

QUICKSTEP / COMPLIMENTS / MOVEMENTS**UNDER 18 GRADE**

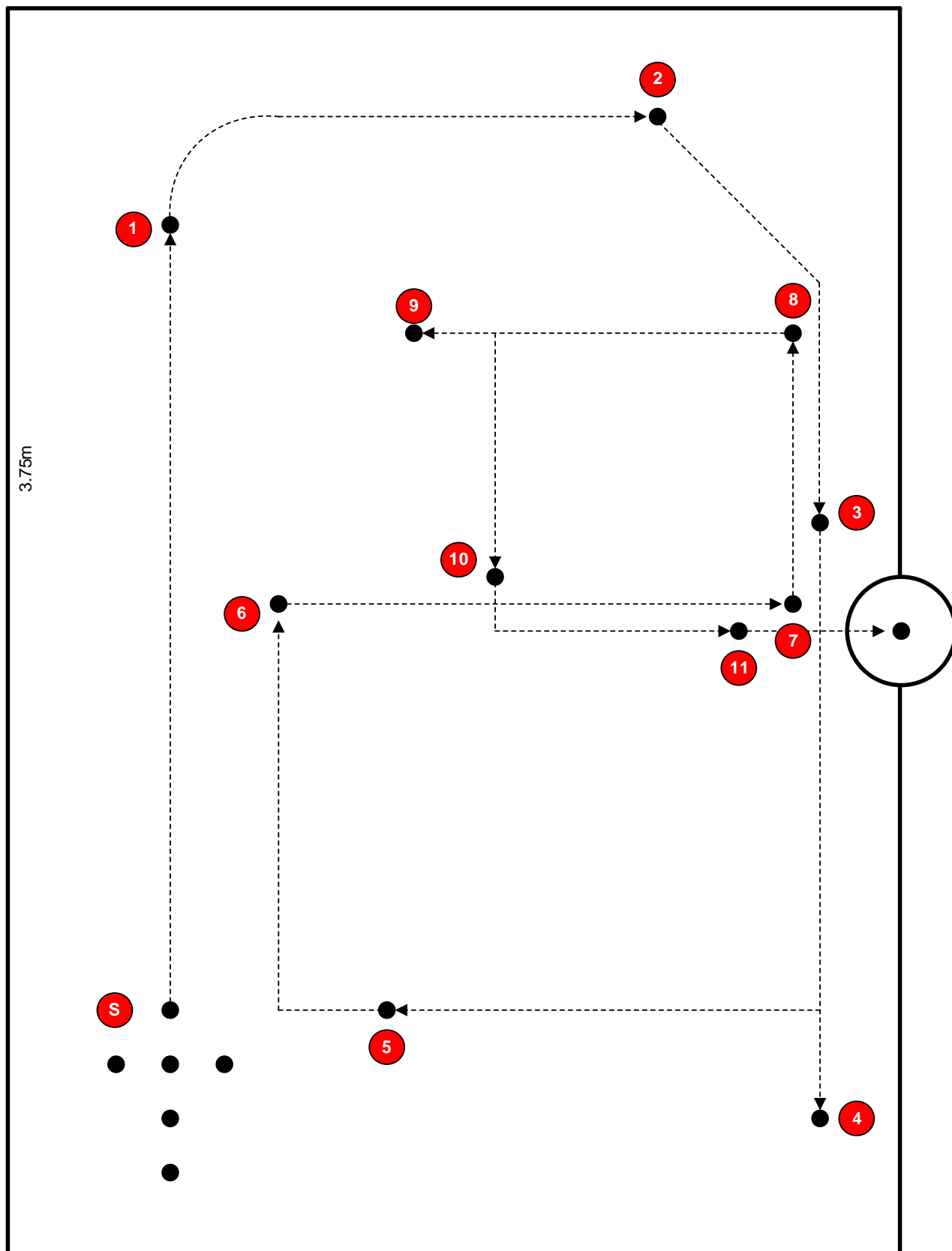
DISC	MOVEMENT
Start	Quickstep / Compliments
1	Right Wheel
2	45 Degree Right Incline
3	Echelon / Slow March
4	Reform Team
5	Form T
6	T Wheel / Salute
7	Special Left Turn
8	Reform Team
9	Reverse Wheel / Right Turn
10	Form Line
11	Form V

DISC MEASUREMENTS:

Disc	Left of Centre	From Front Boundary	Right of Centre
Assembly	19.72m (29)	18.36m (27)	
Start	9.52m (14)	18.36m (27)	
1		18.36m (27)	10.20m (15)
2		6.12m (9)	12.92m (19)
3		2.04m (3)	2.72m (4)
4	12.24m (18)	2.04m (3)	
5	9.52m (14)	12.92m (19)	
6		15.64m (23)	.68m (1)
7		2.72m (4)	.68m (1)
8		2.72m (4)	7.48m (11)
9		12.24m (18)	7.48m (11)
10		10.20m (15)	1.36m (2)
11		4.08m (6)	

Note: The Assembly Position will be 19.72m, 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 18.36m or 17.00m.

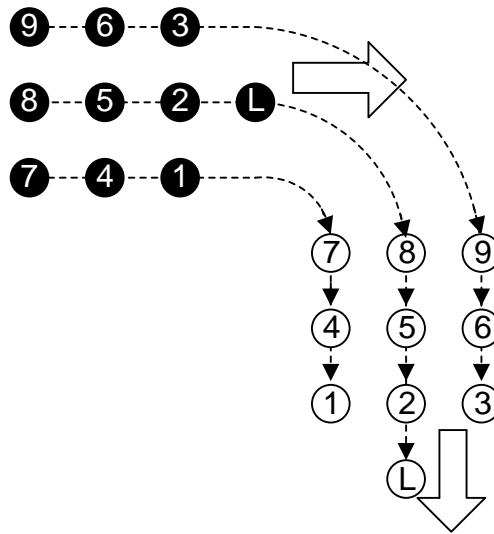
TIME: 2 minutes **54** seconds (approx.)



START: By the Centre Quick March

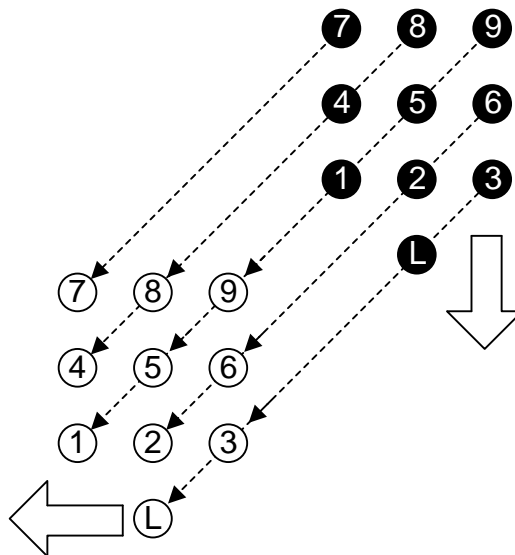
QUICKSTEP/COMPLIMENTS:	
All Members	<p>March ten paces, mark time two beats with the Leader saluting and team members (except No. 1) turning heads to the right in unison during the second beat of mark time, march ten paces (to complete the Quickstep course), mark time two beats with team members turning heads to the front and the Leader dropping the salute in unison during the second mark time and step out.</p> <p>Including the step out pace on the LEFT foot, NINE paces will be taken to bring the Leader’s LEFT foot onto Disc 1.</p>

DISC 1 – RIGHT WHEEL:	
All Members	Halt
Leader	March ten regulated paces 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 the completion of the tenth regulated pace, march six paces and step out
Nos. 1/2/3	March two paces, march ten regulated paces 90 degrees to the right (No.1 radius two paces, No.2 radius four paces, No.3 radius 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 four paces and step out
Nos. 4/5/6	March four paces, march ten regulated paces 90 degrees to the right (No.4 radius two paces, No.5 radius four paces, No.6 radius 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 two paces and step out
Nos. 7/8/9	March six paces, march ten regulated paces 90 degrees to the right (No.7 radius two paces, No.8 radius four paces, No.9 radius 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, and step out
All Members	Including the step out pace on the LEFT foot, EIGHT paces will be taken to bring the Leader’s RIGHT foot onto Disc 2.



DISC 2 – 45 DEGREE RIGHT INCLINE:

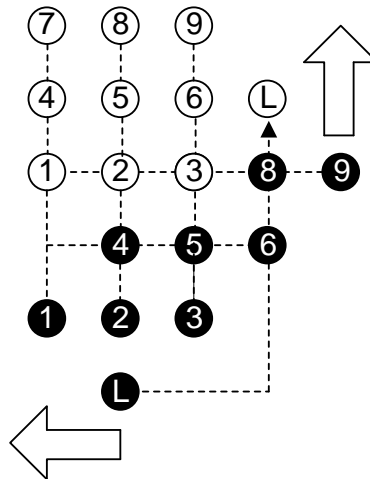
All Members	45 degree right turn, march eleven regulated paces (at approx. .52cm in length), 45 degree right turn (to finish six paces forward and six paces to the right of Disc 2) and step out
All Members	Including the step out pace on the RIGHT foot, NINE paces will be taken to bring the Leader’s RIGHT foot onto Disc 3.



DISC 3 – ECHELON / SLOW MARCH:

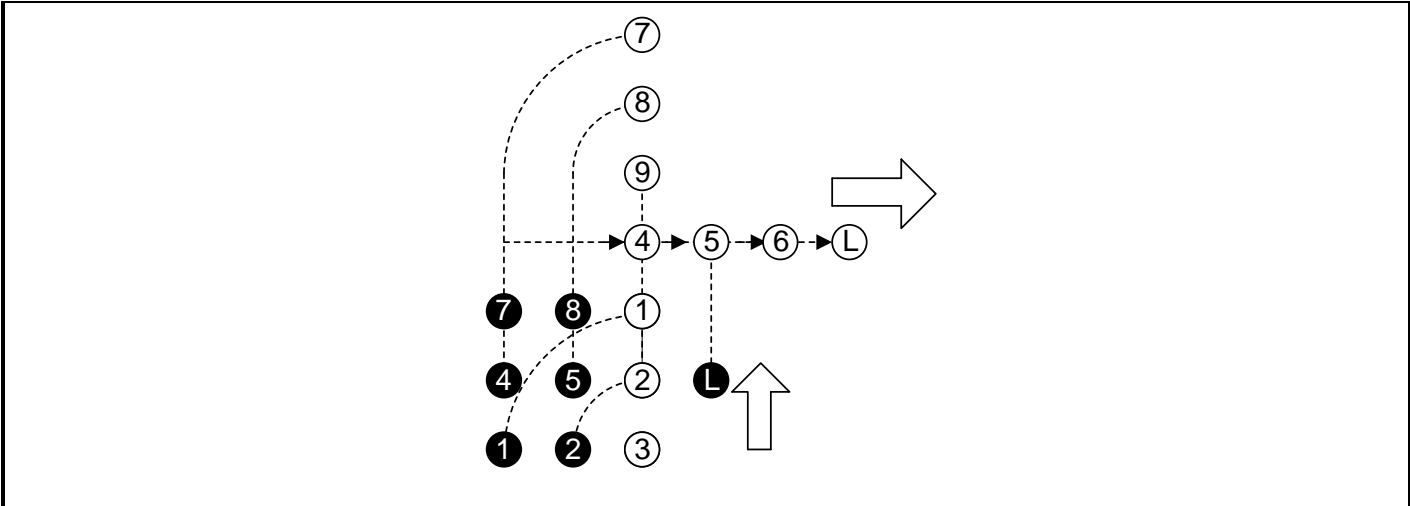
Leader and Nos. 1/2/3	March four paces, halt
Nos. 4/5/6	March two paces, mark time three beats

Nos. 7/8/9	Mark time five beats
All Members	Slow march eleven paces (at approx. .62cm in length to travel ten paces) starting on the right foot on the left 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 4.
DISC 4 - REFORM TEAM:	
Leader	Halt, pivot 90 degrees to the right on the ball of the left foot, take four side paces to the right, march eight paces (arms at sides) and step out
Nos. 1/2/3	Halt, pause three beats
Nos. 4/5/6	March two paces, halt, pause one beat
Nos. 7/8/9	March four paces
Nos. 1/2/3/4/5/6/7/8/9	Mark time four beats turning evenly 90 degrees to the right
Nos. 1/2/3	Pause four beats, march six regulated paces (arms at sides) to move forward four paces and step out
Nos. 4/5/6	Pause two beats, march six regulated paces (arms at sides) to move forward four paces, mark time two beats and step out
Nos. 7/8/9	March six regulated paces (arms at sides) to move forward four paces, mark time four 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 5.



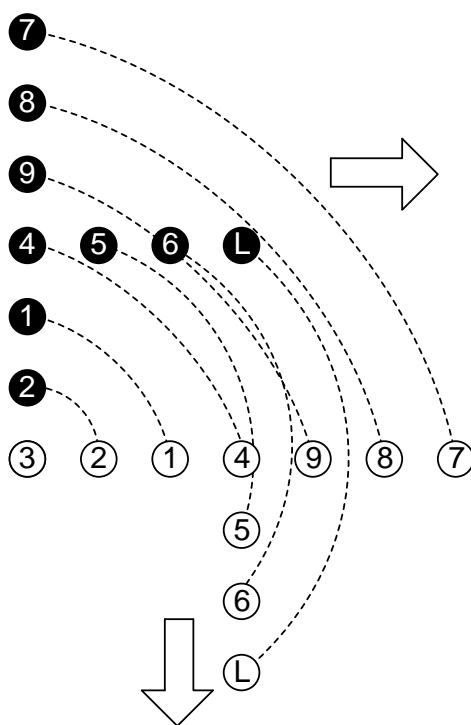
DISC 5 – FORM T:

Leader and Nos. 4/5/6	March four paces, pivot 90 degrees to the right on the ball of the right foot and march four paces, mark time four beats (swinging beats 1-3) and step out
Nos. 1/2	Mark time four beats, march seven regulated paced to wheel 90 degrees to the right (No. 2 radius two paces, No. 1 radius four paces) mark time one beat and step out
Nos. 7/8	March four paces, march seven regulated paces to wheel 90 degrees to the right (No. 8 radius two paces, No. 7 radius four paces) mark time one beat and step out
No. 9	March four paces, mark time seven beats (swinging arms) turning evenly 90 degrees to the right, mark time one beat and step out
No. 3	Mark time four beats, mark time seven beats (swinging arms) turning evenly 90 degrees to the right, mark time one beat 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.



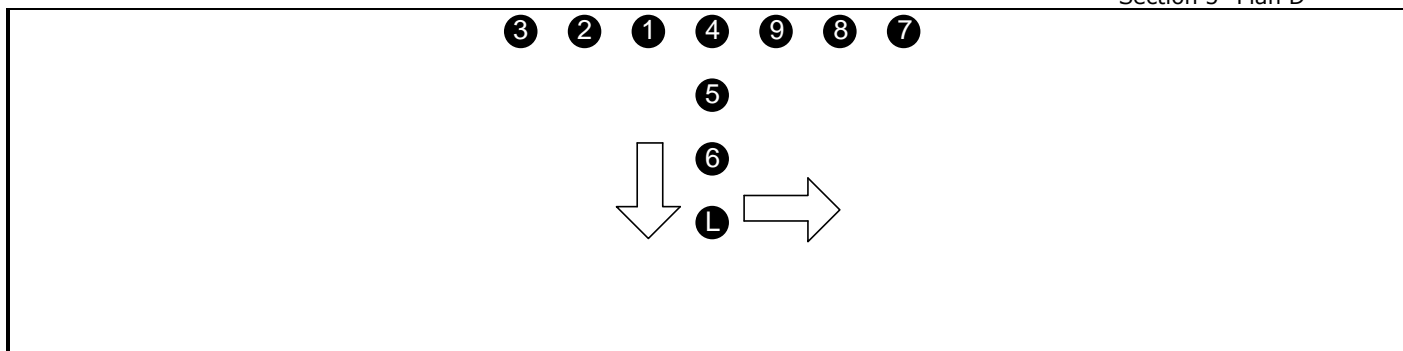
DISC 6 – T WHEEL / SALUTE:

All Members	Halt
No. 3	Mark time twenty six beats turning evenly 90 degrees to the right, turning head to the left on the completion of the first mark time beat, mark time two beats turning head to the new front as the foot descends from the second mark time beat.
Nos. 1/2/4/7/8/9	March twenty six regulated paces (arms at sides) to wheel 90 degrees to the right (maintaining the same distance from No. 3) turning heads/eyes to the right on the completion of the first regulated pace, mark time two beats turning heads to the new front as the foot descends from the second mark time beat.
Leader and Nos. 5/6	Pivot on the ball of the right foot to align shoulders to No.3 on the commencement of the first regulated pace, turning heads right to No.3 on the completion of the first regulated pace, march twenty six regulated paces (arms at sides) to wheel 90 degrees to the right maintaining the same radius from No.3 throughout, mark time two beats pivoting on the ball of the left foot and turning heads to the new front as the foot descends from the second mark time beat
All Members	Pause eight beats, saluting in unison on beat three and concluding salute on beat six, and step out
All Members	Including the step out pace with the LEFT foot, march SEVEN paces will be taken to bring the Leader LEFT foot onto Disc 7.



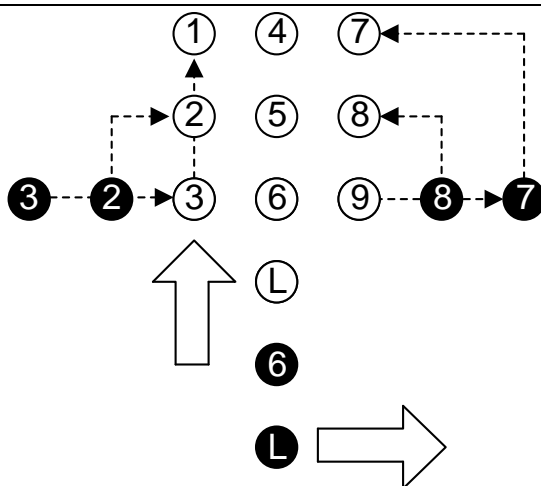
DISC 7 – SPECIAL LEFT TURN:

All Members	Halt, pause two beats. Special Left Turn (as detailed below)
Beat one (left)	Pivot 45 degrees to the left on the ball of the right foot and extend the left foot to the line of march (toe to ground) and hesitate
Beat two (right)	Pause one beat
Beat three (left)	Raise the left foot to the mark time position and hesitate
Beat four (right)	Pause one beat
Beat five (left)	Lower the left foot to the stationery position and hesitate
Beat six (right)	Pause one beat
Beat seven (left)	Pivot 45 degrees to the left on the ball of the right foot and hesitate
Beat eight/nine (right/ left)	Pause two beats and step out
All Members	Including the step out pace with the RIGHT foot, march TEN paces will be taken to bring the Leader’s LEFT foot onto Disc 8.



DISC 8 - REFORM TEAM:

All Members	Halt
Nos. 3/9	Pause eight beats
Nos. 2/8	Take two side paces to the left, pause four beats
Nos. 1/7	Take four side paces to the left
Leader and Nos. 4/5/6	Take four side paces to the left, mark time six beats, pause two beats
No. 3	Mark time two beats, march four beats (arms at sides), halt, pause one beat
No. 2	Mark time four beats, march two paces (arms at sides), halt, pause one beat
No. 1	Mark time six beats, pause two beats
No. 7	Pivot 90 degrees to the left on the ball of the right foot, pivot 90 degrees left on the ball of the right foot, march four paces (arms at sides), halt, pause one beat
No. 8	Pivot 90 degrees to the left on the ball of the right foot, pivot 90 degrees left on the ball of the right foot, mark time two beats, march two paces (arms at sides), halt, pause one beat
No. 9	Pivot 90 degrees to the left on the ball of the right foot, pivot 90 degrees left on the ball of the right foot, mark time four beats, pause two beats
Leader and Nos. 1/2/3/4/5/6	Pivot 90 degrees to the left on the ball of the right foot and step out
Nos. 7/8/9	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, TEN paces will be taken to bring the Leader’s RIGHT foot onto Disc 9.



DISC 9 – REVERSE WHEEL/RIGHT TURN:

Leader	March one pace, halt, mark time twelve beats turning 180 degrees evenly to the right, march one pace, halt, mark time three beats, march three paces, right turn and step out
No. 4	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 nine paces, right turn 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 seven paces, right turn and step out
No. 6	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 five paces, right turn and step out
Nos. 7/8/9	March – No. 7 four paces, No. 8 six paces, No. 9 eight paces, march seven regulated paces (arms at sides) to wheel 180 degrees to the left (radius one pace from Nos. 1/2/3), march – No. 7 eleven paces, No. 8 nine paces, No. 9 seven paces, right turn and step out
Nos. 1/2/3	March – No. 1 four paces, No. 2 six paces, No. 3 eight paces, march seven regulated paces (arms at sides) to wheel 180 degrees to the right (radius one pace from Nos. 4/5/6), march – No. 1 eleven paces, No. 2 nine paces, No. 3 seven paces, right turn 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 10.

