

QUICKSTEP/COMPLIMENTS/MOVEMENTS SENIOR GRADE

MOVEMENTS:

DISC	MOVEMENT	No. of Beats
1	Incline/Special Halt	13
2	Countermarch	19
3	Form Echelon/Slow March	26
4A	Form Line	27
4B	Quickstep / Compliments	24
5	Special About Turn	11
6	Wheel in Line / Salute	45
7	Reform Team	16
8	Right Fixed Pivot Wheel	29
9	About Turn/Open Formation	16
10	Individual Wheels	12
11	Own Choice Movement (min 16 beats, max 40 beats)	

DISC MEASUREMENTS:

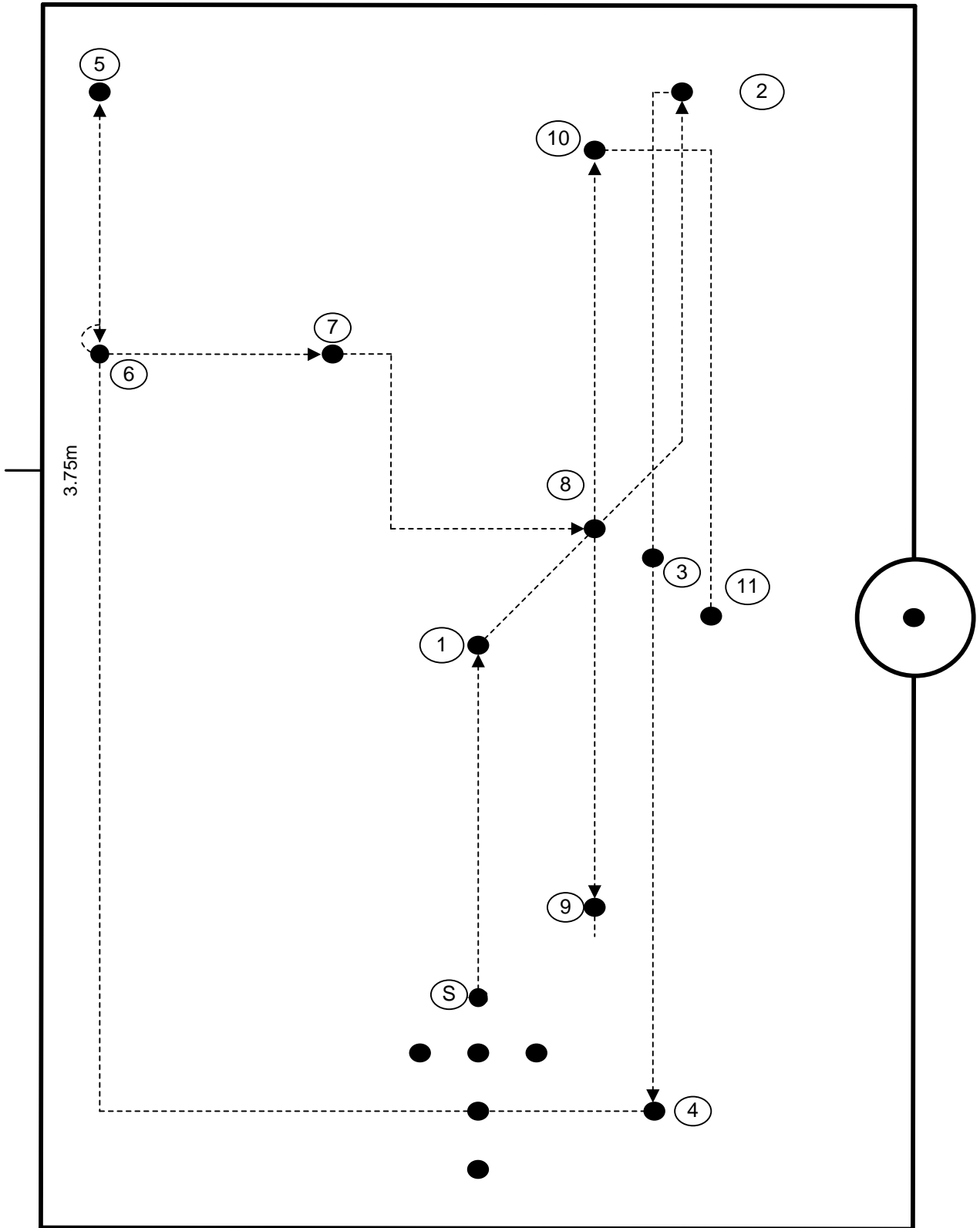
Disc	Left of Centre	No. of Paces	From Front Boundary	No. of Paces	Right of Centre	No. of Paces
Assembly	19.50m	26	11.25m	15		
Start	9.75m	13	11.25m	15		
1	.75m	1	11.25m	15		
2			6.00m	8	13.50m	18
3			6.75m	9	1.50m	2
4	12.75m	17	6.75m	9		
5			21.00m	28	13.50m	18
6			21.00m	28	6.75m	9
7			15.00m	20	6.75m	9
8			8.25m	11	2.25m	3
9	7.50m	10	8.25m	11		
10			8.25m	11	12.00m	16
11			5.25m	7		

Note: The Assembly Position will be 19.50m (26), 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 4 seconds (approx.) plus own choice Movement No. 11

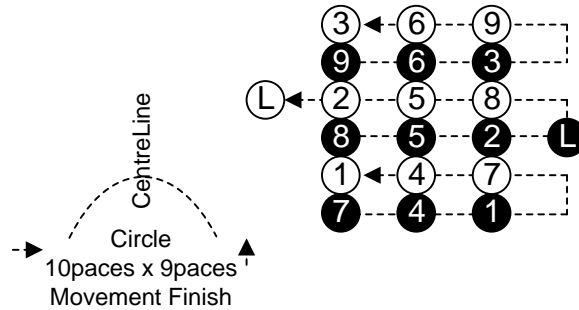
PLAN OF THE QUICKSTEP/COMPLIMENTS/MOVEMENTS



START: By the Centre Quick March

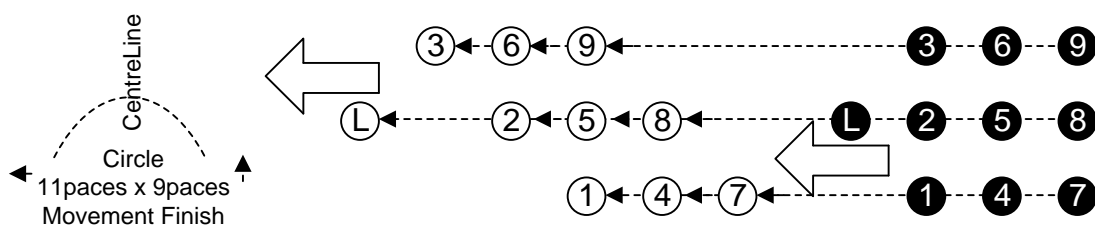
START	
All Members	From the START, including the step-out pace with the LEFT foot, TWELVE paces will be taken to bring the Leader’s RIGHT foot onto Disc 1.
DISC 1 – INCLINE/SPECIAL HALT	
All Members	45 degree right turn, march ten paces (to finish 7 x 7 of Disc 1), mark time two beats pivoting on the ball of the right foot, 45 degrees to the left as the foot descends from the second mark time beat 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 2.
DISC 2 – COUNTERMARCH	
Leader	Left turn, march one pace (arms at sides), left turn, march eight paces, mark time eight beats and step out
No. 1/2/3	Mark time two beats, march two paces, left turn, march one pace (arms at sides), left turn, march six paces, mark time six beats and step out
No. 4/5/6	Mark time two beats, march two paces, mark time two beats, march two paces, left turn, march one pace (arms at sides), left turn, march four paces, mark time four beats and step out
No. 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 (arms at sides), left turn, march two paces, mark time two beats 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 3.
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DISC 3 – FORM ECHELON/SLOW MARCH

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 4.



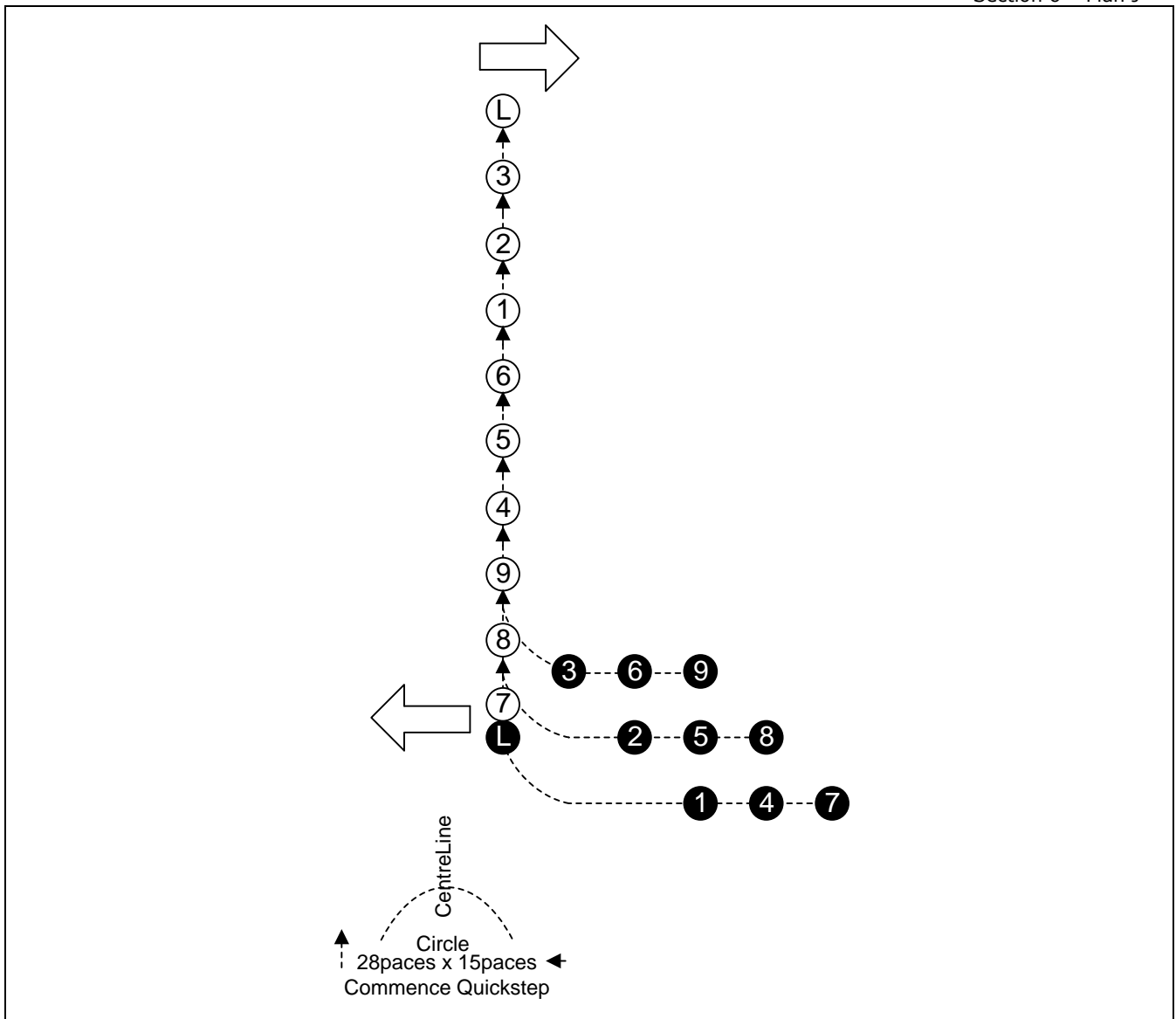
DISC 4A – FORM LINE

Leader	Off step right turn, march nineteen 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 thirteen 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 thirteen paces, halt.

No. 1	March four paces, halt, march four regulated paces to wheel 90 degrees to the right (radius 2 paces), march thirteen 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 seven 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 seven 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 seven 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 one 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 one 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 one pace, halt.
All Members	Take two side paces to the right, pivot 90 degrees to the right on the ball of the right foot and march (to complete Quickstep/Compliments – 4B)

DISC 4B - QUICKSTEP/COMPLIMENTS:

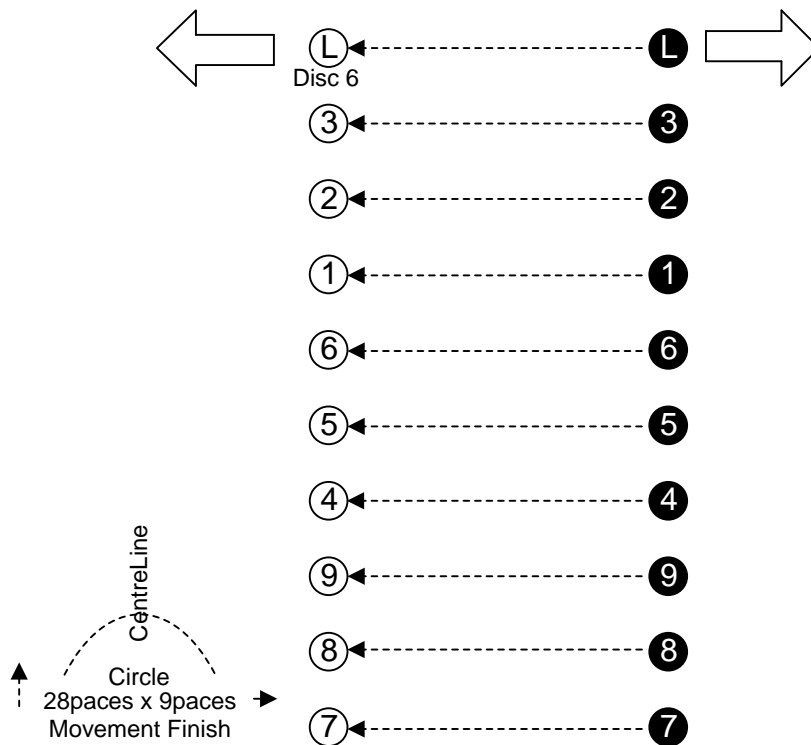
All Members	<p>March ten paces, mark time two beats with the Leader and team members, except No. 7, turning heads to the right in unison during the second beat of mark time, march ten paces (arms at sides) to complete the 20-pace quickstep course, mark time two beats with Leader and team members turning heads to the front during the second beat of mark time and step out</p> <p>Including the step-out pace with the LEFT foot, THIRTEEN paces will be taken to bring the Leader’s LEFT foot onto Disc 5.</p>
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DISC 5 – SPECIAL ABOUT TURN

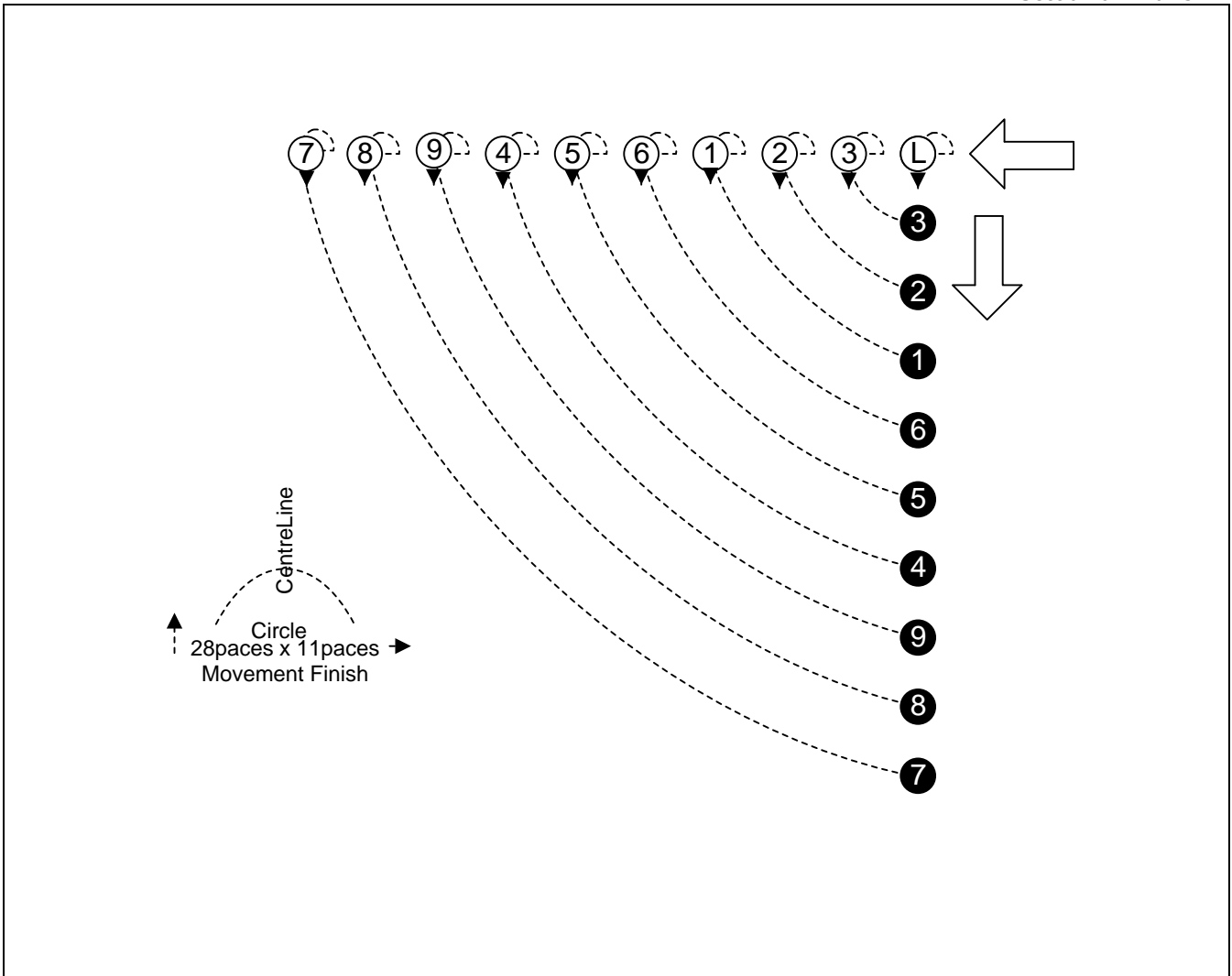
All Members	Halt. Special Right Turn (as detailed below)
Beat one (left)	Pivot 90 degrees to the right on the ball of the left foot and (at the same time) extend the right foot to the line of march (toe to ground) and hesitate
Beat two (right)	Pause one beat
Beat three (left)	Bring foot back to halt 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.



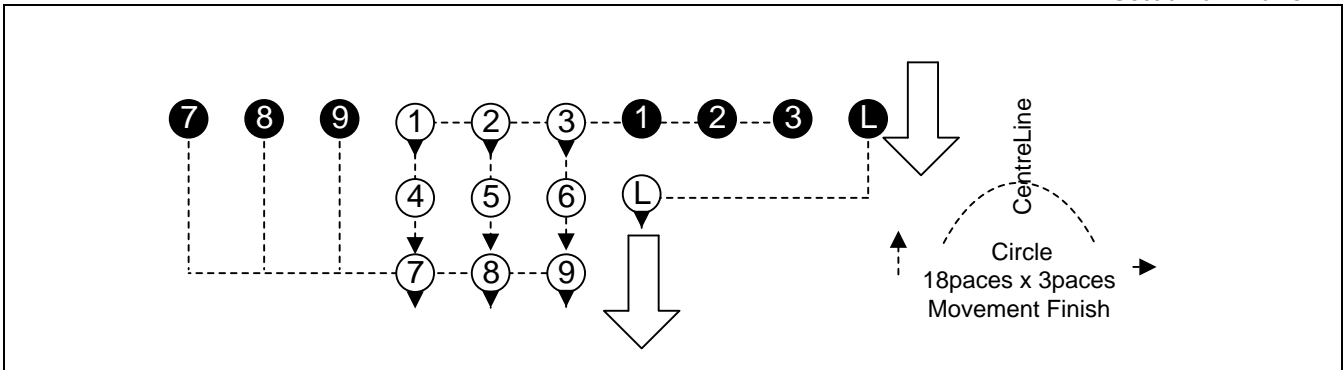
DISC 6 – WHEEL IN LINE/SALUTE

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 1/2 pace), mark time one beat, take one side pace to the right, pause five beats (raising the salute on beat two and dropping on beat five) 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

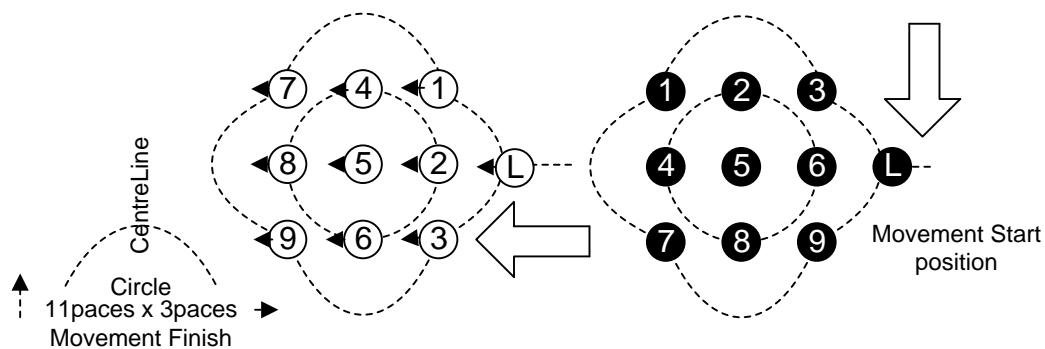
Nos. 9/8/7	March four paces, pivot 90 degrees to the left on the ball of the right foot and march six paces, mark time six beats turning evenly 90 degrees to the right and step out
Nos. 6/5/4	March two paces, mark time two beats, pause six beats, mark time six beats and step out
Nos. 3/2/1	Mark time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



DISC 8 – RIGHT FIXED PIVOT WHEEL

All Members	Halt
Leader	Mark time eight beats, take one side pace to the left, mark time three beats, take one side pace to the right, pause nine beats, mark time four beats, pivot 90 degrees to the right on the ball of the right foot and step out
No. 1	Mark time eight beats turning evenly 180 degrees to the left, march eight regulated paces (arms at sides) to wheel 180 degrees to the right (radius two paces), halt, pause seven beat, mark time four beats, pivot 90 degrees to the right on the ball of the right foot and step out
No. 2	Mark time eight beats turning evenly 90 degrees to the right, march eight regulated paces (arms at sides) to wheel 90 degrees to the left (maintaining distance from No.5 throughout), march eight regulated paces (arms at sides) to wheel 180 degrees to the left, mark time four beats turning evenly 90 degrees to the left and step out
No. 3	Mark time eight beats turning evenly 90 degrees to the left, march eight regulated paces (arms at sides) to wheel 180 degrees to the right (radius two paces), halt, pause seven beats, mark time four beats turning evenly 90 degrees to the right, pivot 90 degrees to the left on the ball of the right foot and step out
No. 4	Mark time eight beats, march eight regulated paces (arms at sides) to wheel 90 degrees to the left, (maintaining distance from No.5 throughout), march eight regulated paces (arms at sides) to wheel 180 degrees to the left, mark time four beats turning evenly 90 degrees to the left, pivot 90 degrees to the right on the ball of the right foot and step out
No. 5	Mark time eight beats, mark time eight beats turning evenly 180 degrees to the right, pause eight beats, mark time four beats turning evenly 90 degrees to the left and step out
No. 6	Mark time eight beats turning evenly 180 degrees to the left, march eight regulated paces (arms at sides) to wheel 90

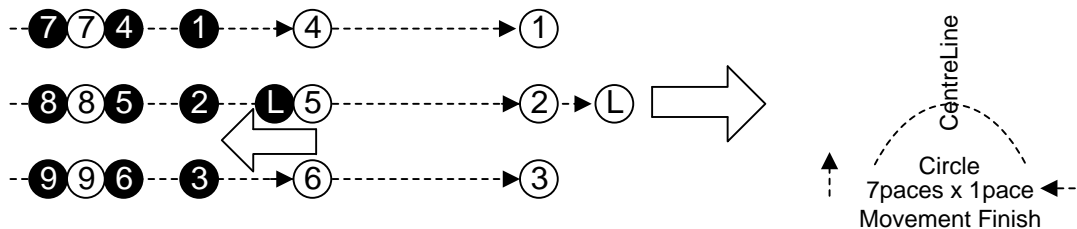
	degrees to the left (maintaining distance from No.5 throughout), march eight regulated paces (arms at sides) to wheel 180 degrees to the left, mark time four beats turning evenly 90 degrees to the left, pivot 90 degrees to the left on the ball of the right foot and step out
No. 7	Mark time eight beats turning evenly 90 degrees to the right, march eight regulated paces (arms at sides) to wheel 180 degrees to the right (radius two paces), halt, pause seven beats, mark time four beats turning evenly 90 degrees to the right, pivot 90 degrees to the right on the ball of the right foot and step out
No. 8	Mark time eight beats turning evenly 90 degrees to the left, march eight regulated paces (arms at sides) to wheel 90 degrees to the left (maintaining distance from No.5 throughout), march eight regulated paces (arms at sides) to wheel 180 degrees to the left, mark time four beats turning evenly 90 degrees to the right and step out
No. 9	Mark time eight beats, march eight regulated paces (arms at sides) to wheel 180 degrees to the right (radius two paces), halt, pause seven beats, mark time four beats, pivot 90 degrees to the left on the ball of the right foot and step out
All Members	Including the step out pace with the LEFT foot THIRTEEN paces will be taken to bring the LEFT foot onto Disc 9.



DISC 9 – ABOUT TURN/OPEN FORMATION

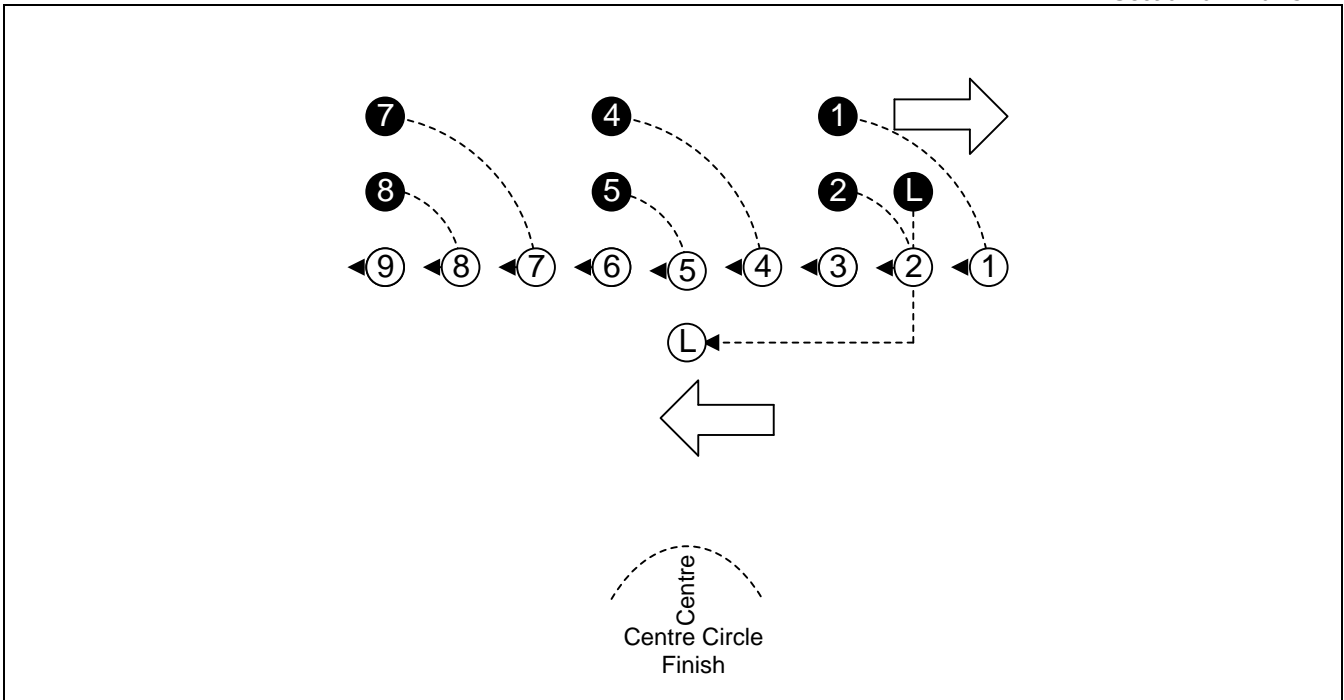
All Members	About turn as detailed below
Beat one (right)	March one pace (arms at sides)
Beat two (left)	Halt
Beat three (right)	Pivot 90 degrees to the right on the ball of the left foot and mark time one beat

Beat four (left)	Mark time one beat
Leader and Nos. 3/2/1	Pivot 90 degrees to the right on the ball of the left foot and march ten paces, mark time two beats and step out
Nos. 6/5/4	Pivot 90 degrees to the right on the ball of the left foot and march six paces, mark time six beats and step out
Nos. 9/8/7	Pivot 90 degrees to the right on the ball of the left foot and march two paces, mark time ten beats and step out
All Members	Including the step out pace with the RIGHT foot, SEVENTEEN paces will be taken to bring the Leader’s RIGHT foot onto Disc 10.



DISC 10 – INDIVIDUAL WHEELS

Leader	Pivot 90 degrees to the right on the ball of the right foot and march four paces, pivot 90 degrees to the right on the ball of the right foot and march six paces (arms at sides), mark time two beats and step out
Nos. 3/6/9	Mark time twelve beats turning 90 degrees evenly to the right, pivot 90 degree to the right on the ball of the right foot and step out
Nos. 2/5/8	March eleven regulated paces (arms at sides) to wheel 90 degrees to the right (radius two paces), mark time one beat, pivot 90 degree to the right on the ball of the right foot and step out
Nos. 1/4/7	March eleven regulated paces (arms at sides) to wheel 90 degrees to the right (radius four paces), mark time one beat, pivot 90 degree to the right on the ball of the right foot and step out
All Members	Including the step pace with the LEFT foot, TEN paces will be taken to bring the Leader’s RIGHT foot onto Disc 11.



DISC 11 - OWN CHOICE MOVEMENT (Min 16 beats, Max 40 beats)

<p>All Members</p>	<p>Own choice movement designed to be a minimum of 16 beats and maximum 40 beats. Leader is required to finish the Quickstep/Compliments/Movements phase in the middle of the circle. Please note this movement must contain a pivot and/or turn, a mark time and/or regulated paces, a slow march and/or side paces.</p>
<p>All Members</p>	<p>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</p>

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.