



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 **3rd September 2024.**

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 **22nd July 2024.**

Any professional found to be sharing this information prior to the RSOBHD publishing this on **3rd September 2024** will be subject to the RSOBHD Disciplinary procedures.



2025 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 3 rd Step: Toe-and-Heel 8 th Step: Last Shedding	1 st Step: Shedding 5 th Step: Second Back-Stepping 3 rd Step: Toe-and-Heel 4 th Step: Rocking 6 th Step: Cross-over 8 th Step: Last Shedding	1 st Step: Shedding 5 th Step: Second Back-Stepping 3 rd Step: Toe-and-Heel 4 th Step Alternative: Shake-and-Turn 6 th Step 1 st Alternative: Cross-over 8 th Step: Last Shedding
SWORD	Intro: 4 count bow and step to 1d 1 st Step: Addressing the Swords 2 nd Step: Open Pas-de-Basque 7 th Step Alternative Method Bar 1: Open Pas de Basque Quick-Step	Intro: 4 count bow and step to 1d 1 st Step: Addressing the Swords 5 th Step: Diagonal Points 7 th Step Alternative Method Bar 1: Open Pas de Basque Quick-Step 8 th Step Alternative Method Bar 1: Crossing and Pointing Quick-Step	Intro: 4 count bow and step to 1d 1 st Step: Addressing the Swords 6 th Step: Reverse Points 7 th Step Alternative Method Bar 1: Open Pas de Basque Quick-Step 8 th Step Alternative Method Bar 1: Crossing and Pointing Quick-Step
SEANN TRIUBHAS	Intro: Alternative 1 st Step: Brushing (3 arm circles during Bars 1 – 3 and Bars 5 – 7) 2 nd Step: Side Travel 5 th Step: Travelling Balance 17 th Step: Heel-and-Toe, Shedding and Back-Stepping Finish: Method 1	Intro: Alternative 1 st Step: Brushing (3 arm circles during Bars 1 – 3 and Bars 5 – 7) 2 nd Step: Side Travel 5 th Step: Travelling Balance 8 th Step: Leap and Shedding 15 th Step: Pointing and Back-Stepping 17 th Step: Heel-and-Toe, Shedding and Back-Stepping Finish: Entrechat Method 2	Intro: Alternative 1 st Step: Brushing (3 arm circles during Bars 1 – 3 and Bars 5 – 7) 2 nd Step: Side Travel 5 th Step: Travelling Balance 9 th Step: Entrechat and Shedding 18 th Step: Back-Stepping 17 th Step: Heel-and-Toe, Shedding and Back-Stepping Finish: Entrechat Method 5
STRATHSPEY AND HIGHLAND REEL	Introduction: Basic Ending: Basic 3 rd Step: Toe-and-Heel 4 th Step: Rocking (finish 3 rocks) Ending: Assemble, change 2 nd Step: Shake and Travel Last Step: High Cutting	Introduction: Basic Ending: 3 rd Alternative 3 rd Step: Toe-and-Heel 4 th Step: Rocking (finish 3 rocks) Ending: Assemble, change 7 th Step: Back-Step and Travel Last Step: High Cutting	Introduction: Basic Ending: 3 rd Alternative 3 rd Step: Toe-and-Heel 4 th Step: Rocking (finish 3 rocks) Ending: Assemble, change 7 th Step: Back-Step and Travel Last Step: High Cutting