

Marching Commands for Band

STATIONARY COMMANDS

Attention

- command: one count
- right hand over left
- shoulders rolled back
- chin up
- eyes to horizon
- don't lock knees, natural stance
- hips in line with shoulders
- feet together – 60 degree. “Costco Pizza”
- elbows parallel to ground – “elbows on table”
- fingertips at eye level

Parade Rest

- command: one count
- feet slightly wider than shoulder width
- shoulders rolled back
- chin up
- eyes to horizon
- don't lock knees
- hips in line with shoulders
- left fist centered at mid-back
- right fist centered on seam line of pants

Dress Center

- command: two counts
- snap-turn head towards center
- shoulders rolled back
- chin up
- eyes to horizon
- don't lock knees
- hips in line with shoulders
- center stares forward
- return to attention: reverse command

Haces

- Left
 - Command: two counts
 - Beat 1: pivot on left heel and right toe (90 degree turn)
 - Beat 2: bring in right foot
- Right
 - Command: two counts
 - Beat 1: pivot on right heel and left toe (90 degree turn)
 - Beat 2: Bring in Left foot
- About
 - Command: two counts
 - Beat 1: bring right foot back behind left heel about 6-8 in.
 - Beat 2: pivot on left heel and right toe 180 degrees to the right
 - Heels should end back at 45 degree angle (attention)

MOVING COMMANDS

Mark Time

- lift left foot on beat 4
- bring feet parallel and together
- whole foot off the ground
- lift up foot ½ " off ground.



Forward March

- push off with right foot on beat 4 or 8
- body is straight (like a brick wall)
- happy toes (extend toes upward)
- lead with heel – on cross count
- Flex the foot
- subdivide mentally
- feet follow two parallel lines like train tracks rather than a single line



Backward March

- no prep-step
- push off with right foot
- march on balls of feet
- hit-and-roll-back to stop
- don't drift left or right (side to side)
- glide, don't bounce
- drag toe (quarter under toes)



Halt

- with right toe, point-stab-together – eel in a straight line
- bring left leg to right foot at 60 degree angle (beat 8 to beat 1)
- no swaying (pretend body hits wall)



Sliding

- upper torso is flat-to-front
- lower half aligned with direction of marching
- Rotate hips
- no shotgun shoulders

Marching Basics

- AB block
- Diamond block
- 8-to-5s forward and backward
- Super Duper Lines (long, guiding lines)
- Pivot Exercise (X drill)
- Flat-to-Front Exercise
- Plus drill
 - Forward, back. Back, forward. Left, back, Right, back.

Marching Commands for Drumline

STATIONARY COMMANDS

Attention

- fists at sides(thumb at pant seams)
- slight bend in elbows
- feet at 45 degree angle (heels together, toes apart)
- chin up
- eyes to horizon
- **don't lock knees**

Parade Rest

- right hand over left clasped in front of body
- feet apart slightly wider than shoulder length
- chin up
- eyes to horizon
- **don't lock knees**

Dress Center

- different for each instrument; see section leader

Haces

- Left
 - Command: two counts
 - Beat 1: pivot on left heel and right toe (90 degree turn)
 - Beat 2: bring in right foot to meet left foot
 - Feet at 45° angle (attention)
- Right
 - Command: two counts
 - Beat 1: pivot on right heel and left toe (90 degree turn)
 - Beat 2: Bring in Left foot to meet right foot
 - Feet at 45° angle (attention)
- About
 - Command: two counts
 - Beat 1: bring right foot back behind left heel about 6-8 in.
 - Beat 2: pivot on left heel and right toe 180 degrees to the right
 - Heels should end back at 45 degree angle (attention)

MOVING COMMANDS

Mark Time

- Start on left foot
- Bring whole foot off ground when marking time
- Heels together, feet at 45 degree angle



Forward March

- start on left foot
- push forward with right foot
- roll step
- center of gravity between legs
- slight bend in knees



Halt

- stab ground with right toe
- plant right foot at 45° degree angle
- left foot comes up next to right foot to create 45° angle



Backward March

- straight legs
- push off backwards
- stay elevated (leave a McDonald's hash brown space between heel and ground)

Marching to the left and right

- Left
 - crab step to the left
 - right foot crosses in front
 - lead with arch of foot
- Right
 - prep step: right foot moves back (beat 4, prepare for left foot crossing over)
 - crab step to right
 - left foot crosses in front
 - lead with arch of foot