



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 2023.**

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 **17<sup>th</sup> July 2023.**

Any professional found to be sharing this information prior to the RSOBHD publishing this on **1<sup>st</sup> 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.**

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