

Mass Drill March In – 53rd National Festival & 56th

Beginning Notes

- The tallest person is #1, next tallest person is #2, etc.
- All forward marching steps are 12 inches from toe to heel
- Arms will be pinned to your side during entire March In
- In the “High Knee March,” knees will reach hip level and thighs will be parallel to the ground. Knees will be bent 90° and toes will be pointed

The March In

1-4: Wait

5-8: Mark Time

Note: Marching in place

1-4: To the Rear (1,2) – To the Rear (1,2)

Note: To the Rear is done by taking one step forward on your left foot and pivoting on your right foot

1-8: March forward

1-2: March forward

3-4: To the Rear

5-8: Mark Time

1-8: 180° Pin Wheel (about the center of every 4 people) *

Note: The tallest 2 people in the 4 person line will march forward; the shortest 2 people in the line will march backwards

Note: The finish product will be a straight line with all people *facing* where they were originally facing at the start of the drill

1-4: Every odd # person marches forward 2 steps (1-2) and then completes a “To the Rear” (3-4)

Every even # person does “Mark Time” for 4 counts (1-4)

5-6: Mark Time (all)

7-8: Everyone takes 1 Side Step to THEIR left

1-4: Everyone takes 2 steps forward (1-2) and then completes a “To the Rear” (3-4)

5-6: Mark Time

7-8: Everyone takes 1 “Side Step” to THEIR left

1-2: The line closes

Note: Every odd # person completes a "To the Rear"

Note: Every even # person marches forward 2 steps

3-4: Mark Time

5-8: 90° Pin Wheel (pivoting about the shortest person in the line)

Note: The tallest person is marching forward

Note: The finish product will be lines of 4 (or 3) facing the audience

1-2: High Knee March (in place)

3-4: Turning High Knee March to face... **

- **The 2 tallest people (#1,2 of every line) will face their right**
- **The 2 shortest people (#3,4 of every line) will face their left**

5-8: March towards the right/left of the floor (normal)

1-2: High Knee March (in place)

3-4: Turning High Knee March to face audience (front)

- **The 2 tallest people will turn to their left**
- **The 2 shortest people will turn to their right**

5-8: March forward (normal)

***If you are doing the drill with 6 people you will do the Pin Wheel about the center of every 3 people. The tallest person will march forward, the shortest person will march backwards, and the center person will march in place.**

****If you are doing the drill with 6 people, the center person will march in place (facing forward the entire time) while the tallest and shortest person turn to their respective sides and complete the drill as stated above.**

Mass Drill Exercise – 53rd National Festival & 56th

Start with hands in fists by your side.

Section 1

1: Side Step to the left with arms coming to an X across your chest

Note: Hands are open and arms are crossing at the wrists

2: Close Side Step bringing the right foot to the left foot

Note: Arms come back to your side and hands come back to fists

3: Side Step to the left with open hands crossing each other (left over right) and placed on your lower back

4: Close Side Step bringing the right foot to the left foot

Note: Arms come back to your side and hands come back to fists

5-8: To the Rear stepping out on the left foot and pivoting on the right foot (2 consecutive times)

Note: Arms are pinned by your side (no arm swing) with hands in fists

1-8: On the close of the second "To the Rear" begin a Mark Time March (marching in place) starting with the left foot

Note: While marching both elbows are directly off to your side and the arms remain parallel to the floor. When the left foot is on the ground, the left arm is straight out to the side and the right arm is bent with the hand near the armpit. When the right foot is on the ground, the right arm is straight out to the side and the left arm is bent with the hand near your armpit.

Note: On counts 1-6 the arms will alternate as described above. On count 7 the arms move straight up towards the ceiling and on count 8 the arms move back to your side. Continue the march through all 8 counts.

1: Touch your Toes: Bend at the waist, keep legs straight and reach as far as possible towards your toes

Note: Hands open and palms face towards your legs

2: Stand straight up (hands by your side and palms toward your legs)

3-4: Jumping jack (Arms 45° above horizontal and palms facing the ground)

5-8: Repeat previous 1-4 count

1-8: Mark Time Marching with elbows straight in front of you (parallel to the floor). Start with arms bent (and bend on all odd numbers), straighten your arms on all even numbers

Note: On count 7 your arms move straight up towards the ceiling and on count 8 your arms move back to your side

Note: Hands are in fists throughout this 8 count

Repeat Section 1 with first two side steps going to the right. The "To the Rear" will start by stepping out on the right foot and pivoting on the left foot. Furthermore, all marching will begin on the right foot

Section 2

1-8: The Octagon: Crisply move both arms move to 45°, 90°, 135°, 180°, 135°, 90°, 45°

Note: Hands are open and facing the ground at all times *except* on the 180° mark where the palms will be facing in towards each other

Section 3

1-8: With arms pinned at your sides and hands in fists, do 4 Left Faces

Note: To do a Left Face step forward with the left foot, pivot on the left foot turning towards the right (90°)... step with the right, step forward with the left foot, pivot on the left foot towards the right (90°)...

1-4: Step forward with the left foot into a lunge (1,2) and step back (3,4)

Note: Arms move approximately 45° above horizontal as you step into the lunge. Hands will open with palms facing each other. The upper body will be slightly leaned forward, and head slightly tilted down so that the ears are between the arms on the lunge. Arms are by your side and hands are in fists when you step back from the lunge

5-8: Repeat the lunge with the right leg

Repeat Section 3 starting with Right Faces. On the lunges, start with the right leg forward

Section 4

1-4: March backwards starting with the left foot

5: Step out to the left (legs shoulder width apart) with both arms horizontal. The left arm will be straight out to the side, the right arm will be bent with your hand near your armpit. Your head will be turned to the left

6: Arms move straight up, head follows

7: Arms move back to horizontal, the right arm will be straight out to your side and the left arm will be bent with your hand near your armpit. Your head will be turned to the right

8. Bring the left foot back to the right and your arms by your side

1-4: March forward

5: Step to the left, turning your body, and move your arms directly to the left, straight off of your shoulders and parallel to the floor

6: Scale: Left your back leg (right leg) off the floor (height at the discretion of your team; however, the height of every leg on your team must be the same)

Note: Arms remain parallel to the floor but are moved to the side

7: Put your leg back on the ground and move your arms straight off of your shoulder and parallel to the ground

8: Step back to the right leg and face forward

Note: Hands are in fists during this entire section

Repeat Section 4 starting by marching back with the right foot. When stepping out to the right, the right arm and your head will start straight to the right side while the left arm will be bent. The scale will be done with the right leg as the support leg and the left leg lifted

Section 5

1-4: Sashay to the left while moving the arms in a 360° circle (starting to the left)

Note: Arms will be straight throughout and hands will be in fists

5-6: Sashay to the right while moving the arms in a 360° circle (starting to the right)

1-8: Mark Time March (starting on the left foot)

Note: Arms will be at a normal arm swing with your forward arm swing 6 inches to the front of the seam of your pants and your rear arm swing 4 inches to the rear of the seam of your pants.

1-4: Sashay to the right while moving the arms in a 360° circle (starting to the right)

Note: Arms will be straight throughout and hands will be in fists

5-6: Sashay to the left while moving the arms in a 360° circle (starting to the left)

NOTE CHANGE IN COUNT FOR NEXT 18 COUNTS

1-6: Mark Time March (starting on the right foot)

Note: Arms will be at a normal arm swing with your forward arm swing 6 inches to the front of the seam of your pants and your rear arm swing 4 inches to the rear of the seam of your pants.

1-6: Step to the left in a side lunge bringing the arms to the left 45° above horizontal (1), left 45° below horizontal (2), directly towards the ground (3), right 45° below horizontal (4), right 45° above horizontal (5), step together and move arms directly towards the ceiling (6)

Note: On every count you will be crisply shake your wrists forward

Repeat the previous 6 counts starting by stepping to the right and bringing arms right 45° above horizontal (1)

Section 6

1-2: Swing the arms down towards the side of the body while slightly bending the knees. The arms will finish in an X across the chest (cross left over right at the wrists)

3-4: Bring the arms out to the side horizontal while straightening the right leg and kicking the left leg out to your side

5-6: Bring the legs back together into an immediate slight knee bend. Bring the arms down towards the sides of your body and cross them across your chest in an X (cross left over right at the wrists)

7-8: Slightly kick the right leg to the side while bring the arms out to horizontal (7). Finish with the legs slightly wider than shoulder width apart and arms horizontal (8)

1-2: Lean forward keeping the feet planted. Gracefully cross the arms in front of you while being bent at the waist approximately 90°

3-4: Lean backwards still keeping the feet planted. Gracefully bring the arms back towards your side but continue through a full forward arm circle

Note: Arms finishing towards the ceiling

5-6: Immediately keep arms moving through the arm circle until they are directly by your side. Simultaneously, bring the left foot behind the right and bend into a backwards lunge

7-8: Bring the right leg forward to the left and arms directly back towards the ceiling

Note: Knees should be touching in the backwards lunge

Note: Hands remain in fists throughout this section

Repeat Section 6 starting with the right leg being the first left to be kicked to the side. After the graceful 3-4 the left leg will be moved behind the right and then moved forward for the last 7-8

Section 7

1-2: At the completion of the last 7-8 (bringing arms towards the ceiling), the arms will continue immediately down to your side and then back up as a straight jump is executed

Note: Arms finish the straight jump down by your side

3-8: Mark Time Marching

Section 8

1-2: Jump 90° to your left into an extend jumping jack with both arms approximately 45° above horizontal

3-4: Close the jumping jack while turning 90° to your left

5-6: Open the jumping jack while turning 90° to your left

7-8: Close the jumping jack while turning 90° to your left

Note: Hands will remain in fists for this entire section

Section 9

1: Beginning marching with your left foot

Note: Arms will be bent with elbows to your sides with hands open and touching your shoulder. Arms will be parallel to the floor

2: March on your right foot

Note: Arms will open (still to your sides) and palms will be facing towards the ceiling

3: March on your left foot

Note: Arms will return to the same position described on count 1 of this section

4: March on your right foot

Note: Arms will move directly towards the ceiling with palms facing towards each other

5: March on your left foot

Note: Arms will return to the same position described on count 1 of this section

6: March on your right foot

Note: Arms will return to the same position described on count 2 of this section

7: March on your left foot

Note: Arms will return to the same position described on count 1 of this section

8: March on your right foot

Note: Arms will return to the same position described on count 4 of this section

Section 10

1-2: Bend legs slightly and move the left arm in a forward arm circle while the right arm will move in a backwards arm circle

3-4: Bend legs slightly and move the right arm in a forward arm circle while the left arm will move in a backwards arm circle

Note: Hands remain open in these first 4 counts

5-7: Hands close to fists and crisply cross in front of the body 45° above horizontal (left over right, crossing at the wrists) (5), horizontal (right over left) (6), 45° below horizontal (left over right) (7)

8: Step out to the left (feet shoulder width apart) and hands open (fingers spread) with palms facing forward

