



This information must not be shared, including on social media sites, until AFTER the RSOBHD have published it on the general section of their website on **1<sup>st</sup> September 2022.**

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

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