMPIONSHIP STEPS

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

	7 & under 12 years	12 & under 16 years	16 years & over
FLING	1 st Step: Shedding 2 nd Step: First Back-Stepping 4 th Step: Rocking 8 th Step: Last Shedding	1 st Step: Shedding 2 nd Step: First Back-Stepping 4 th Step: Rocking 5 th Step Alternative: Second Back-Stepping 6 th Step 3 rd Alternative: Cross-over with Shake 8 th Step: Last Shedding	1 st Step: Shedding 2 nd Step: First Back-Stepping 4 th Step: Rocking 5 th Step Alternative: Second Back-Stepping 6 th Step 4 th Alternative: Cross-over with Low Cut 8 th Step: Last Shedding
SWORD	Intro: 6 count bow and place on half point 1 st Step: Addressing the Swords 4 th Step: Pointing 7 th Step: Open Pas de Basque Quick-Step	Intro: 6 count bow and place on half point 1 st Step: Addressing the Swords 4 th Step: Pointing (alternative ending) 3 rd Step 2 nd Alternative: Toe-and-Heel 7 th Step Alternative Method Bar 1: Open Pas de Basque Quick-Step	Intro: 6 count bow and place on half point 1 st Step: Addressing the Swords 4 th Step: Pointing (alternative ending) – 2 nd position of arms Bars 4, 8, 12 and 16 3 rd Step 1 st Alternative: Toe-and-Heel 7 th Step Alternative Method Bar 1: Open Pas de Basque Quick-Step
SEANN TRIUBHAS	Intro: Basic 1 st Step Alternative: Brushing 2 nd Step: Side Travel 10 th Step Alternative: High Cut in Front and Balance (with travel) 14 th Step: Toe-and-Heel, and Rock Finish: Method 1	Intro: Basic 1 st Step Alternative: Brushing 2 nd Step: Side Travel 6 th Step: Leap and High Cut 10 th Step Alternative: High Cut in Front and Balance (with travel) 16 th Step: Heel-and-Toe and Shedding 14 th Step: Toe-and-Heel, and Rock Finish: Method 2	Intro: Basic 1 st Step Alternative: Brushing 2 nd Step: Side Travel 12 th Step: Double High Cutting 10 th Step Alternative: High Cut in Front and Balance (with travel) 16 th Step: Heel-and-Toe and Shedding 14 th Step: Toe-and-Heel, and Rock Finish: Method 2
REEL OF TULLOCH	1 st Step: Pas de Basque 2 nd Step: Shake and Travel 3 rd Step: Balance and Pas de Basque 5 th Step: High Cuts and Spring Points (4 times) 8 th Step: Assemble and Travel 9 th Step: High Cut in Front and Balance 4 th Step: Brushing Last Step: High Cutting	1 st Step: Pas de Basque 2 nd Step: Shake and Travel 3 rd Step 1 st Alternative: Balance and Pas de Basque 6 th Step 1 st Alternative: Balance and Round-the-Leg 8 th Step: Assemble and Travel 5 th Step: High Cuts and Spring Points (4 times) 9 th Step: High Cut in Front and Balance Last Step: High Cutting	1 st Step: Pas de Basque 2 nd Step Alternative: Shake and Travel 3 rd Step 1 st Alternative: Balance and Pas de Basque 6 th Step 2 nd Alternative: Balance and Round-the-Leg 8 th Step: Assemble and Travel 5 th Step: High Cuts and Spring Points (4 times) 9 th Step: High Cut in Front and Balance Last Step: High Cutting