



Visual Warmup

Grouping	Execution	
Roll	Winds/CG – Roll down 8	DL/Sousas – Lunge left 8
	Winds/CG – Roll back up 8	DL/Sousas – Lunge right 8
	Mark time 16	
Upper body rotations	Rotate upper body left 4 (still marking time)	
	MT 4	
	Rotate upper body front 4	
	MT 4	
	Rotate upper body right 4	
	MT 4	
	Rotate upper body front 4	
	MT 4	
Posture stretch	Stretch up on toes 4	
	Lower back down 4	
	Hold 8	
Mark time/hold transitions	Mark time 4	
	Hold 4	
	Mark time 4	
	Hold 4	
Step-outs	MT 4 with step out front on 1, back on 3	
	MT 4	
	MT 4 with step out back on 1, back on 3	
	MT 4	
	MT 4 with step out front on 1, back on 3	
	MT 4	
	MT 4 with step out back on 1, back on 3	
	MT 4	
8s and 8s (forward)	Forward march 8	
	Mark time 8	
	Forward march 8	
	Mark time 8	
Replacements (forward)	A - Forward march 4	B – Mark time 4
	A – Mark time 4	B - Forward march 4
	A - Forward march 4	B – Mark time 4
	A – Mark time 8	B - Forward march 8
	A – Forward march 8	B – Mark time 8
	A – Mark time 4	B - Forward march 4

Grouping	Execution	
8s and 8s (backward)	Backward march 8	
	Mark time 8	
	Backward march 8	
	Mark time 8	
Replacements (backward)	A – Mark time 4	B – Backward march 4
	A - Backward march 4	B – Mark time 4
	A – Mark time 4	B – Backward march 4
	A - Backward march 8	B – Mark time 8
	A – Mark time 8	B – Backward march 8
	A - Backward march 4	B – Mark time 4
Forward/backward transitions	Forward march 8	
	Backward march 8	
	(do above set of two 4 times total)	
	Hold 4	
Prep	Step back on 1 (to “minus one” – left foot behind) and hold 4	
Step-outs for direction changes	Step out for left shift on 1, back on 3 (to “minus one”)	
	Freeze 4 (“five, six, seven, eight”)	
	Step out for right shift/crab on 1, back on 3 (to “minus one”)	
	Freeze 4 (“five, six, seven, eight”)	
	Step out for left shift on 1, back on 3 (to “minus one”)	
	Freeze 4 (“five, six, seven, eight”)	
	Step out for right shift/crab on 1, back on 3 (to “minus one”)	
	Freeze 4 (“five, six, seven, eight”)	
	Mark time 8	
8-count diamond to left (shifting)	Forward oblique left 8	
	Forward oblique right 8	
	Backward oblique right 8	
	Backward oblique left 8	
8-count diamond to right (shifting)	Forward oblique right 8	
	Forward oblique left 8	
	Backward oblique left 8	
	Backward oblique right 8	
Multi-gait	Forward march 16 (16-to-5)	
	Forward march 16 (8-to-5)	
	Forward march 12 (6-to-5)	
	Mark Time 4	
	Backward march 12 (6-to-5)	
	Backward march 16 (8-to-5)	
	Backward march 16 (16-to-5)	
	(step and close)	

Notes:

Horns snap up on count 1 of moving sets (forward march, backward march, mark time, shifts)

Horns snap down on count 1 of a halt after a moving set.