

QUICKSTEP/COMPLIMENTS/MOVEMENTS

SENIOR GRADE

MOVEMENTS:

DISC	MOVEMENT	No. of Beats
Start	Quickstep / Compliments	24
1	Countermarch	12
2	Form Echelon/Slow March	26
3	Form Line	27
4	Salute	14
5	Special About Turn	11
6	Wheel in Line	41
7	Reform Team	16
8	Special Right Turn	5
9	Left Turn/Left Fixed Pivot Wheel	22
10	Incline/Special Halt	13
11	Right Turn/Left Countermarch	43
12	Form Y	36

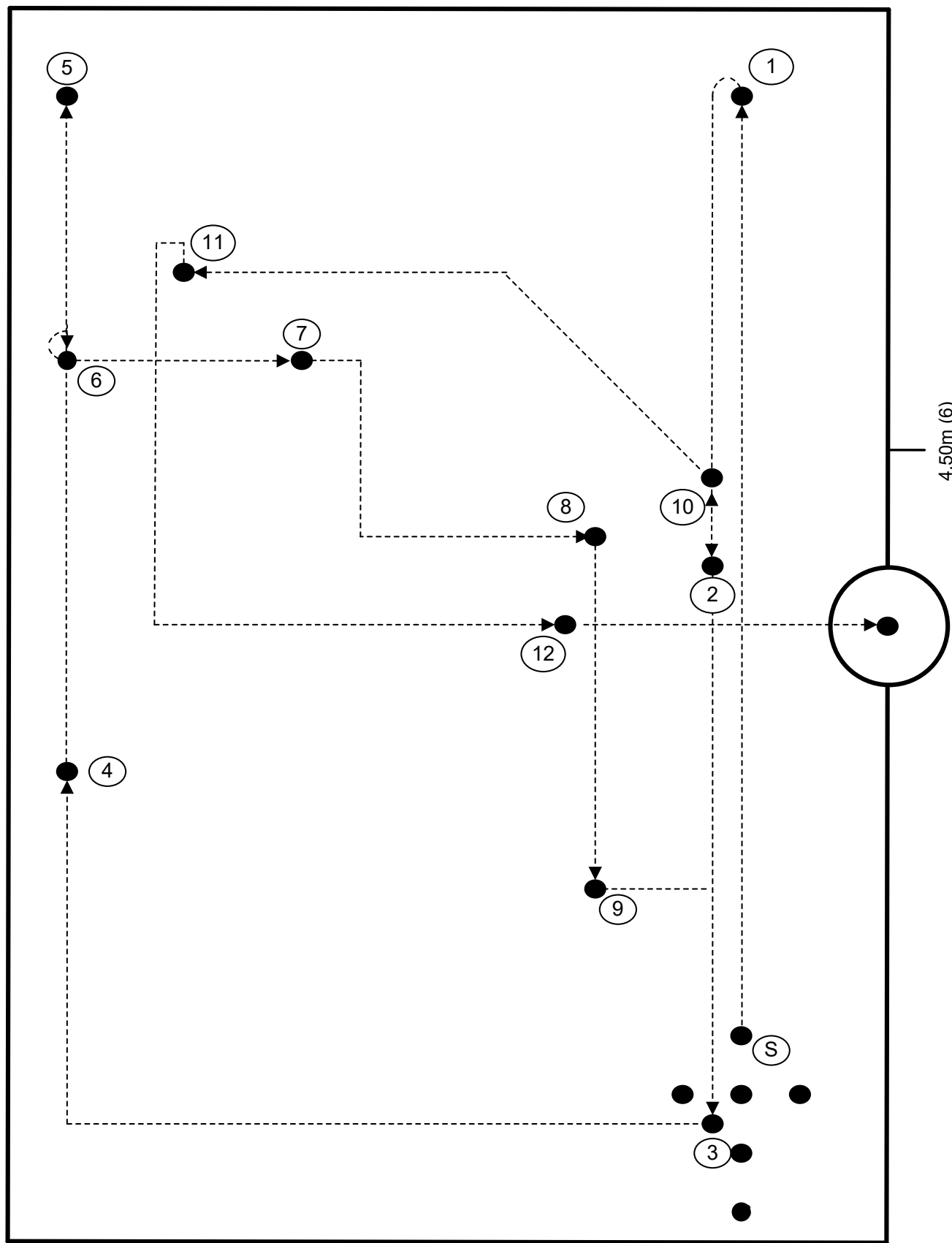
DISC MEASUREMENTS:

Disc	Left of Centre	No. of Paces	From Front Boundary	No. of Paces	Right of Centre	No. of Paces
Assembly	10.50m	14	24.75m	33		
Start	10.50m	14	3.75m	5		
1			3.75m	5	13.50m	18
2			4.50m	6	1.50m	2
3	12.75m	17	4.50m	6		
4	3.75m	5	21.00m	28		
5			21.00m	28	13.50m	18
6			21.00m	28	6.75m	9
7			15.00m	20	6.75m	9
8			7.50m	10	2.25m	3
9	6.75m	9	7.50m	10		
10			4.50m	6	3.75m	5
11			18.00m	24	9.00m	12
12			8.25m	11		

Note: The Assembly Position will be at the rear of the field at 10.50m (14) Left of Centre and 24.75m (33) 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 **29** seconds (approx.)

PLAN OF THE QUICKSTEP/COMPLIMENTS/MOVEMENTS



START: By the Centre Quick March

QUICKSTEP/COMPLIMENTS: 24 beats	
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 TWELVE paces, (From the START, including the step out pace on the LEFT foot, THIRTY-TWO paces) to bring the Leader's RIGHT foot onto Disc 1.

DISC 1: COUNTERMARCH (R) 12 beats	
Leader	March four regulated paces (arms at sides) to wheel 180 degrees to the left (radius ½ pace), march eight paces (arms at sides) and step out
No. 1/2/3	March two paces, march four regulated paces (arms at sides) to wheel 180 degrees to the left (radius ½ pace), march six paces (arms at sides) and step out
No. 4/5/6	March four paces, march four regulated paces (arms at sides) to wheel 180 degrees to the left (radius ½ pace), march four paces (arms at sides) and step out
No. 7/8/9	March six paces, march four regulated paces (arms at sides) to wheel 180 degrees to the left (radius ½ pace), march two paces (arms at sides) and step out
All Members	Including the step out pace with the LEFT foot, EIGHT paces will be taken to bring the Leader's RIGHT foot onto Disc 2.

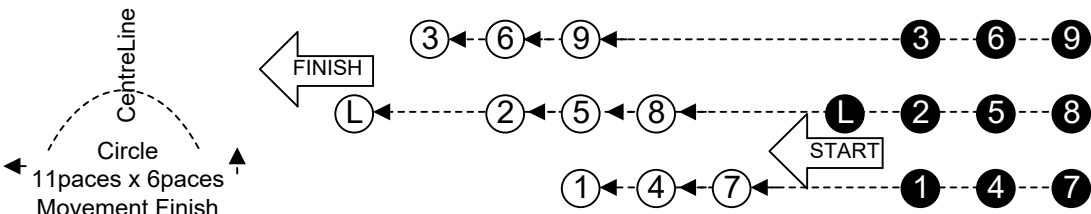
CentreLine

Circle

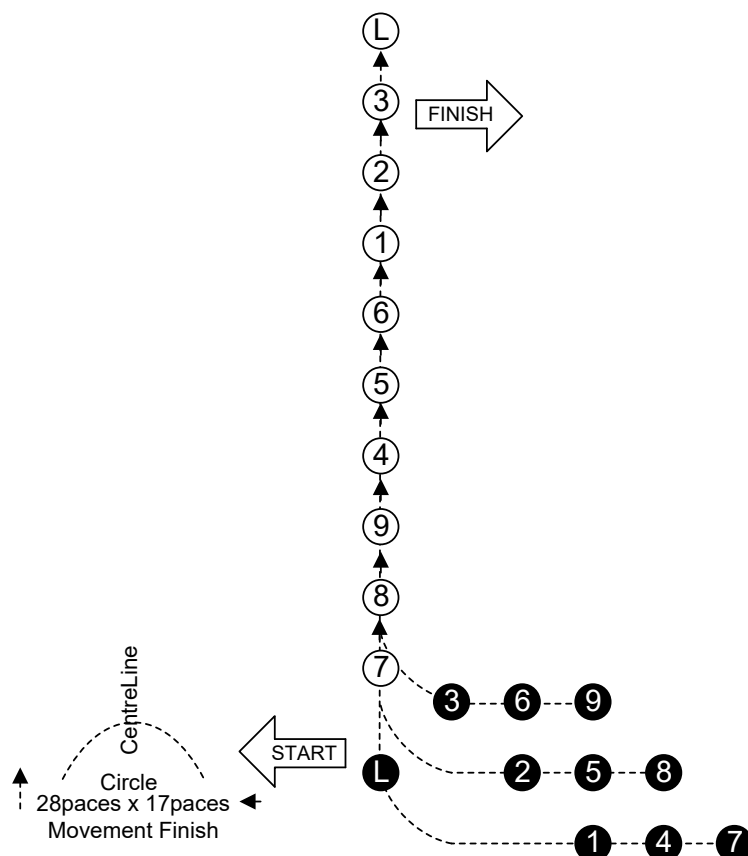
10paces x 6paces Movement Finish

START

FINISH

DISC 2: FORM ECHELON/SLOW MARCH (R) 26 beats	
Leader and Nos. 3/6/9	March four paces, halt, pause one beat
Nos. 2/5/8	March two paces, halt, pause three beats
Nos. 1/4/7	Halt, pause five beats
All Members	Slow march ten paces, (of approx. 67.5cm each, to finish 9 paces forward), (commencing with the right foot on the left beat) and step out
All Members	Including the step-out pace with the RIGHT foot, SIX paces will be taken to bring the Leader's LEFT foot onto Disc 3.
	
DISC 3: FORM LINE (L) 27 beats	
Leader	Off step right turn, march twenty-two paces, halt, pause two beats.
No. 3	Halt, pause four beats, march four regulated paces to wheel 90 degrees to the right (radius 2 paces), march sixteen paces, halt.
No. 2	March two paces, halt, pause two beats, march four regulated paces to wheel 90 degrees to the right (radius 2 paces), march sixteen paces, halt.
No. 1	March four paces, halt, march four regulated paces to wheel 90 degrees to the right (radius 2 paces), march sixteen paces, halt.
No. 6	Halt, pause eight beats, march two paces, march four regulated paces to wheel 90 degrees to the right (radius 2 paces), march ten paces, halt.
No. 5	March two paces, halt, pause six beats, march two paces, march four regulated paces to wheel 90 degrees to the right (radius 2 paces), march ten paces, halt.
No. 4	March four paces, halt, pause four beats, march two paces, march four regulated paces to wheel 90 degrees to the right (radius 2 paces), march ten paces, halt.

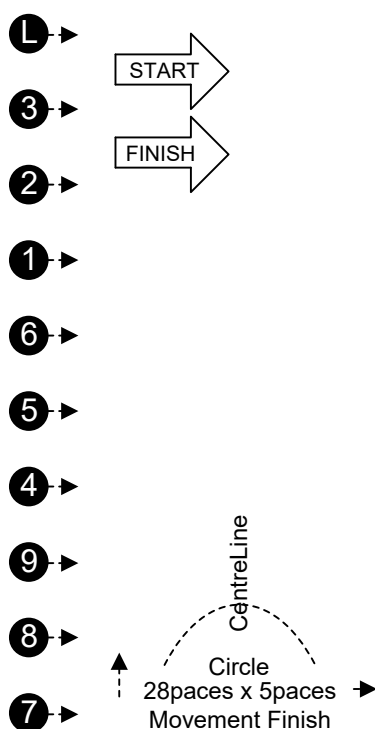
No. 9	Halt, pause twelve beats, march four paces, march four regulated paces to wheel 90 degrees to the right (radius 2 paces), march four pace, halt.
No. 8	March two paces, halt, pause ten beats, march four paces, march four regulated paces to wheel 90 degrees to the right (radius 2 paces), march four pace, halt.
No. 7	March four paces, halt, pause eight beats, march four paces, march four regulated paces to wheel 90 degrees to the right (radius 2 paces), march four pace, halt.
All Members	Pause one beat, 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, TWELVE paces will be taken to bring the Leader's RIGHT foot onto Disc 4.



DISC 4: SALUTE (R) 14 beats

Leader and Nos. 1/2/3/4/5/6/8/9	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
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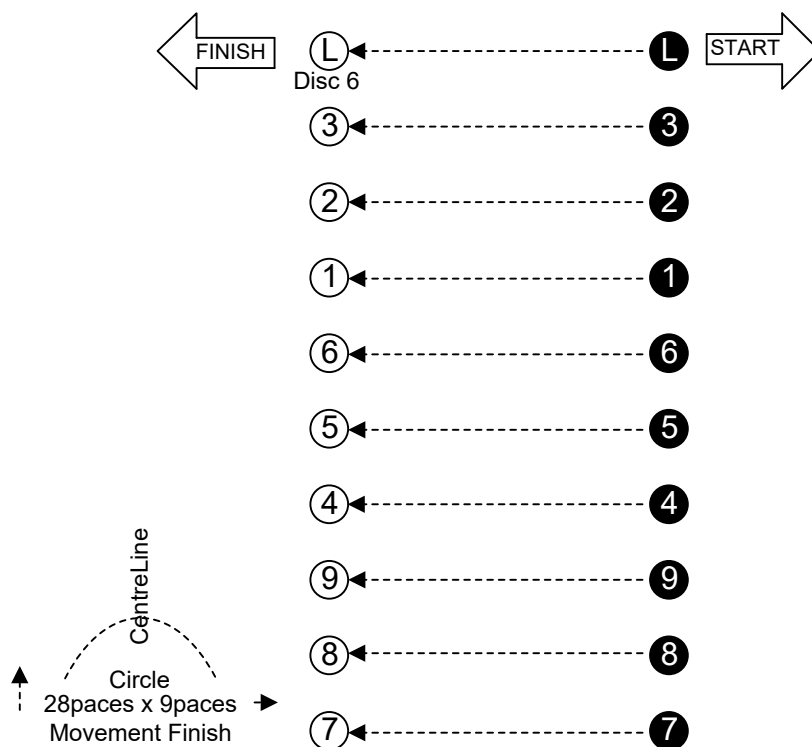
No. 7	Mark time two beats, march ten paces (arms at sides), mark time two beats and step out
All Members	Including the step-out pace with the LEFT foot, THIRTEEN paces will be taken to bring the Leader's LEFT foot onto Disc 5.



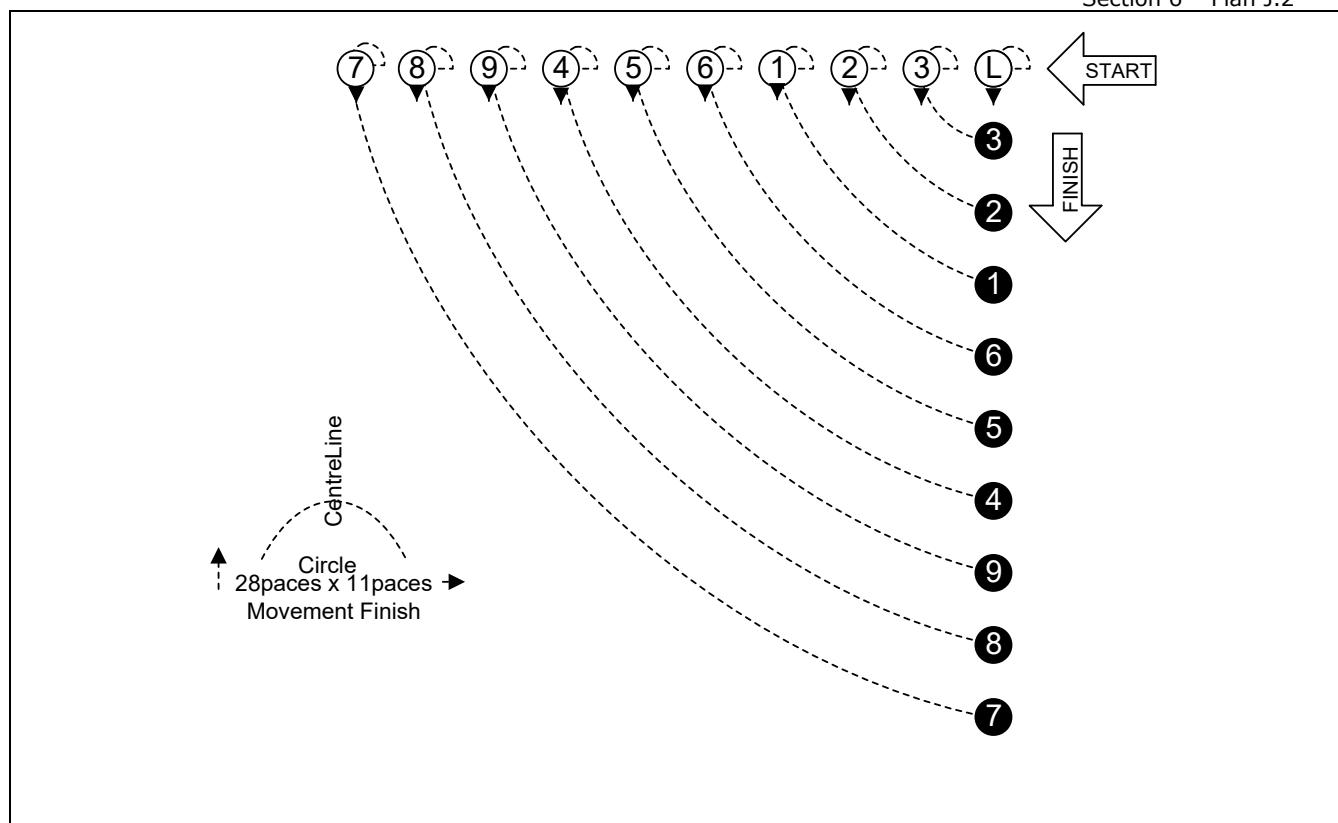
DISC 5: SPECIAL ABOUT TURN (L) 11 beats

All Members	Halt. Special About Turn (as detailed below)
Beat one (left)	Pivot 90 degrees to the right on the ball of the left foot and (at the same time) extend the right foot to the line of march (toe to ground) and hesitate
Beat two (right)	Pause one beat
Beat three (left)	Bring foot back to halt position
Beat four (right)	Pause one beat
Beat five (left)	Pivot 90 degrees to the right on the ball of the left foot and hesitate
Beat six (right)	Pause one beat
Beat seven (left)	Lift the right leg to mark time position and hesitate
Beat eight (right)	Pause one beat
Beat nine (left)	Pause one beat

Beat ten (right)	Lower the leg to halt position, hesitate and step out
All Members	Including the step out pace with the LEFT foot, NINE paces will be taken to bring the leaders LEFT foot onto Disc 6.

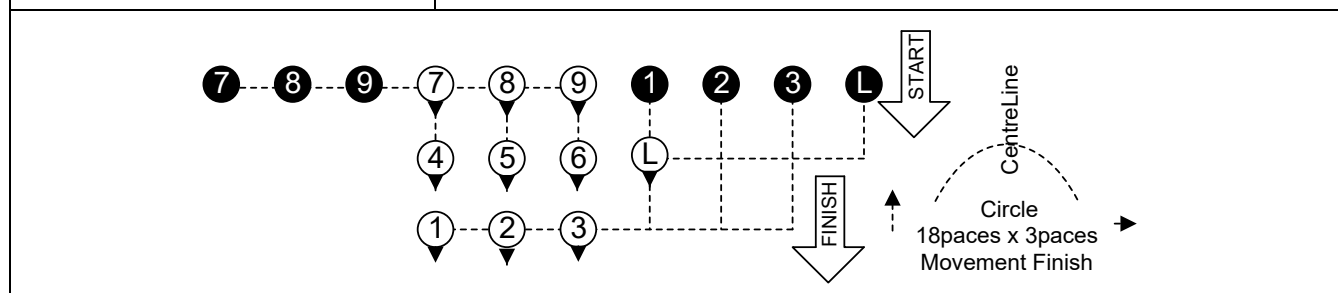


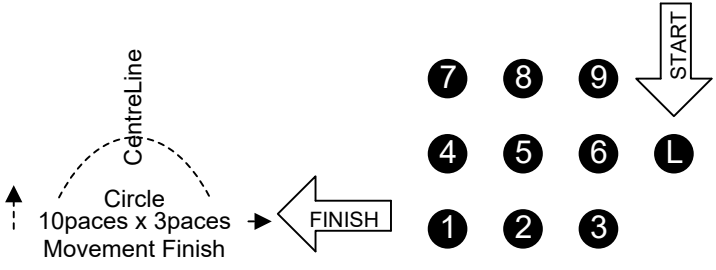
DISC 6: WHEEL IN LINE (L) 41 beats	
All Members	Halt
Leader	Mark time thirty beats (swinging arms) to wheel 90 degrees evenly to the right, mark time two beats
Nos. 3/2/1/6/5/4/9/8/7	March thirty regulated paces to wheel 90 degrees to the right (maintaining distance from the Leader throughout), mark time two beats
All Members	March four regulated paces (arms at sides) to wheel 180 degrees to the right (radius ½ pace), mark time one beat, take one side pace to the right, pause one beat and step out
All Members	Including the step out pace with the LEFT foot, EIGHT paces will be taken to bring the Leader's RIGHT foot onto Disc 7.



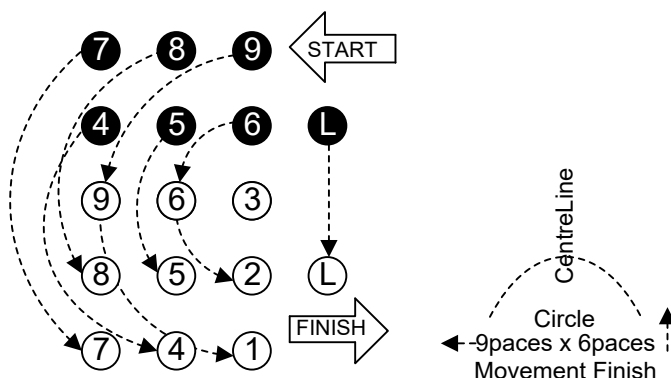
DISC 7: REFORM TEAM (R) 16 beats

Nos. 3/2/1	March four paces, pivot 90 degrees to the right on the ball of the right foot and march six paces, mark time six beats turning evenly 90 degrees to the left and step out
Nos. 6/5/4	March two paces, mark time two beats, pause six beats, mark time six beats and step out
Nos. 9/8/7	Mark time four beats, pivot 90 degrees to the left on the ball of the right foot and march six paces, mark time six beats turning evenly 90 degrees to the right and step out
Leader	March two paces, mark time two beats, pivot 90 degrees to the right on the ball of the right foot and march six paces, mark time six beats turning 90 degrees evenly to the left and step out
All Members	Including the step out pace with the LEFT foot, EIGHT paces will be taken to bring the Leader's RIGHT foot onto Disc 8.



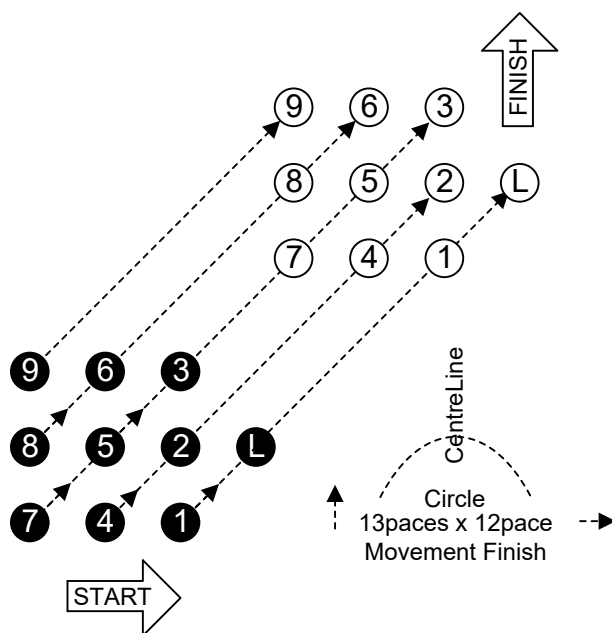
DISC 8: SPECIAL RIGHT TURN (R) 5 beats	
All Members	Halt. Special Right turn (as set out below)
Beats 1 and 2	Commencing on the right beat lift the right foot to the mark time position and hesitate
Beats 3 and 4	Lower the right foot to the stationary position and hesitate
All Members	Pivot 90 degrees to the right on the ball of the left foot and step out.
All Members	Including the step out pace with the RIGHT foot, TWELVE paces will be taken to bring the Leader's LEFT foot onto Disc 9.
	
DISC 9: LEFT TURN / LEFT FIXED PIVOT WHEEL (L) 22 beats	
All Members	Halt, pivot 90 degrees to the left on the ball of the right foot, pause one beat
Leader	Pause four beats, march four paces, mark time six beats turning evenly 90 degrees to the left, pause five beats and step out
No. 3	Pause two beats, turn head right to No.2, pause one beat, mark time ten beats turning evenly 90 degrees to the left (arms at sides), turn head to the new front, pause one beat, mark time three beats, step out
Nos. 1/2	Pause two beats, turn heads left to No.3, pause one beat, march nine regulated paces to wheel 90 degrees to the left (maintaining distance from No.3 throughout), halt, turn head to the new front, pause one beat, mark time three beats, and step out
Nos. 4/5/6/7/8/9	Pivot on the ball of the right foot to sufficiently align left shoulder to No.3, pause one beat, turn heads left to No.3, pause one beat, march nine regulated paces to wheel 90 degrees to the left (maintaining distance from No.3 throughout), halt, turn head to the new front, pause one beat, mark time three beats pivoting to the new front on the completion of the third mark time beat and step out

All Members	Including the step out pace with the RIGHT foot, FOURTEEN paces will be taken to bring the Leader's LEFT foot onto Disc 10.
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DISC 10: INCLINE / SPECIAL HALT (L) 13 beats

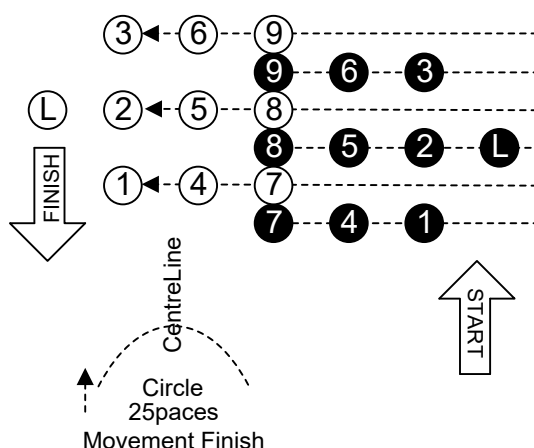
All Members	45 degree left turn, march ten paces (to finish 7 x 7 of Disc 10), mark time two beats, pivoting 45 degrees to the left as the foot descends from the second mark time beat and step out
All Members	Including the step pace with the LEFT foot, ELEVEN paces will be taken to bring the Leader's LEFT foot onto Disc 11.



DISC 11: RIGHT TURN/ LEFT COUNTERMARCH (L) 37 beats

All Members	Halt, pivot 90 degrees to right on the ball of the left foot, pause one beat
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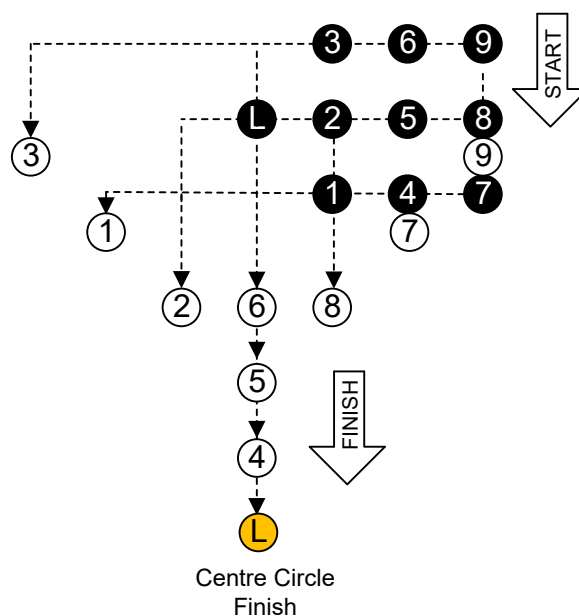
Leader	March one pace, left turn, march one pace (arms at sides), left turn, march six paces (arms at sides), mark time six beats
Nos. 1/2/3	Pause two beats , march three paces, left turn, march one pace (arms at sides), left turn, march four paces (arms at sides), mark time four beats
Nos. 4/5/6	Pause four beats , march five paces, left turn, march one pace (arms at sides), left turn, march two paces (arms at sides), mark time two beats
Nos. 7/8/9	Pause six beats , march seven paces, left turn, march one pace (arms at sides), left turn
All Members	March seven paces, mark time eleven beats, mark time six beats turning evenly 90 degrees to the left and step out
All Members	Including the step pace with the LEFT foot, FOURTEEN paces will be taken to bring the Leader's RIGHT foot onto Disc 12.



DISC 12: FORM Y (R) 36 beats

All Members	Mark time six beats
Leader	March four paces (arms at sides), mark time four beats
Nos. 1/2/3/4/5/6/7/8/9	Take four side paces to the right (commencing on the left beat)
Leader & Nos. 4/5/6	Pause eight beats, mark time six beats, march seven paces and halt in the Position of Attention. (Leader is required to complete the Quickstep/Compliments/ Movements phase in the middle of the circle)
No. 3	Take four side paces to the right (commencing on the left beat), mark time six beats, pause four beats, march three paces and halt in the Position of Attention

No. 2/8	Pause eight beats, mark time six beats, pause two beats, march five paces and halt in the Position of Attention
No. 1	Take two side paces to the right (commencing on the left beat), pause four beats, mark time six beats, pause six beats, march one pace and halt in the Position of Attention
No. 9	Take four side paces to the left, mark time six beats, pause four beats, march three paces and halt in the Position of Attention
No. 7	Take two side paces to the left, pause four beats, mark time six beats, pause six beats, march one pace and halt 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, 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.