

LINDALE HIGH SCHOOL BAND

MARCHING FUNDAMENTALS

PARADE REST:

- **HEAD POSITION:** Slightly above parallel.
- **SHOULDERS:** Back.
- **LEFT ARM:** Behind the back, hand in the small of the back. Hand position with knuckles bent.
- **RIGHT ARM:** By your side, hand bent at knuckles, thumb beside fingers, hand on the seam of the pants. Don't make a fist.
- **FEET:** Shoulder width apart.
- **VOCAL COMMAND:** Band, parade rest! Response - Pride! Be sure you clap and establish tempo.
- **HELPFUL HINTS:** Don't lock your knees!

ATTENTION:

- **HEAD POSITION:** Slightly above parallel.
- **SHOULDERS:** Back.
- **LEFT ARM:** Moves from behind the back to the left side. Hand is bent at knuckles, thumb beside fingers, hand on the seam of the pants. Don't make a fist.
- **RIGHT ARM:** Stays the same.
- **FEET:** Together. Toes are at a 45 degree angle.
- **VOCAL COMMAND:** Band, atten - hut! Response - Pride! Be sure you establish tempo.
- **HELPFUL HINTS:** Left foot and left arm move together and pop into place. Don't pick up and stomp the foot. Don't lock knees

LEFT FACE:

- **HEAD POSITION:** Same.
- **SHOULDERS:** Same.
- **ARMS:** Same.
- **FEET:** Spin to the left on the heel of the left foot and toe of the right. Then pop the right foot in beside the left. Feet end in a 45 degree angle.
- **VOCAL COMMAND:** Left hace. Response 1- 2! Be sure you establish tempo.
- **HELPFUL HINTS:** It is a 2-part move. Teach it in 2 parts; step 1 with the spin then step 2 closing the right foot in. Don't let them stomp the right foot. It is a pop move. Also, don't let them turn the shoulders first; the body should turn at one time like it is on a pole.

RIGHT FACE:

- **HEAD POSITION:** Same.
- **SHOULDERS:** Same.
- **ARMS:** Same.
- **FEET:** Spin to the right on the heel of the right foot and toe of the left. Then pop the left foot in beside the right. Feet end in a 45 degree angle.
- **VOCAL COMMAND:** Right hace. Response 1- 2! Be sure you establish tempo.
- **HELPFUL HINTS:** It is a 2-part move; step 1 with the spin then step 2 closing the left foot in. Don't stomp the foot; pop the move; don't turn the shoulders first; spin the whole body at one time.

ABOUT FACE:

- **HEAD POSITION:** Same.
- **SHOULDERS:** Same.
- **ARMS:** Same.
- **FEET: Step with left foot - SLALOM (CROSSOVER) STEP! FULL STEP!** Spin to the right on the ball of the left foot and heel of the right. Close the left foot to the right; feet end at a 45 degree angle.
- **VOCAL COMMAND:** About face. Response 1-2 -3! Be sure you establish tempo.
- **HELPFUL HINTS:** It is a 3-part move; step 1 with the left foot out in a **SLALOM (CROSSOVER) STEP**; step 2 spin to the right; step 3 close the left foot into the right. Go slowly and check the slalom (crossover) step! Don't stomp the left foot back in.

PRESENT HORNS: (without horns)

- **HEAD POSITION:** Same.
- **SHOULDERS:** Same.
- **ARMS:** Come up and make a triangle; hands overlap left over right. Fists end up about eye level.
- **FEET:** At a 45 degree angle.
- **VOCAL COMMAND:** Band present horns. Response - Pop! Be sure you establish tempo.
- **HELPFUL HINTS:** It is a pop move in one count. Don't lock your knees!

KICK/STEP OFF:

- **HEAD AND ARMS:** Same. Keep head up!
- **EXECUTION:** It is a 2 count move - KICK, STEP! Count 1 - The left foot kicks out slightly above the ground (skim the top of the grass). It is a **SLALOM (CROSSOVER) STEP!** The kick has the toe pointed down towards the ground. Count 2 - The step brings the toe up and the heel hits the ground and then you shift the weight forward.
- **VOCAL COMMAND:** Forward march. Response - Kick step!
- **HELPFUL HINTS:** Watch for the slalom (crossover) step; make sure it's a full step and that it is a kick. Be sure the toe is pointed to the ground! Don't lean forward! Keep weight back!

MARCHING 6 STEPS:

- **EXECUTION:** Kick step, then 6 steps forward. Be sure you slalom (crossover) step on the kick off. Take 6 even steps. Let arm swing - don't keep it stiff at your side. End with the back of the heel on the back of the line.
- **HELPFUL HINT:** Use a **GLIDE STEP**. Each step hits with the heel first, then roll the foot from heel to toe to make the step as smooth as possible. Almost cross one in front of the other. "Squeeze the grape."

DRAG HALT:

- **HEAD AND ARMS:** Same.
- **FEET:** Right foot hits first, then the left foot drags in beside it. When the right foot goes down, the left foot will be on the toe, waiting to drag in. Feet end in a 45 degree angle.
- **VOCAL COMMAND:** They will be marching; the response is Drag Halt!
- **HELPFUL HINTS:** It is a 2 count move; do it one step at a time. Count 1- Right foot out, left foot back on the toe. Slide the left foot in on count 2. Don't let them pick the foot up and stomp.

LEFT FLANK:

- **HEAD AND ARMS:** Same.
- **FEET:** Turn to the left **90 degrees** on the ball of the right foot. The left foot automatically goes into the "kick" position with the toe pointed down.
- **HELPFUL HINTS:** The turn is popped. Start on one line and march to another; they will turn on the line in the new direction. They should say pop when they turn, and start with 1 again for the counts. Ex: 1,2,3,4,5 pop 1,2,3,4,5 drag halt. Be sure they don't lean into the turn; it should be "square".

RIGHT FLANK:

- **HEAD AND ARMS:** Same.
- **FEET:** Turn to the right **90 degrees** on the ball of the left foot. Be sure they **SLALOM (CROSSOVER) STEP** with the left foot before they turn. They will step with the right foot in the new direction, then kick with the left foot.
- **VOCALS:** They will say pop kick when they turn.
- **HELPFUL HINTS:** They will turn one step over the line, then march in the new direction one step away from the line (parallel to the line). Don't let them drift towards the line; use it as a guide. Watch for the **SLALOM (CROSSOVER) STEP!** Counts: 1,2,3,4,5,6 pop kick 1,2,3,4,5 drag halt. Also, don't let them lean into the turn.

COUNTERMARCH:

- **HEAD AND ARMS:** Same.
- **FEET:** **Left** foot is out a full step in a **SLALOM (CROSSOVER) STEP**; turn on the ball of the left foot. Take a half step, **SLALOM (CROSSOVER) STEP** with the **right** foot; kick the **left** foot a half step **SLALOM (CROSSOVER) STEP**, then turn on the ball of the **left** foot again. Take a full step with the **right** foot, then kick with the left.
- **VOCALS:** Pop kick pop kick.
- **HELPFUL HINTS:** **This is two right flanks with a half step on the right foot in between the two flanks.** Start on the line and go one step at a time. Check for the slalom (crossover) step every time! Be sure they take a full step into and out of the countermarch. Don't let them turn their shoulders before the turn.

LEFT TO-THE-REAR:

- **HEAD AND ARMS:** Same.
- **FEET:** The turn is to the left; the **right** foot will be out in a **SLALOM (CROSSOVER) STEP**, left foot back. Turn on the balls of both feet. Take a full step in the new direction.
- **VOCALS:** They will say pop on the turn.
- **HELPFUL HINTS:** Start on one line and go to the next; then turn in with the right foot on the line. Right foot will be in a **SLALOM (CROSSOVER) STEP**. Don't let them lean or wobble when they turn. The turn is counted 1,2,3,4,5 pop 1,2,3,4,5 drag halt. The left foot is already "kicked" after the turn.

RIGHT TO-THE-REAR:

- **HEAD AND ARMS:** Same.
- **FEET:** The turn is to the right; the **left** foot will be out in a **SLALOM (CROSSOVER) STEP**, right foot back. Turn on the balls of both feet. Step in the new direction with the right foot, then kick with the left.
- **VOCALS:** They will say pop kick.
- **HELPFUL HINTS:** They will turn one step over the line. **Left foot** will be in a **SLALOM (CROSSOVER) STEP!** Be sure they take a full step into and out of the turn. The counts are 1,2,3,4,5,6 pop kick 1,2,3,4,5 drag halt. Don't let them lean or wobble on the turn. Easy way to start: have them stand on the line, take one slalom (crossover) step and do the turn.

LEFT WRAP:

- **HEAD AND ARMS:** Same.
- **FEET:** Turn to the left 90 degrees on the ball of the left foot.
- **VOCALS:** They will say wrap when they turn.
- **HELPFUL HINTS:** The turn is popped. Be sure they **SLALOM (CROSSOVER) STEP** with the left foot before they turn. Start on one line and march to another; they will turn one over the line then march in the new direction one step away from the line (parallel to the line). They should say wrap when they turn, and start with 1 again for the counts. Ex: 1,2,3,4,5,6 wrap and 1,2,3,4,5 drag halt. Be sure they don't lean into the turn; it should be "square".

RIGHT WRAP:

- **HEAD AND ARMS:** Same.
- **FEET:** Turn to the right 90 degrees on the ball of the right foot. They will step with the left foot in the new direction. The left toe should be pointed towards the ground.
- **VOCALS:** They will say wrap when they turn.
- **HELPFUL HINTS:** They will turn on the line, then march in the new direction. Watch for the **SLALOM (CROSSOVER) STEP!** Counts: 1,2,3,4,5 wrap 1,2,3,4,5 drag halt. Don't let them lean into the turn.

