

WHS Marching Fundamentals

Hindu Exercise

30 Second Intro "Set" Drum Break

Head 2 3 4 Shldr 2 3 4 Chest 2 3 4 Hips 2 3 4 Knees 2 3 4 Hold 2 3 4

11

Knees 2 3 4 Hips 2 3 4 Chest 2 3 4 Shldr 2 3 4 Head 2 3 4 Releve 2 3 4 Hold 2 3 4 Heels 2 3 4

Pointe Exercise 3 Times Total Left Leg, then Right

19 Intro "Set" "One, Two"

1 Te 2 Move Point 2 Up 2 Set 2 3 4 Down 2 3 Touch

28

Close Move ONE 1 TWO 2 THREE 3 FOUR 4 FIVE 5 SIX 6 Hold Move Hold

50/50 Exercise 3 Times Total

34 Intro "Set" "One, Two"

1 Te 2 Move Point Move Close Move Point Move Close Move

44

Flex Move Close Move Flex Move Close Push Step Move Close Push Step Move Close

The Breakdown

52 Intro/ Groove "Set" "One, Two" 16th Note Forward Breakdown

1 Te 2 Push 1 ti te ta 2 ti te ta 3 ti te ta 4 ti te ta

62

5 ti te ta 6 ti te ta 7 ti te ta 8 ti te ta close 1 Te 2 Push

70 8th Note Forward Breakdown Rest and Turn "One, Two"

1 te 2 te 3 te 4 te 5 te 6 te 7 te 8 te close 1 Te 2 Push

78 Forward 16 Rest and Turn "One, Two"

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 Place close 1 Te 2 Push

86 Backward Breakdown Rest and Turn "One, Two"

1 te 2 te 3 te 4 te 5 te 6 te 7 te 8 te close 1 Te 2 Push

94 Backward 16 Rest and Turn "One, Two"

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 Place close 1 Te 2 Push

Forward and Backward Transitions

102 Forward 8 Backward 8 Forward 8

1 2 3 4 5 6 7 Place 1 2 3 4 5 6 7 Place 1 2 3 4 5 6 7 Place

108 Backward 8 Forward 16

1 2 3 4 5 6 7 Place 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 Place

114 Backward 16 Rest and Turn "One, Two"

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 Place close 1 Te 2 Push

Turret Slides 3 Times Total

122 Intro/ Groove "Set" "One, Two" Forward Left Slide 8 Backward Left Slide 8

Turn 2 3 Push 1 2 3 4 5 6 7 Place 1 2 3 4 5 6 7 Place

132 Turn Center Turn Right Forward Right Slide 8 Backward Right Slide 8 Turn Center

Close 2 3 4 5 6 7 Push 1 2 3 4 5 6 7 Place 1 2 3 4 5 6 7 Place Close 2 3 4 Hold

Plus Sign Drill 2 Times Total

140 Intro/ Groove "Set" "One, Two" Forward 8 Backward 8

1 Te 2 Push 1 2 3 4 5 6 7 Place 1 2 3 4

149 Left Slide 8 Right Slide 16

5 6 7 Place 1 2 3 4 5 6 7 Place 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 Place

156 Backward 8 Forward 8

1 2 3 4 5 6 7 Place 1 2 3 4 5 6 7 Place 1 2 3 4 5 6 7 Place Close

Box Drill 2 Times Total

163 Intro/ Groove "Set" "One, Two" Forward 8 Left Slide 8

1 Te 2 Push 1 2 3 4 5 6 7 Place 1 2 3 4

172 Backward 8 Right Slide 8 Forward 8

5 6 7 Place 1 2 3 4 5 6 7 Place 1 2 3 4 5 6 7 Place 1 2 3 4 5 6 7 Place

179 Right Slide 8 Backward 8 Left Slide 8

1 2 3 4 5 6 7 Place 1 2 3 4 5 6 7 Place 1 2 3 4 5 6 7 Place Close

The Machine

2 Times Total

Always moving in the same direction. Use hip shifts to change slides

186 **Intro/Groove** "Set" "One, Two" Forward 8 Forward Left Slide 8 Backward Right Slide 8

1 Te 2 Push 1 2 3 4 5 6 7 Place 1 2 3 4 5 6 7 Place 1 2 3 4 5 6 7 Place

198 Backward 8 Backward Left Slide 8 Forward Right Slide 8 Forward 8 8

1 2 3 4 5 6 7 Place 1 2 3 4 5 6 7 Place 1 2 3 4 5 6 7 Place 1 2 3 4 5 6 7 Place Close

Flutter

207 **Intro/Groove** "Set" "One, Two" Flutter 8 Counts

1 Te 2 Push

215 **Intro/Groove** "Set" "One, Two" Flutter 16 Counts

1 Te 2 Push

Visual Warm Up

225 **Intro/Groove** "Set" "One, Two" Plie

1 Te 2 Push

235 **Groove** "Set" "One, Two" Tendu

1 Te 2 Push

245 **Groove** "Set" "One, Two" Forced Arch

1 Te 2 Push

255 **Groove** "Set" "One, Two" Side Lunge

1 Te 2 Push

265 **Groove** "Set" "One, Two" 1. Grow 2. Big Accents 1. Shrink 2. Swing it Out

1 Te 2 Push