

QUICKSTEP/COMPLIMENTS/MOVEMENTS

SENIOR GRADE

MOVEMENTS:

DISC	MOVEMENT
Start	Quickstep / Compliments
1	Left Turn Countermarch
2	Left Form
3	Special Right Turn
4	Slow March/Form Line
5	Right Fixed Pivot Wheel In Line
6	Section Wheels
7	Reform Team
8	Double Retreat Counter-march
9	Turn by Files
10	Right Turn Countermarch / Section Wheels / Reform Team
11	About Turn/ Left Incline / Left and Right Wheels

DISC MEASUREMENTS:

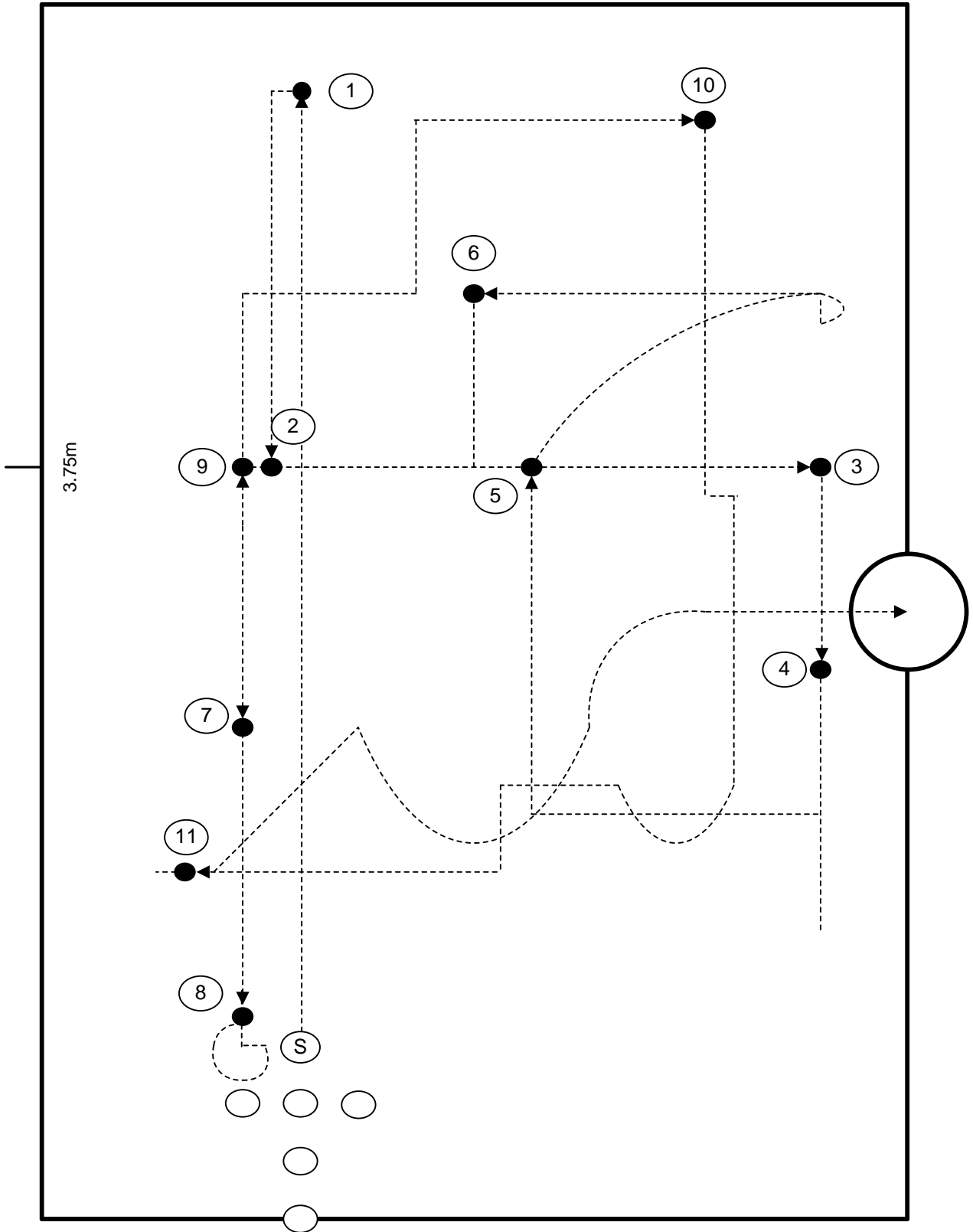
Disc	Left of Centre	From Front Boundary	Right of Centre
Assembly	19.50m	15.75m	-
Start	11.25m	15.75m	-
1	-	15.75m	13.50m
2		16.50m	3.75m
3		2.25m	3.75m
4	1.50m	2.25m	
5		9.75m	3.75m
6		11.25m	8.25m
7	3.00m	17.25m	
8	10.50m	17.25m	
9		17.25m	3.75m
10		5.25m	12.75m
11	6.75m	18.75m	

Note: The Assembly Position will be 19.50m, Left of Centre, unless this measurement precludes the use of an indoor venue in which case the Assembly Disc can be moved toward the side boundary at 18.00m or 16.50m.

TIME:

3 minutes 48 seconds (approx.)

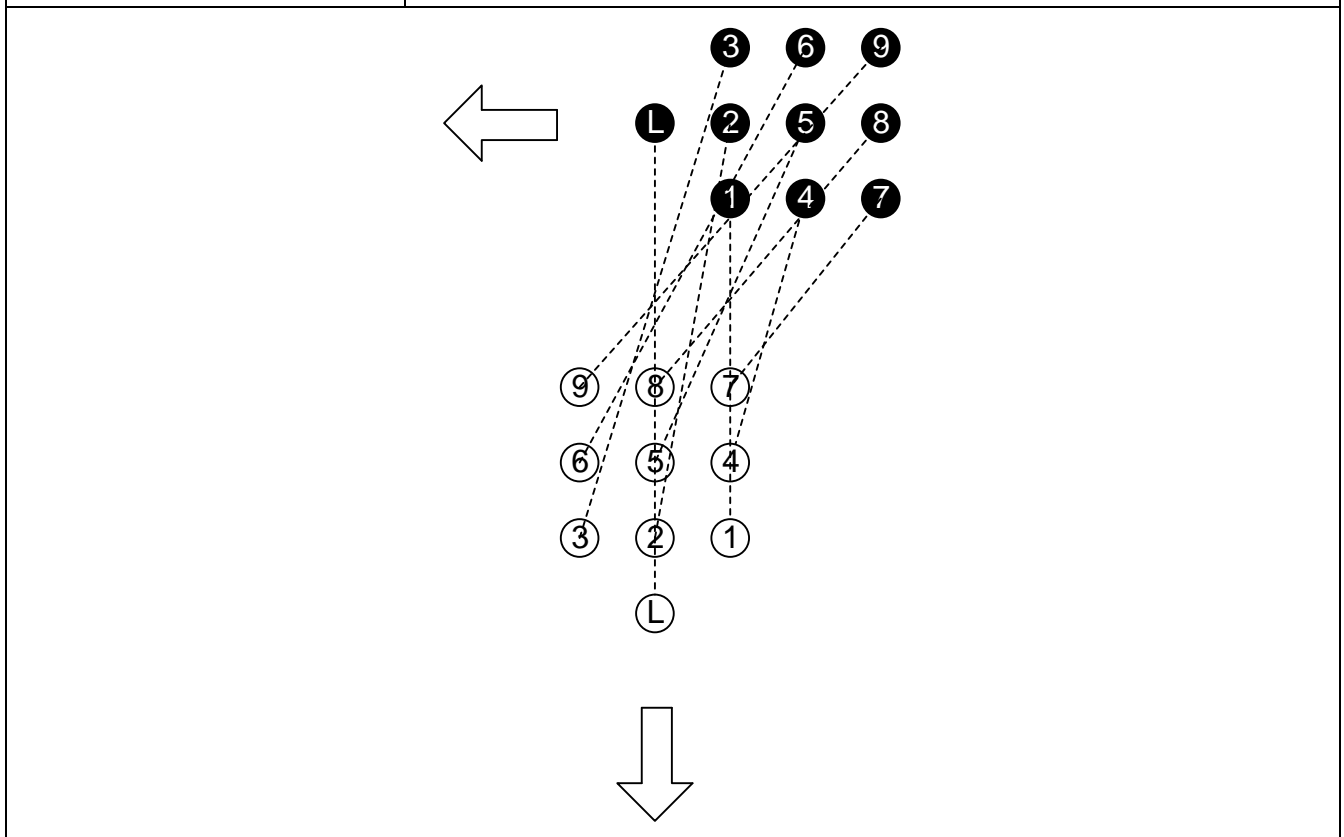
PLAN OF THE QUICKSTEP/COMPLIMENTS/MOVEMENTS PHASE:



START: By the Centre Quick March

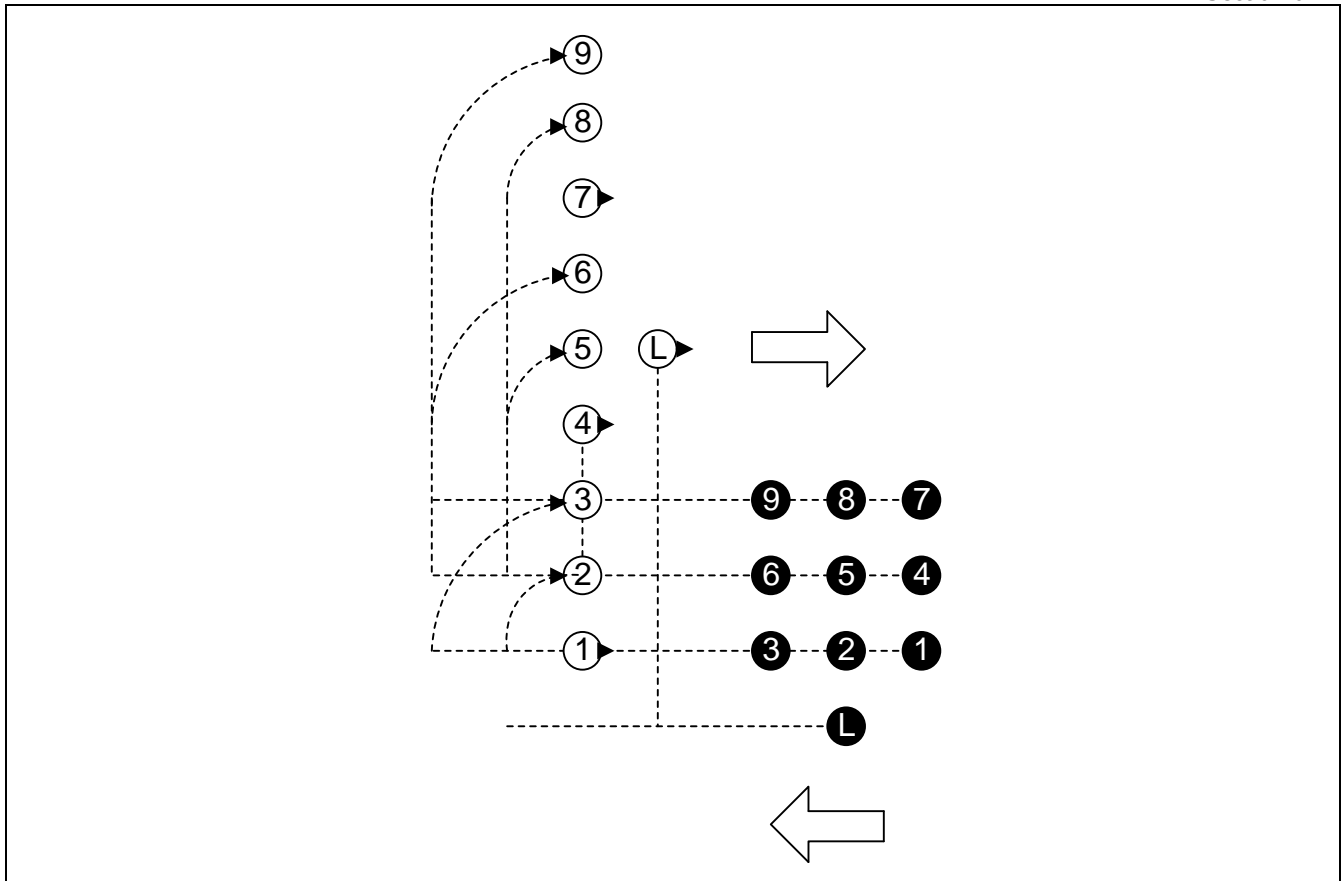
QUICKSTEP/COMPLIMENTS:	
All Members	<p>March ten paces, mark time two beats with the Leader saluting and team members, except No. 1, turning heads to the right in unison during the second beat of mark time, march ten paces (to complete the 20-pace quickstep course), mark time two beats with team members turning heads to the front and the Leader dropping the salute in unison during the second beat of mark time, march thirteen paces to Disc 1.</p> <p>From the START, including the step-out pace with the LEFT foot, THIRTY THREE paces will be taken to bring the Leader's LEFT foot onto Disc 1.</p>
DISC 1 – LEFT TURN COUNTERMARCH	
Leader	Left turn, march one pace to the left (arms at sides), left turn, march eight paces, mark time six beats and step out
Nos. 1/2/3	Mark time two beats, march two paces, left turn, march one pace to the left (arms at sides), left turn, march six paces, mark time four beats and step out
Nos. 4/5/6	Mark time two beats, march two paces, mark time two beats, march two paces, left turn, march one pace to the left (arms at sides), left turn, march four paces, mark time two beats and step out
Nos. 7/8/9	Mark time two beats, march two paces, mark time two beats, march two paces, mark time two beats, march two paces, left turn, march one pace to the left (arms at sides), left turn, march two paces and step out
All Members	Including the step-out pace with the LEFT foot, FIVE paces will be taken to bring the Leader's LEFT foot onto Disc 2.
<p>The diagram illustrates a 3x3 grid of positions. The top row contains positions 3, 6, and 9. The middle row contains positions 9, 6, 3, L, 2, 5, 8. The bottom row contains positions 8, 5, 2, L, 1, 4, 7. The bottom-most row contains positions 7, 4, 1. Dashed lines connect the positions in a grid pattern. A large arrow on the left points to the left, and a large arrow on the right points to the right, indicating the direction of the counter-march.</p>	

DISC 2 – LEFT FORM	
Leader	Left turn, march thirteen paces, mark time five beats, step out
No. 1	Left turn, march nine paces, mark time nine beats, step out
Nos. 4/7	Halt, pivot to the left on the ball of the right foot of sufficient angle to align on finishing position of normal team formation and march ten regulated paces, mark time eight beats, as the foot descends from the final mark time beat, pivot to the new front in unison and step out
Nos. 2/5/8	Halt, pivot to the left on the ball of the right foot of sufficient angle to align on finishing position of normal team formation and march twelve regulated paces, mark time six beats, as the foot descends from the final mark time beat, pivot to the new front in unison and step out
Nos. 3/6/9	Halt, pivot to the left on the ball of the right foot of sufficient angle to align on finishing position of normal team formation and march fourteen regulated paces, mark time four beats, as the foot descends from the final mark time beat, pivot to the new front in unison and step out
All Members	Including the step-out pace with the LEFT foot, SIX paces will be taken to bring the Leader’s RIGHT foot onto Disc 3.



DISC 3 – SPECIAL RIGHT TURN	
All Members	Halt. Special Right Turn (as detailed below)
Beat one (right)	Pause one beat
Beat two (left)	Pivot 45 degrees to the right on the ball of the left foot and extend the right foot to the line of march (toe to ground) and hesitate
Beat three (right)	Pause one beat
Beat four (left)	Raise the right foot to the mark time position and hesitate
Beat five (right)	Pause one beat
Beat six (left)	Lower the right foot to the stationery position and hesitate
Beat seven (right)	Pause one beat
Beat eight (left)	Pivot 45 degrees to the right on the ball of the left foot and hesitate
Beat nine (right)	Pause one beat
All Members	Including the step-out pace with the LEFT foot, SEVEN paces will be taken to bring the Leader’s LEFT foot onto Disc 4.
DISC 4 – SLOW MARCH / FORM LINE	
All Members	Lift the right foot immediately into the mark time position and hesitate, pause one beat, hesitate then lower the right foot to the stationary position, pause one beat, slow march ten paces (of approx 67.5cm each), (commencing with the right foot on the left beat) mark time two beats, pivot 90 degrees to the right on the ball of the left foot.

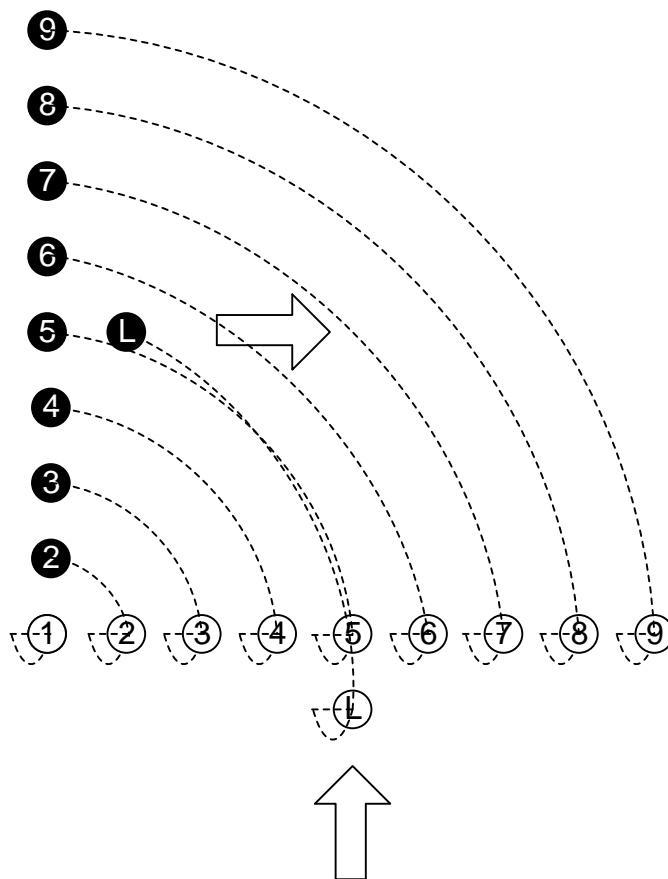
Leader	Pivot 90 degrees to the right on the ball of the left foot, march four paces, left turn, march ten paces, halt, pivot 90 degrees to the right on the ball of the left foot, mark time two beats and step out.
Nos. 1	Mark time twelve beats turning evenly 90 degrees right, mark time eight beats and step out.
Nos. 2/3	March twelve regulated paces (arms at sides) to wheel 90 degrees to the right (No. 2 radius two paces)(No. 3 radius of four paces), mark time eight beats and step out
No. 4	March four paces, mark time twelve beats turning evenly 90 degrees right, mark time four beats and step out.
Nos. 5/6	March four paces, march twelve regulated paces (arms at sides) to wheel 90 degrees to the right (No. 5 radius two paces), (No. 6 radius four paces), mark time four beats and step out
No. 7	March eight paces, mark time twelve beats turning evenly 90 degrees right and step out.
Nos. 8/9	March eight paces, march twelve regulated paces (arms at sides) to wheel 90 degrees to the right (No. 8 radius two paces)(No. 9 radius four paces), and step out
All Members	Including the step-out pace with the LEFT foot, TWELVE paces will be taken to bring the Leader's RIGHT foot onto Disc 5.



DISC 5 - RIGHT FIXED PIVOT WHEEL IN LINE / SALUTE / ABOUT TURN

<p>Leader and No. 2/3/4/5/6/7/8/9</p>	<p>Mark time two beats, pivoting to align shoulders (Leader only), and turning heads to No. 1 as the foot descends on the second beat, hesitate then march twenty-six regulated paces (arms at sides) to wheel 90 degrees to the right maintaining distance from No. 1 throughout the wheel, mark time two beats, pivoting to align shoulders (Leader only) and turning heads to the new front as the foot descends on the second beat.</p>
<p>No. 1</p>	<p>Mark time two beats, turning head to No. 2 as the foot descends on the second beat of mark time, mark time twenty-six beats, turning evenly 90 degrees to the right, mark time two beats, turning head to the new front as the foot descends on the second beat of mark time.</p>
<p>All Members</p>	<p>Pause four beats, saluting to the front on the first paused beat and dropping the arms to the sides on completion of the fourth paused beat, pause two beats.</p>
<p>Nos 1/2/3</p>	<p>Pause six beats, march four regulated paces (arms at sides) to wheel 180 degrees to the right (radius half a pace), mark time one beat, take one side pace to the right, pause seven beats and step out.</p>

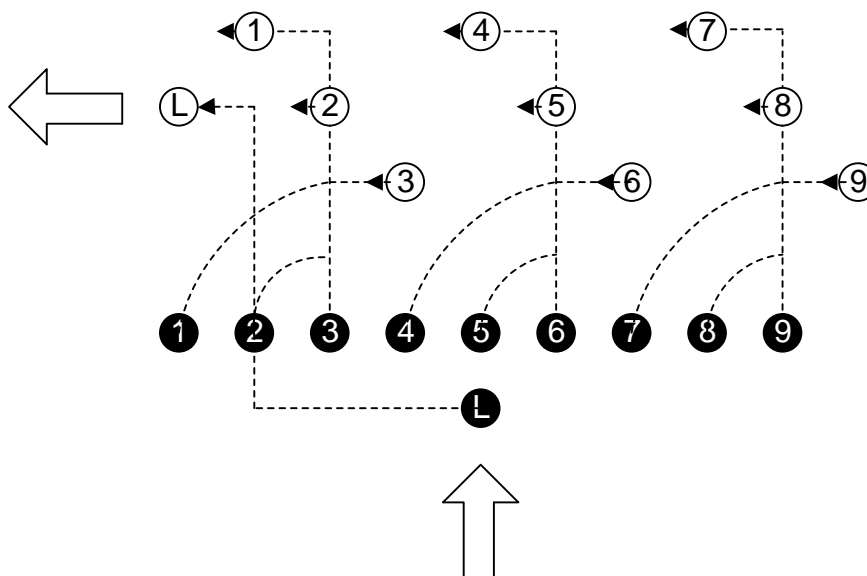
Leader and Nos 4/5/6	Pause twelve beats, march four regulated paces (arms at sides) to wheel 180 degrees to the rights (radius half a pace), mark time one beat, take one side pace to the right, pause one beat and step out.
Nos 7/8/9	March four regulated paces (arms at sides) to wheel 180 degrees to the right (radius half a pace), mark time one beat, take one side pace to the right, pause thirteen beats and step out.
All Members	Including the step-out pace with the LEFT foot, TWELVE paces will be taken to bring the Leader's RIGHT foot onto Disc 6.



DISC 6 – SECTION WHEELS / OPEN FORMATION

Leader	Pivot 90 degrees to the left on the ball of the right foot and march six paces (arms at sides), right turn, march eight paces (pace 1 arms at sides, paces 2,3,4,5 march, paces 6,7,8 arms at sides), left turn, march two paces, halt, pause one beat, pivot 90 degrees to the left on the ball of the right foot, pause one beat, pivot 90 degrees to the right on the ball of the right foot, pause one beat and step out
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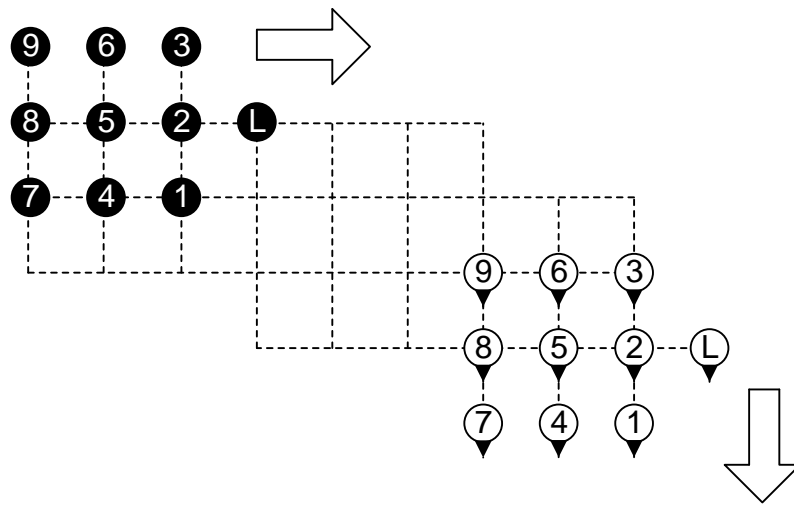
Nos. 3/6/9	Mark time eight beats turning evenly 90 degrees to the right, pivot 90 degrees to the left on the ball of the right foot and march four paces, halt, pause one beat, take two side paces to the right, pivot 90 degrees to the right on the ball of the left foot, pause one beat, pivot 90 degrees to the right on the ball of the left foot, pause one beat, pivot 90 degrees to the right on the ball of the left foot, pause one beat and step out
Nos. 1/4/7	March eight regulated paces to wheel 90 degrees to the right (radius of four paces from Nos. 3/6/9) pivot 90 degrees to the left on the ball of the right foot and march four paces, halt, pause one beat, take two side paces to the left, pivot 90 degrees to the right on the ball of the left foot, pause one beat, pivot 90 degrees to the right on the ball of the left foot, pause one beat, pivot 90 degrees to the right on the ball of the left foot, pause one beat and step out
Nos. 2/5/8	March eight regulated paces to wheel 90 degrees to the right (radius of two paces from Nos. 3/6/9) pivot 90 degrees to the left on the ball of the right foot and march four paces, halt, pause five beats, pivot 90 degrees to the right on the ball of the left foot, pause one beat, pivot 90 degrees to the right on the ball of the left foot, pause one beat, pivot 90 degrees to the right on the ball of the left foot, pause one beat and step out
All Members	Including the step out pace with the LEFT foot, SEVEN paces will be taken to bring the Leader's LEFT foot onto Disc 7.



DISC 7 – REFORM TEAM	
Leader and No 1	Mark time thirteen beats pause two beats and step out.
2	Mark time eleven beats, march two, halt, pause one beat and step out
3	Mark time nine beats, march four paces, halt, pause one beat and step out
4	Mark time nine beats, march four paces, halt, pause one beat and step out
5	Mark time seven beats, march six paces, halt, pause one beat and step out
6	Mark time five beats, march eight paces, halt, pause one beat and step out
7	Mark time five beats, march eight paces, halt, pause one beat and step out
8	Mark time three beats, march ten paces, halt, pause one beat and step out
9	Mark time one beat, march twelve paces, halt, pause one beat and step out
All Members	Including the step out pace with the LEFT foot, TEN paces will be taken to bring the Leader’s RIGHT foot onto Disc 8.
DISC 8 – DOUBLE RETREAT COUNTERMARCH	
Leader	March one pace, halt, take one side pace to the left, march seven regulated paces (arms at sides) to wheel 270 degrees to the right, (radius one pace), on the completion of the seventh regulated pace pivot 90 degrees to the left on the ball of the left foot and march ten paces, halt, pause one beat and step out.

No. 2	March one pace, halt, take one side pace to the left, march two paces, march seven regulated paces (arms at sides) to wheel 270 degrees to the right, (radius one pace), on the completion of the seventh regulated pace pivot 90 degrees to the left on the ball of the left foot and march eight paces, halt, pause one beat and step out.
No. 5	March one pace, halt, take one side pace to the left, march four paces, march seven regulated paces (arms at sides) to wheel 270 degrees to the right, (radius one pace), on the completion of the seventh regulated pace pivot 90 degrees to the left on the ball of the left foot and march six paces, halt, pause one beat and step out.
No. 8	March one pace, halt, take one side pace to the left, march six paces, march seven regulated paces (arms and sides) to wheel 270 degrees to the right, (radius one pace), on the completion of the seventh regulated pace pivot 90 degrees to the left on the ball of the left foot and march four paces, halt, pause one beat and step out.
Nos. 1/4/7	March – No. 1 four paces, No. 4 six paces, No. 7 eight paces, march seven regulated paces (arms at sides) to wheel 180 degrees to the left (radius one pace from Nos. 2/5/8), march – No. 1 ten paces, No. 4 eight paces, No. 7 six paces, halt, pause one beat and step out.
Nos. 3/6/9	March – No. 3 four paces, No. 6 six paces, No. 9 eight paces, march seven regulated paces (arms at sides) to wheel 180 degrees to the right (radius one pace from Nos. 1/4/7), march – No. 3 ten paces, No. 6 eight paces, No. 9 six paces, halt, pause one beat and step out.
All Members	Including the step out pace with the RIGHT foot, NINE paces will be taken to bring the Leader’s RIGHT foot onto Disc 9.
DISC 9 – TURN BY FILES	
Leader and Nos. 2/5/8	March six paces, right turn, march six paces (arms at sides), left turn, march six paces, halt, pivot 90 degrees to the right on the ball of the left foot, step out

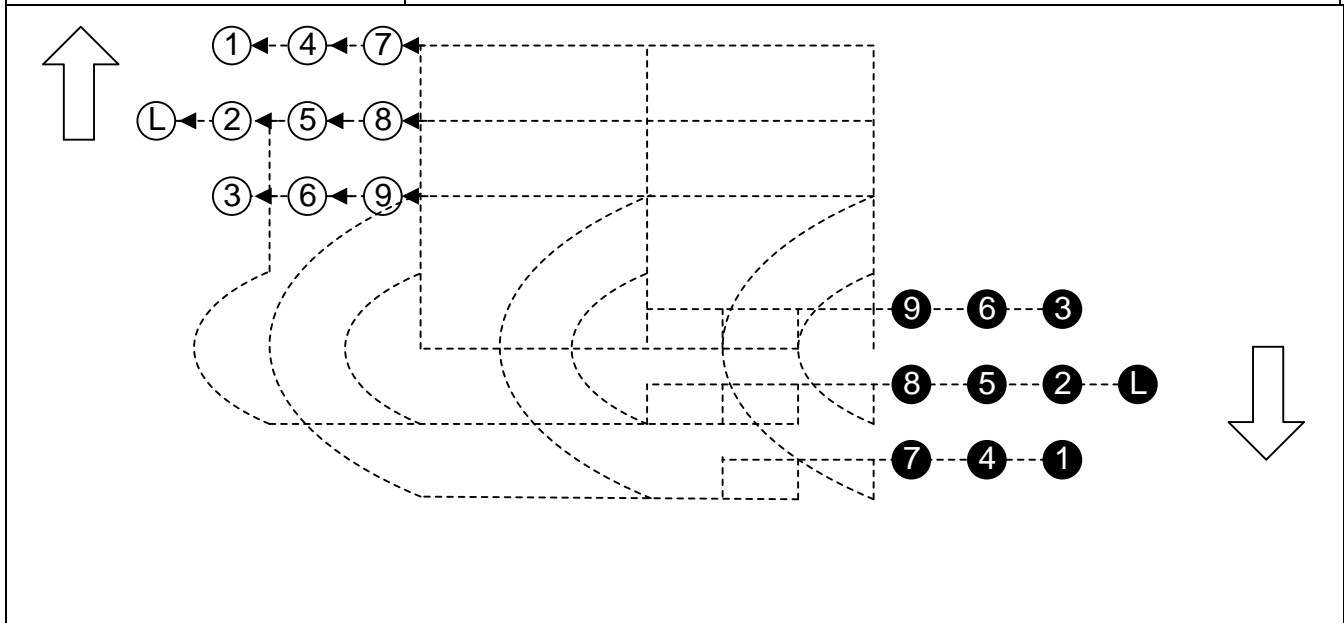
Nos. 3/6/9	Right turn, march six paces (arms at sides), left turn, march twelve paces, halt, pivot 90 degrees to the right on the ball of the left foot, step out.
Nos. 1/4/7	March twelve paces, right turn, march six paces (arms at sides), halt, pause two and step out.
All Members	Including the step out pace with the LEFT foot TEN paces will be taken to bring the RIGHT foot onto Disc 10.



DISC 10 – Right Turn Counter-march / Section Wheels / Reform Team

Leader	Mark time one beat, pivot 90 degrees to the right on the ball of the left foot and march thirteen paces, take one side pace to the left, march ten paces and mark time two beats
Nos. 1/2/3	Mark time one beat, pivot 90 degrees to the right on the ball of the left foot and march nine paces, take one side pace to the left, mark time four beats, march eight paces
Nos. 4/5/6	Mark time one beat, pivot 90 degrees to the right on the ball of the left foot and march five paces, take one side pace to the left, mark time eight beats, march four paces
Nos. 7/8/9	Mark time one beat, pivot 90 degrees to the right on the ball of the left foot and march one pace, take one side pace to the left, mark time twelve beats
Leader	March eight regulated paces (arms at sides) to wheel 180 degrees to the right (radius two paces), mark time seven beats

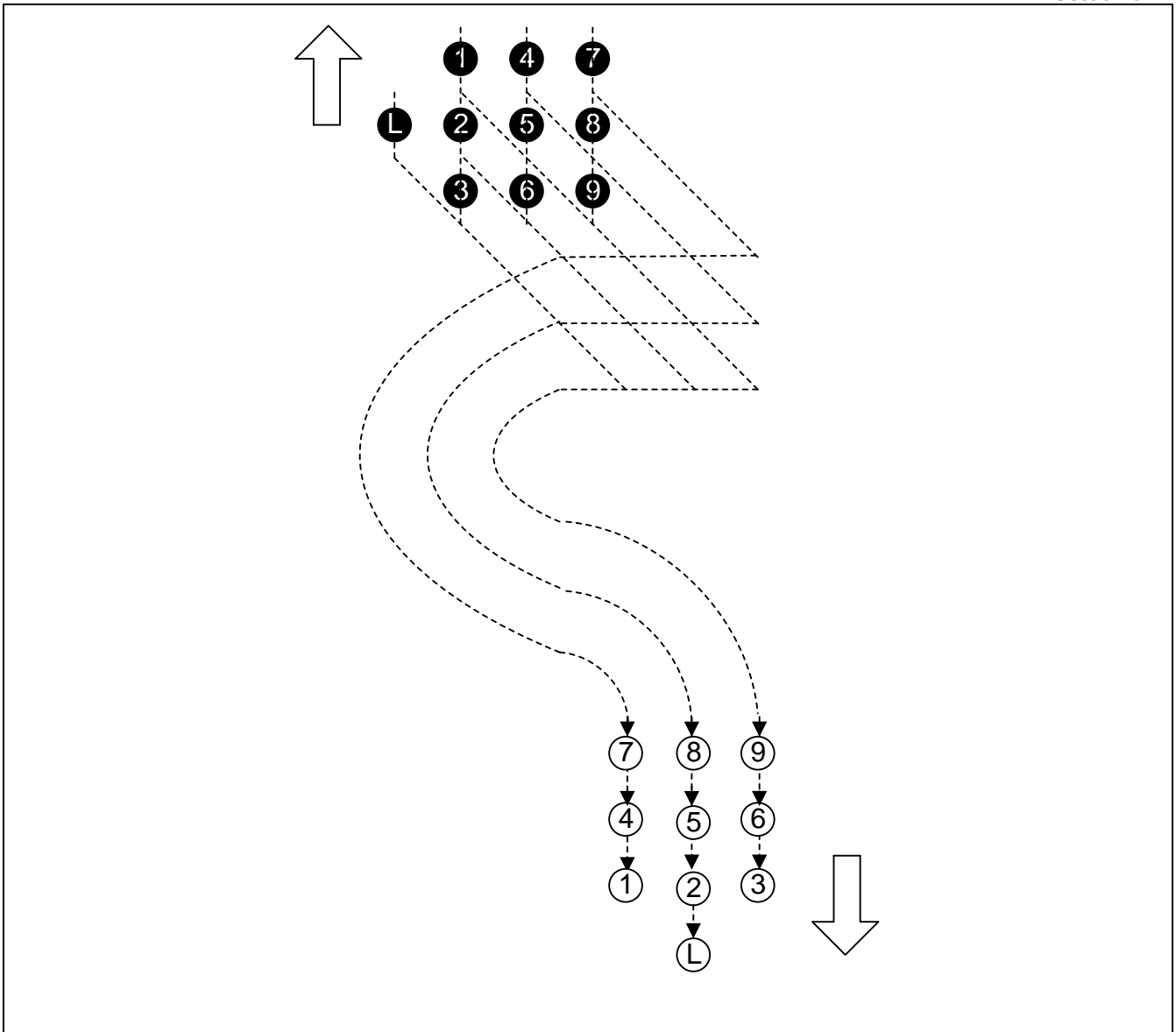
Nos. 1/4/7	March sixteen regulated paces (arms at sides) to wheel 180 degrees to the right (radius four paces), mark time one beat
Nos. 2/5/8	March sixteen regulated paces (arms at sides) to wheel 180 degrees to the right (radius two paces), mark time one beat
Nos. 3/6/9	Mark time sixteen beats turning evenly 180 degrees to the right, mark time one beat
Leader	Pivot 90 degrees to the left on the ball of the left foot and march four paces, left turn, march three paces, off-step right turn and step out
Nos. 1/2/3	Pivot 90 degrees to the left on the ball of the left foot and march four paces, left turn, march five paces, off-step right turn and step out
Nos. 4/5/6	Pivot 90 degrees to the left on the ball of the left foot and march four paces, left turn, march nine paces, off-step right turn and step out
Nos. 7/8/9	Pivot 90 degrees to the left on the ball of the left foot and march four paces, left turn, march thirteen paces, off-step right turn and step out
All Members	Including the step out pace with the LEFT foot ELEVEN paces will be taken to bring the LEFT foot onto Disc 11.



DISC 11 – About Turn/ Left Incline / Left and Right Wheels

All Members	March one pace (arms at sides), halt, pivot 90 degrees to the right on the ball of the left foot and mark time two beats, pivot 90 degrees to the right on the ball of the left foot and march two paces, halt, pivot 45 degrees to the left on the ball of the right foot and march seven paces, mark
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	time two beats, pivoting 45 degrees to the right as the foot descends from the second mark time beat, pivot 90 degree to the right on the ball of the left foot
Leader	March twenty regulated paces to wheel 180 degrees to the left (radius four paces), turning head to the left on completion of the first regulated pace, and turning head to the new front on completion of the twentieth regulated pace, march ten regulated paces (arms at sides) to wheel 90 degrees to the right (radius four paces), turning head to the right on completion of the first regulated pace, and turning head to the new front on completion of the tenth regulated pace, march seven paces and halt.
Nos 1/2/3	March two paces, march twenty regulated paces to wheel 180 degrees to the left (radius – No. 3 two paces, No. 2 four paces, No. 1 six paces), turning heads on completion of the first regulated pace (No. 3 to the right, Nos. 1/2 to the left), and turning heads to the new front on completion of the twentieth regulated pace, march ten regulated paces (arms at sides) to wheel 90 degrees to the right (radius – No. 1 two paces, No. 2 four paces, No. 3 six paces), turning heads on completion of the first regulated pace (No. 1 to the left, Nos. 2/3 to the right), and turning heads to the new front on completion of the tenth regulated pace, march five paces and halt.
Nos 4/5/6	March four paces, march twenty regulated paces to wheel 180 degrees to the left (radius – No. 6 two paces, No. 5 four paces, No. 4 six paces), turning heads on completion of the first regulated pace (No. 6 to the right, Nos. 4/5 to the left), and turning heads to the new front on completion of the twentieth regulated pace, march ten regulated paces (arms at sides) to wheel 90 degrees to the right (radius – No. 4 two paces, No. 5 four paces, No. 6 six paces), turning heads on completion of the first regulated pace (No. 4 to the left, Nos. 5/6 to the right), and turning heads to the new front on completion of the tenth regulated pace, march three paces and halt.
Nos 7/8/9	March six paces, march twenty regulated paces to wheel 180 degrees to the left (radius – No. 9 two paces, No. 8 four paces, No. 7 six paces), turning heads on completion of the first regulated pace (No. 9 to the right, Nos. 7/8 to the left), and turning heads to the new front on completion of the twentieth regulated pace, march ten regulated paces (arms at sides) to wheel 90 degrees to the right (radius – No. 7 two paces, No. 8 four paces, No. 9 six paces), turning heads on completion of the first regulated pace (No. 7 to the left, Nos. 8/9 to the right), and turning heads to the new front on completion of the tenth regulated pace, march one pace and halt.



All Members	Pause eight beats, saluting to the front on the third paused beat and dropping the arms to the sides on the sixth paused beat, turn to the left and march off the competition area.
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NOTES:

1. There will be no whistle signal to indicate the final halt.
2. The left turn executed to march off the competition area is optional, but must not exceed six beats.
3. The team must march directly off the competition area and must not halt or disband until well clear of the side boundary.