



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 **1st September 2021.**

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 **19th July 2021.**

Any professional found to be sharing this information prior to the RSOBHD publishing this on **1st September 2021** will be subject to the RSOBHD Disciplinary procedures.



2022 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 5 th Step Alternative: Second Back-Stepping 6 th Step: Cross-over 8 th Step: Last Shedding	1 st Step: Shedding 5 th Step Alternative: Second Back-Stepping 3 rd Step: Toe-and-Heel 4 th Step: Rocking 6 th Step 1 st Alternative: Cross-over 8 th Step: Last Shedding	1 st Step: Shedding 2 nd Step: First Back-Stepping 3 rd Step: Toe-and-Heel 4 th Step: Rocking 6 th Step 2 nd Alternative: Cross-over with Pause 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 (alternative ending) 8 th Step Alternative Method Bar 1: Crossing and Pointing	Intro: 6 count bow and place on half point 1 st Step: Addressing the Swords 4 th Step: Pointing 6 th Step: Reverse Points 8 th Step: Crossing and Pointing	Intro: 6 count bow and place on half point 1 st Step: Addressing the Swords 4 th Step: Pointing 6 th Step: Reverse Points 8 th Step: Crossing and Pointing
SEANN TRIUBHAS	Intro: Alternative 1 st Step: Brushing 2 nd Step: Side Travel 9 th Step: Entrechat and Shedding 16 th Step: Heel-and-Toe and Shedding Finish: Method 1	Intro: Alternative 1 st Step: Brushing 2 nd Step: Side Travel 5 th Step: Travelling Balance 9 th Step: Entrechat and Shedding 15 th Step: Pointing and Back-Stepping 16 th Step: Heel-and-Toe and Shedding Finish: Method 1	Intro: Alternative 1 st Step: Brushing 2 nd Step: Side Travel 5 th Step: Travelling Balance 8 th Step: Leap and Shedding 15 th Step: Pointing and Back-Stepping 16 th Step: Heel-and-Toe and Shedding Finish: Method 2
STRATHSPEY AND HIGHLAND REEL	Introduction: Basic Ending: Basic 2 nd Step: First Back-Stepping 4 th Step: Rocking (finish 2 rocks) Ending: Assemble, change 8 th Step: Assemble and Travel Last Step: High Cutting	Introduction: Basic Ending: Basic 2 nd Step: First Back-Stepping 6 th Step: Cross-over Ending: Assemble, change 2 nd Step: Shake and Travel Last Step: High Cutting	Introduction: Basic Ending: Basic 5 th Step Alternative: Second Back-Stepping 6 th Step: Cross-over Ending: Assemble, change 2 nd Step: Shake and Travel Last Step: High Cutting

19th July 2021