QUICKSTEP/COMPLIMENTS/MOVEMENTS
SENIOR GRADE

MOVEMENTS:

DISC	MOVEMENT	No. of Beats	Whistle
Start	Quickstep / Compliments	24	
1	Left Form	19	L
2	Left Fixed Pivot Wheel	22	L
3	Special About Turns by Ranks	26	R
4	Pivots / Left Incline	19	R
5	Salute / Right Turn Countermarch	27	L
6	Off Step Right Turn	1	L
7	180 Degree Pivot / Left Wheel	27	L
8	Form T / Slow March	29	R
9	Special Turn	20	R
10	**Reform Team**	**17**	L
11	Form Line / Left Turn	17	L
12	Left Turn / Slow Mark Time	40	R

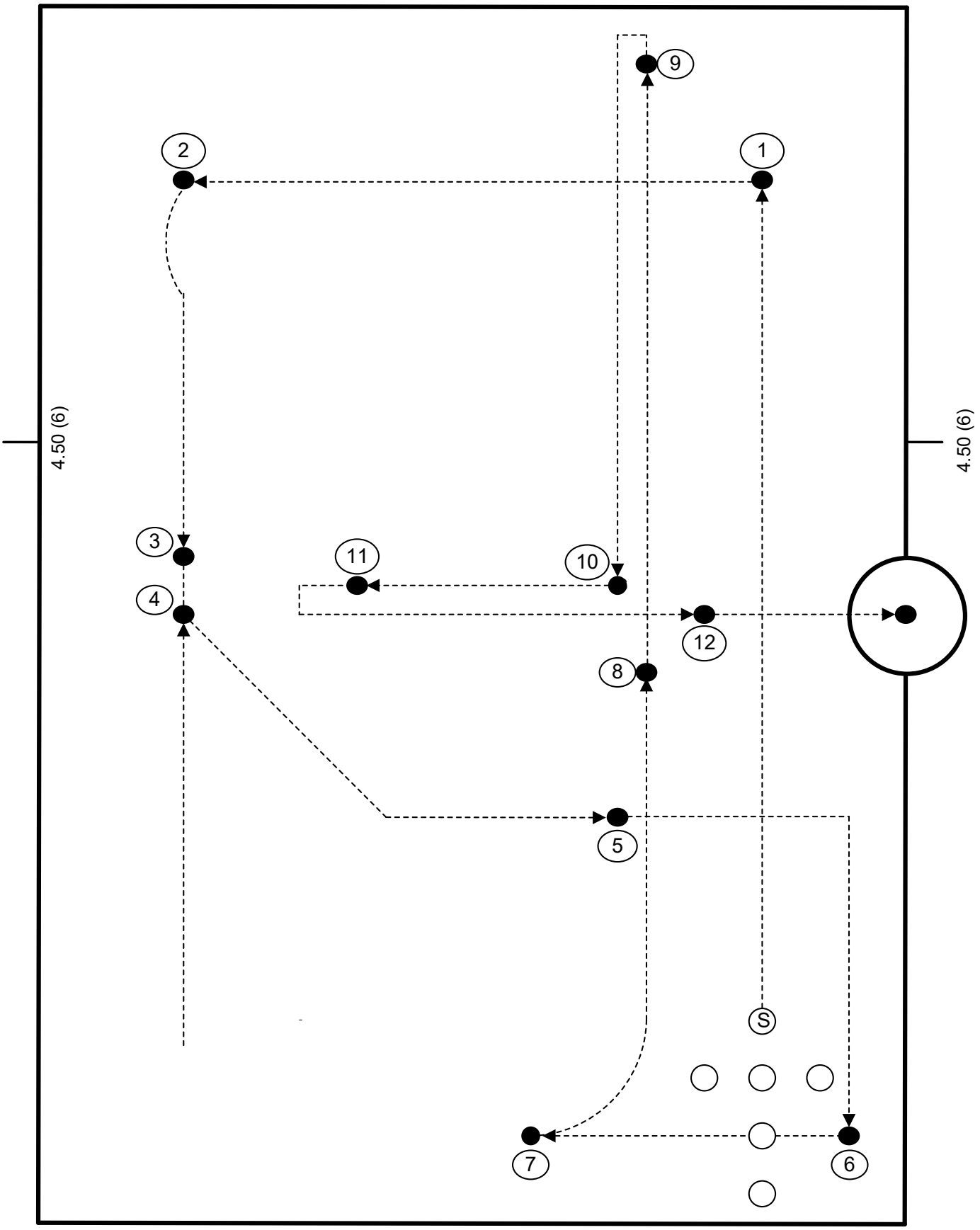
DISC MEASUREMENTS:

Disc	Left of Centre	No. of Paces	From Front Boundary	No. of Paces	Right of Centre	No. of Paces
Assembly	10.50m	14	**26.25m**	**35**		
Start	10.50m	14	3.75m	5		
1			3.75m	5	11.25m	15
2			18.75m	25	11.25m	15
3			18.75m	25	1.50m	2
4			18.75m	25		
5	5.25m	7	7.50m	10		
6	13.50m	18	1.50m	2		
7	13.50m	18	9.75m	13		
8	1.50m	2	6.75m	9		
9			6.75m	9	14.25m	19
10			7.50m	10	.75m	1
11			14.25m	19	.75m	1
12			5.25m	7		

Note: The Assembly Position will be at the rear of the field at 10.50m (14) Left of Centre and **26.25m (35)** from the front boundary line. However, if this measurement is unobtainable, the Assembly Disc may be repositioned to 19.50m (26) left of centre and 3.75m (5) from the front boundary line. The Assembly Position will be determined by the placement of the Review and Inspections.

TIME: **3 minutes 25 seconds (approx.)**

PLAN OF THE QUICKSTEP/COMPLIMENTS/MOVEMENTS

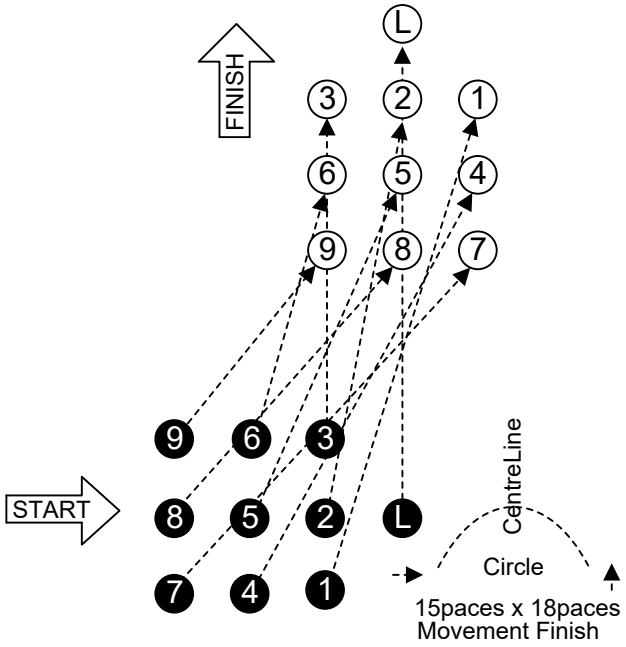


START: By the Centre Quick March

QUICKSTEP/COMPLIMENTS:	
Leader	March ten paces, mark time two beats saluting and turning head to the right on the second beat of mark time, march ten paces (left arm at side), mark time two beats dropping the salute and turning head to the front on the second beat of mark time and step out
No. 1	March ten paces, mark time two beats, march ten paces, mark time two beats and step out
Nos. 2/3/4/5/6/7/8/9	March ten paces, mark time two beats turning heads to the right on the second beat of mark time, march ten paces, mark time two beats turning heads to the front on the second beat of mark time and step out.
All Members	Including the step out pace on the LEFT foot, march NINE paces, (From the START, including the step out pace on the LEFT foot, TWENTY NINE paces) to bring the Leader's LEFT foot onto Disc 1.

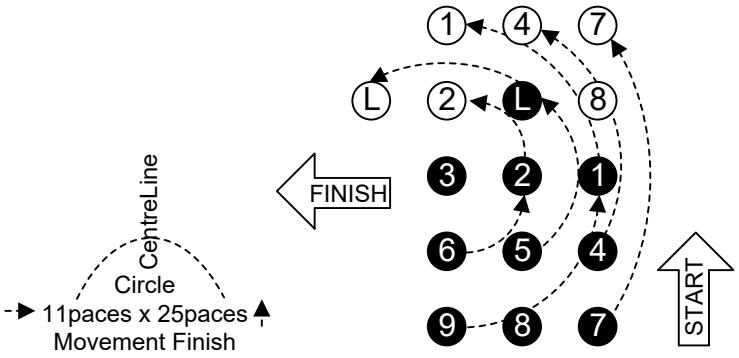
DISC 1 – LEFT FORM: (L) 19 beats	
Leader	Left turn (R), march thirteen paces (LRLRLRLRLRLRL), mark time five beats (RLRLR) and step out
No. 1	Left turn of sufficient angle to align with finishing position (two paces to the right of No.2) (R) and march fourteen regulated paces (LRLRLRLRLRLRLR), mark time four beats (LRLR), pivoting to the new front on the completion of the final mark time and step out
No. 2	Left turn of sufficient angle to align with finishing position (two paces behind Leader) (R), and march twelve regulated paces (LRLRLRLRLRLR), mark time six beats (LRLRLR), pivoting to the new front on the completion of the final mark time and step out
No. 3	Left turn (R), march nine paces (LRLRLRLRL), mark time nine beats (RLRLRLRLR) and step out
No. 4	Left turn of sufficient angle to align with finishing position (two paces behind No.1) (R) and march fourteen regulated paces (LRLRLRLRLRLRLR), mark time four beats (LRLR), pivoting to the new front on the completion of the final mark time and step out
No. 5	Left turn of sufficient angle to align with finishing position (two paces behind No.2) (R) and march twelve regulated paces (LRLRLRLRLRLR), mark time six beats (LRLRLR), pivoting to the new front on the completion of the final mark time and step out
No. 6	Left turn of sufficient angle to align with finishing position (two paces behind No.3) (R) and march ten regulated paces (LRLRLRLRLR), mark time eight beats (LRLRLRLR), pivoting to the new front on the completion of the final mark time and step out
No. 7	Left turn of sufficient angle to align with finishing position (two paces behind No.4) (R) and march fourteen regulated paces

	(LRLRLRLRLRLRLR), mark time four beats (LRLR), pivoting to the new front on the completion of the final mark time and step out
No. 8	Left turn of sufficient angle to align with finishing position (two paces behind No.5) (R) and march twelve regulated paces (LRLRLRLRLRLR), mark time six beats (LRLRLR), pivoting to the new front on the completion of the final mark time and step out
No. 9	Left turn of sufficient angle to align with finishing position (two paces behind No.6) (R) and march ten regulated paces (LRLRLRLRLR), mark time eight beats (LRLRLRLR), pivoting to the new front on the completion of the final mark time 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 2.

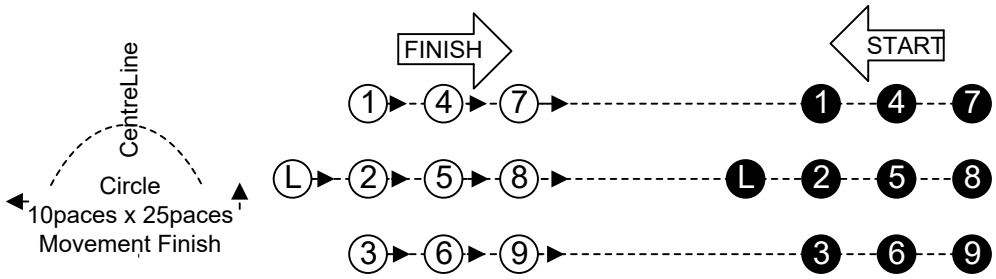


DISC 2 – LEFT FIXED PIVOT WHEEL: (L) 22 beats	
All Members	Halt (R), pause two beats (LR)
No. 3	Pause two beats (LR), turn head right to No.2 (L), pause one beat (R), mark time nine beats turning evenly 90 degrees to the left (swinging arms) (LRLRLRLRL), mark time one beat (R), turn head to the new front (L), pause one beat (R), mark time three beats (LRL), step out
Nos. 1/2	Pause two beats (LR), turn heads left to No.3 (L), pause one beat (R), march nine regulated paces to wheel 90 degrees to the left (maintaining distance from No.3 throughout) (LRLRLRLRL), mark time one beat (R), turn head to the new front (L), pause one beat (R), mark time three beats (LRL), and step out

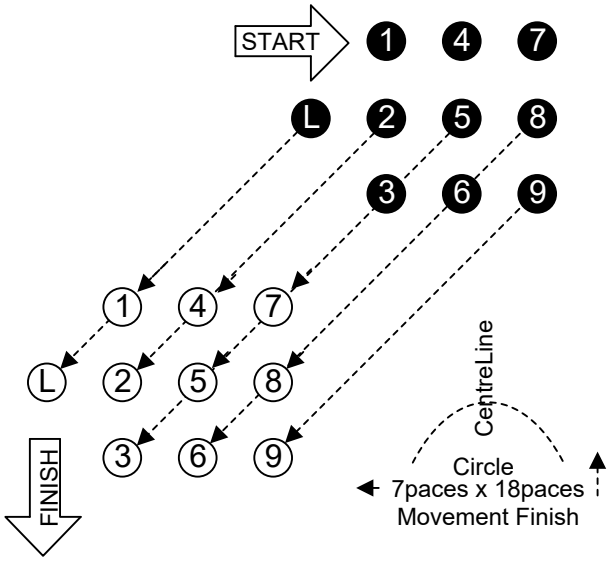
Leader and Nos. 4/5/6/7/8/9	Pivot on the ball of the right foot to sufficiently align left shoulder to No.3 (L), pause one beat (R), turn heads left to No.3 (L), pause one beat (R), march nine regulated paces to wheel 90 degrees to the left (maintaining distance from No.3 throughout) (LRLRLRLRL), mark time one beat (R), turn head to the new front (L), pause one beat (R), mark time three beats pivoting to the new front on the completion of the third mark time beat (LRL) 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 3.



DISC 3 – SPECIAL ABOUT TURNS BY RANKS (R) 26 beats	
Definition Special About Turn	Beat one The rear (left) foot will travel forward slightly faster than a normal marching pace to be extended just in front of the right foot in the line of march and toe to the ground, hesitate Beat two Pivot 180 degrees to the right on the balls of the left and right foot and hesitate (right foot should be in front firmly on the ground, and the heel of the rear left foot will be raised at the completion of Beat two)
Leader and Nos. 1/2/3	March ten paces (LRLRLRLRLR), Special About Turn (LR), march four paces (LRLR), Special About Turn (LR), march six paces (LRLRLR), Special About Turn (LR) and step out
Nos. 4/5/6	March six paces (LRLRLR), Special About Turn (LR), march four paces (LRLR), Special About Turn (LR), march ten paces (LRLRLRLRLR), Special About Turn (LR) and step out
Nos. 7/8/9	March two paces (LR), Special About Turn (LR), march four paces (LRLR), Special About Turn (LR), march fourteen paces (LRLRLRLRLRLRLR), Special About Turn (LR) 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 4.

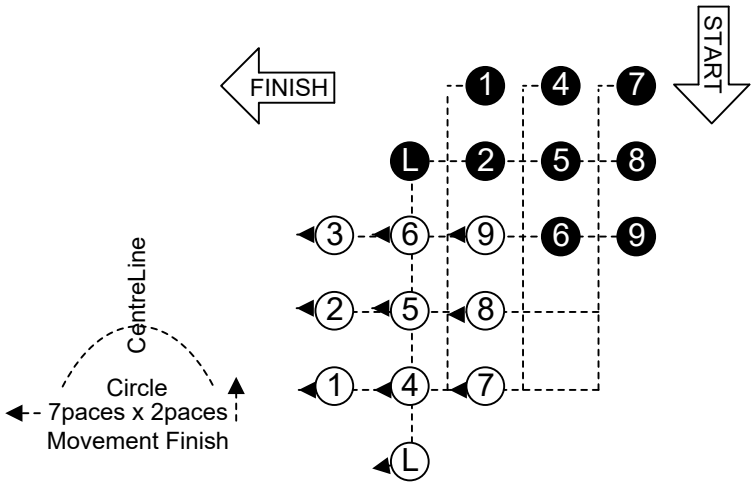


DISC 4 – PIVOTS / LEFT INCLINE: (R) 19 beats	
All Members	Halt (L), pause one beat (R), pivot 90 degrees to the left on the ball of the right foot (L), pause one beat (R), pivot 90 degrees to the left on the ball of the right foot (L), pause one beat (R), pivot 45 degrees to the left on the ball of the right foot and march ten paces (LRLRLRLRLR), (to finish 7 x 7 of disc 4) mark time three beats (LRL), pivoting 45 degrees to the left as the foot descends from the third mark time beat and step out
All Members	Including the step-out pace with the RIGHT foot, EIGHT paces will be taken to bring the Leader's LEFT foot onto Disc 5.

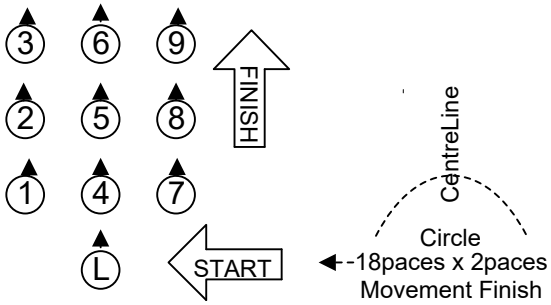


DISC 5 – SALUTE / RIGHT TURN COUNTERMARCH: (L) 27 beats	
All Members	Halt (R), pause eight beats (LR**L**RL**R**LR), saluting in unison on beat three and concluding salute on beat six
Leader	March eight paces (LRLRLRLR), halt (L), pause nine beats (RLRLRLRLR), pivot 90 degrees to the right on the ball of the right foot and step out
Nos. 1/4/7	Take one side pace to the right (LR), march eight paces (LRLRLRLR), halt (L), pause four beats (RLRL), pivot 90 degrees to the right on the ball on the ball of the left foot and march three paces (RLR) and step out

Nos. 2/5/8	Mark time six beats (LRLRLR), take one side pace to the right (LR), march four paces (LRLR), halt (L), pause two beats (RL), pivot 90 degrees to the right on the ball of the left foot and march three paces (RLR) and step out
Nos. 3/6/9	Mark time twelve beats (LRLRLRLRLRLR), take one side pace to the right (LR), pause one beat (L), pivot 90 degrees to the right on the ball of the left foot and march three paces (RLR) and step out
All Members	Including the step-out pace with the LEFT foot, ELEVEN paces will be taken to bring the Leader's LEFT foot onto Disc 6.

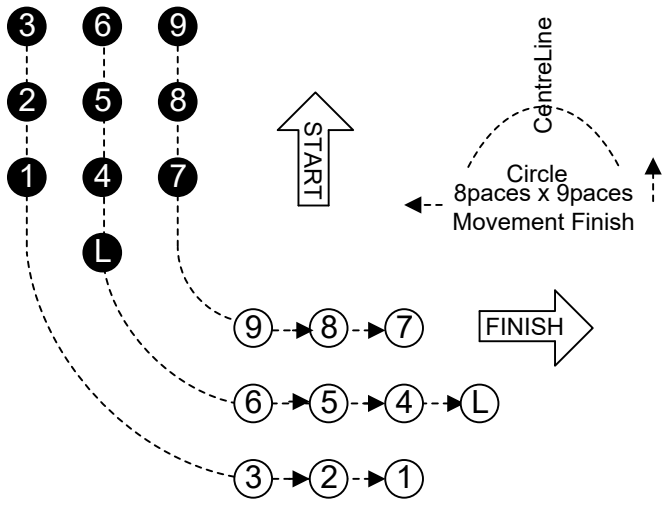


DISC 6 – OFF STEP RIGHT TURN: (L) 1 beat	
All Members	Off step right turn (R), and step out
All Members	Including the step-out pace with the LEFT foot, ELEVEN paces will be taken to bring the Leader's LEFT foot onto Disc 7.



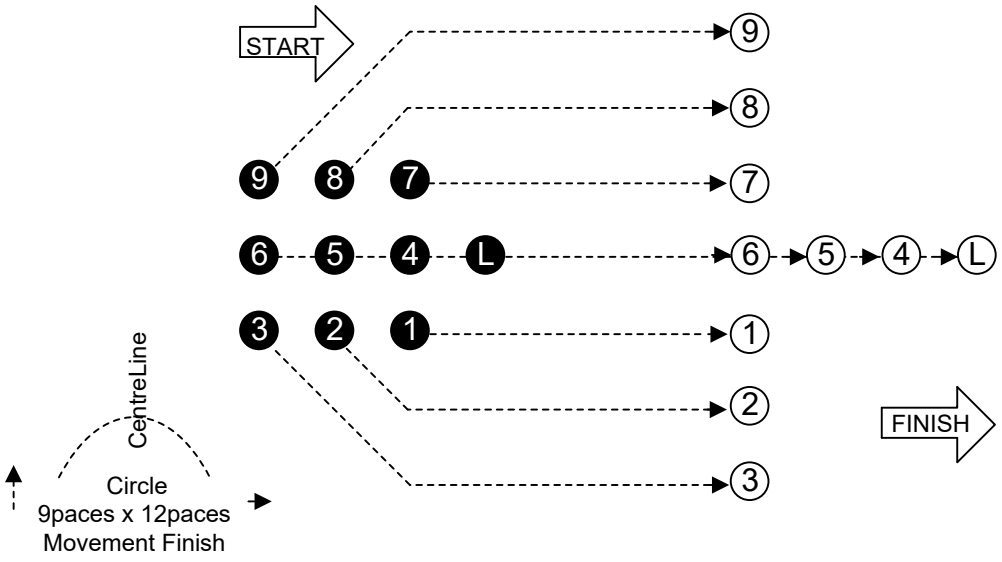
DISC 7 – 180 DEGREE PIVOT / LEFT WHEEL: (L) 27 beats	
All Members	Halt (R), pivot 90 degrees to the left on the ball of the right foot (L), pivot 90 degrees to the left on the ball of the right foot (R) and pause two beats (LR)
Leader	March ten regulated paces to wheel 90 degrees to the left (radius four paces) (LRLRLRLRLR), turning head to the left on the completion of the first regulated pace and turning to the new

	front on the completion of the tenth pace, march six paces (LRLRLR), mark time six beats (LRLRLR) and step out
Nos. 1/4/7	March two paces (LR), march ten regulated paces to wheel 90 degrees to the left (radius – No.7 two paces, No.4 four paces, No.1 six paces) (LRLRLRLRLR), turning heads on the completion of the first regulated pace (No. 7 to the right, Nos. 4/1 to the left) and turning to the new front on the completion of the tenth pace, march four paces (LRLR), mark time six beats (LRLRLR) and step out
Nos. 2/5/8	March four paces (LRLR), march ten regulated paces to wheel 90 degrees to the left (radius – No.8 two paces, No.5 four paces, No.2 six paces) (LRLRLRLRLR), turning heads on the completion of the first regulated pace (No. 8 to the right, Nos. 5/2 to the left) and turning to the new front on the completion of the tenth pace, march two paces (LR), mark time six beats (LRLRLR) and step out
No. 3/6/9	March six paces (LRLRLR), march ten regulated paces to wheel 90 degrees to the left (radius – No.9 two paces, No.6 four paces, No.3 six paces) (LRLRLRLRLR), turning heads on the completion of the first regulated pace (No. 9 to the right, Nos. 6/3 to the left) and turning to the new front on the completion of the tenth pace, mark time six beats (LRLRLR) 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 8.



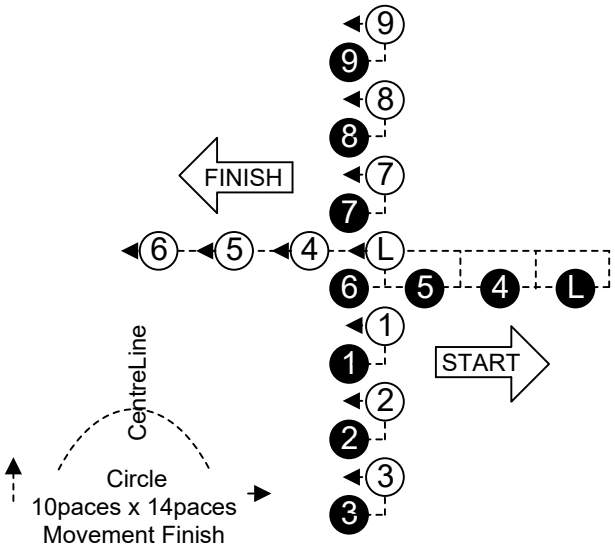
DISC 8 – FORM T/SLOW MARCH (R) 29 beats	
Leader and Nos. 4/5/6	March four paces (LRLR), mark time four beats (LRLR) (swinging arms for the first three beats only)
Nos. 1/7	Mark time eight beats (swinging arms for the first seven beats only) (LRLRLRLR)

Nos. 8/9	Pivot 45 degrees to the left on the ball of the right foot and march six regulated paces to finish position (radius - No.8 two paces from No.7 and No.9 two paces from No.8) (LRLRLR), mark time two beats (swinging arms on the first mark time beat only) (LR) pivoting to the new front on completion of the final mark time
Nos. 2/3	Pivot 45 degrees to the right on the ball of the right foot and march six regulated paces to finish position (radius - No.2 two paces from No.1 and No.3 two paces from No.2) (LRLRLR), mark time two beats (swinging arms on the first mark time beat only) (LR) pivoting to the new front on completion of the final mark time
All Members	March one pace, (arms at sides) (L), slow march ten paces, (of approx. 67.5cm each, to finish 9 paces forward) (RLRLRLRLRLRLRLRLRL), (commencing with the right foot), and step out
All Members	Including the step out pace with the RIGHT foot, SEVEN paces will be taken to bring the Leaders RIGHT foot onto Disc 9.



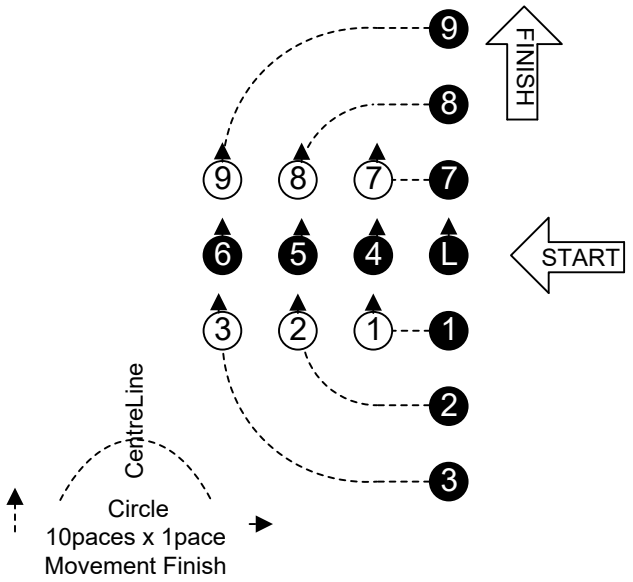
DISC 9 – SPECIAL TURN: (R) 20 beats	
All Members	March one pace (arms at sides) (L), halt (R), take one side pace to the left (LR), Special Turn (as detailed below)
Beat one (L)	Pivot 90 degrees to the right on the ball of the left foot and at the same time extending the right foot to the line of march (toe to ground) and hesitate
Beat two (R)	Pause one beat
Beat three (L)	Carry the right foot back to the stationary position and hesitate
Beat four (R)	Pause one beat

Beat five (L)	Pivot 90 degrees to the right on the ball of the left foot and hesitate
Beat six (R)	Pause one beat
Beat seven (L)	Raise the right leg to mark time position and hesitate
Beat eight (R)	Pause one beat
Beat nine (L)	Lower the right leg to rest beside close to the stationary position and hesitate
Beat ten (R)	Pause one beat
Leader and Nos. 4/5/6	March six paces (LRLRLR) and step out
Nos. 1/2/3/7/8/9	Mark time six beats (LRLRLR) and step out
All Members	Including the step out pace with the LEFT foot, THIRTEEN paces will be taken to bring the Leader's LEFT foot onto Disc 10.



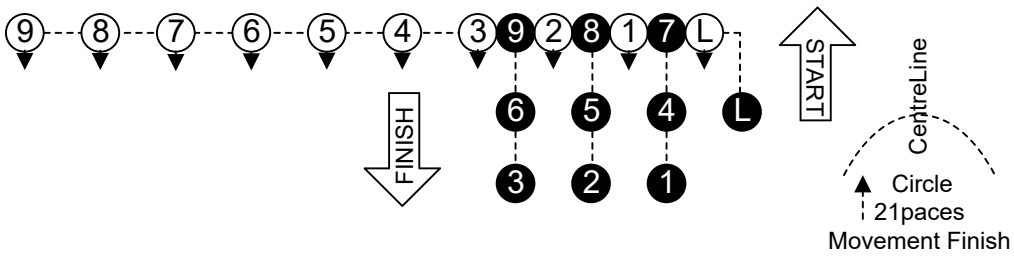
DISC 10 – REFORM TEAM: (L) 17 beats	
All Members	Halt (R),
Leader and Nos. 4/5/6	Pause two beats (LR), mark time eight beats (LRLRLRLR)
No. 7	March two paces (arms at sides) (LR), mark time eight beats turning evenly 90 degrees to the left (LRLRLRLR)
Nos. 8/9	March two paces (arms at sides) (LR), march seven regulated paces (arms at sides) to wheel 90 degrees to the left (No. 8 radius two paces, No.9 radius four paces) (LRLRLRL), mark time one beat (R)

No. 1	March two paces (arms at sides) (LR), mark time eight beats turning evenly 90 degrees to the right (LRLRLRLR)
Nos. 2/3	March two paces (arms at sides) (LR), march seven regulated paces (arms at sides) to wheel 90 degrees to the right (No. 2 radius two paces, No.3 radius four paces) (LRLRLRL), mark time one beat (R)
Nos. 1/2/3	**Mark time six beats turning evenly 90 degrees to the left, (LRLRLR) pivot 90 degrees to the right on the ball of the right foot and step out**
Leader and Nos. 4/5/6	**Mark time six beats, (LRLRLR) pivot 90 degrees to the right on the ball of the right foot and step out**
Nos. 7/8/9	**Mark time six beats turning evenly 90 degrees to the right, (LRLRLR) pivot 90 degrees to the right on the ball of the right foot and step out**
All Members	Including the step out pace with the LEFT foot NINE paces will be taken to bring the LEFT foot onto Disc 11.

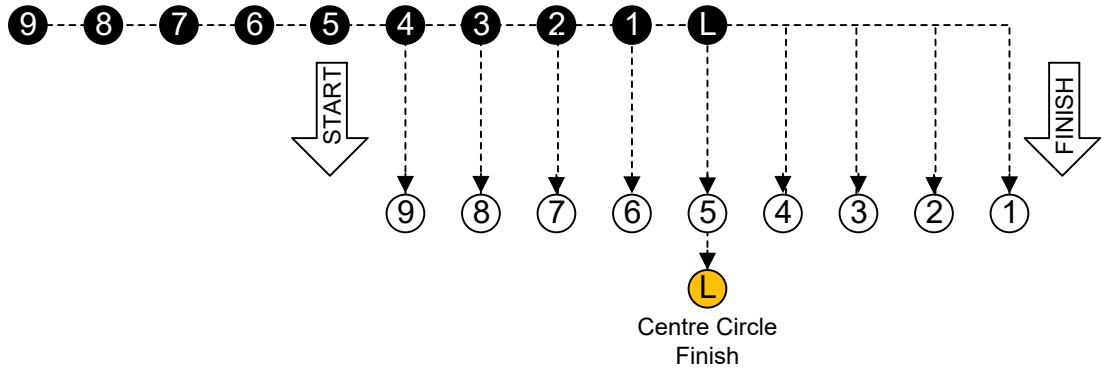


DISC 11 – FORM LINE/LEFT TURN: (L) 17 beats	
Leader	Halt (R), pause twelve beats (LRLRLRLRLRLR), march two paces (LR), pivot 90 degrees to the left on the ball of the right foot and march one pace (L), left turn (R) and step out
No. 1/2/3	Halt (R), pause ten beats (LRLRLRLRLR), march four paces (LRLR), pivot 90 degrees to the left on the ball of the right foot and march one pace (L), left turn (R) and step out
No. 4/5/6	Halt (R), pause six beats (LRLRLR), march two paces (LR), pivot 90 degrees to the left on the ball of the right foot and march seven paces (LRLRLRL), left turn (R) and step out
No. 7/8/9	Halt (R), pause two beats (LR), pivot 90 degrees to the left on the ball of the right foot and march thirteen paces (LRLRLRLRLRLRL), left turn (R) and step out

All Members	Including the step out pace with the LEFT foot FOURTEEN paces will be taken to bring the RIGHT foot onto Disc 12.



DISC 12 – LEFT TURN / SLOW MARK TIME: (R) 40 beats	
Leader	March two paces (LR), mark time eight beats (LRLRLRLR), pivot 90 degrees to the left on the ball of the right foot (L), pause one beat, (R), slow mark time eight beats (LRLRLRLRLRLRLRLR), mark time six beats turning evenly 90 degrees to the right (LRLRLR), march five paces (LRLRL), and halt (R) in the Position of Attention (Leader is required to complete the Quickstep/Compliments/ Movements phase in the middle of the circle)
Nos. 1/2/3/4/5/6/7/8/9	Pivot 90 degrees to the left on the ball of the right foot and march ten paces (LRLRLRLRLR), halt (L), pause one beat (R), slow mark time eight beats (LRLRLRLRLRLRLRLR), mark time six beats turning evenly 90 degrees to the right (LRLRLR), march five paces (LRLRL) and halt (R) in the Position of Attention
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 (LR**L**RL**R**LR), turn to the left and march off the competition area



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.