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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 **21st July 2025.**

Any professional found to be sharing this information prior to the RSOBHD publishing this on **2nd September 2025** will be subject to the RSOBHD Disciplinary procedures.



2026 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 6 th Step 1 st Alternative: Cross-over 8 th Step: Last Shedding	1 st Step: Shedding 2 nd Step: First Back-Stepping 6 th Step 4 th Alternative: Cross-over with Low-Cut 5 th Step Alternative: Second Back-Stepping 4 th Step Alternative: Shake-and-Turn 8 th Step: Last Shedding	1 st Step: Shedding 2 nd Step: First Back-Stepping 6 th Step 5 th Alternative: Cross-over with Shake and Low-Cut 5 th Step Alternative: Second Back-Stepping 7 th Step: Double Shake-and-Rock 8 th Step: Last Shedding
SWORD	Intro: 6 count bow and rise 1 st Step: Addressing the Swords 4 th Step: Pointing 8 th Step: Crossing and Pointing Quick-Step	Intro: 6 count bow and rise 1 st Step: Addressing the Swords 6 th Step: Reverse Points 4 th Step: Pointing 8 th Step: Crossing and Pointing Quick-Step	Intro: 6 count bow and rise 1 st Step: Addressing the Swords 5 th Step: Diagonal Points 4 th Step: Pointing 8 th Step: Crossing and Pointing Quick-Step
SEANN TRIUBHAS	Intro: Basic 1 st Step: Brushing 2 nd Step: Side Travel 11 th Step: Side Heel-and-Toe (4 shake-shake down) 14 th Step: Toe-and-Heel, and Rock Finish: Entrechat Method 2	Intro: Basic 1 st Step: Brushing 2 nd Step: Side Travel 9 th Step: Entrechat and Shedding 11 th Step: Side Heel-and-Toe (2 shakes 2 pivots) 18 th Step: Back-Stepping 14 th Step: Toe-and-Heel, and Rock Finish: Method 1	Intro: Basic 1 st Step: Brushing 2 nd Step: Side Travel 6 th Step: Leap and High Cut 11 th Step: Side Heel-and-Toe (2 shakes and 2 pivots) 13 th Step: Shedding with Back-Step 14 th Step: Toe-and-Heel, and Rock Finish: Entrechat Method 4
STRATHSPEY AND REEL OF TULLOCH	Introduction: Alternative Ending: 1 st Alternative 6 th Step 1 st Alternative: Cross-over 8 th Step: Last Shedding Reel Steps: 1 st Step: Pas-de-Basque 8 th Step: Assemble and Travel 3 rd Step 1 st Alternative: Balance and Pas-De-Basque Last Step: High Cutting	Introduction: Alternative Ending: 2 nd Alternative 6 th Step 1 st Alternative: Cross-over 8 th Step: Last Shedding Reel Steps: 1 st Step: Pas-de-Basque 8 th Step: Assemble and Travel 3 rd Step 1 st Alternative: Balance and Pas-De-Basque Last Step: High Cutting	Introduction: Alternative Ending: 3 rd Alternative 6 th Step 1 st Alternative: Cross-over 8 th Step Alternative: Last Shedding Reel Steps: 1 st Step: Pas-de-Basque 2 nd Step Alternative: Shake and Travel 3 rd Step 1 st Alternative: Balance and Pas-De-Basque Last Step: High Cutting

Released to Professionals – 21st July 2025