

# FLASH OF CRIMSON

## BASICS MARCHING ROUTINE

*AN EXERCISE TO LEARN MOST OF THE MARCHING FUNDAMENTALS*

All steps are standard (8 to 5) unless otherwise indicated.

Description	Command
Forward 8	Forward Hut
Left Crab 8	Left Crab Hut
Forward 8	Forward Hut
Right Slide 8	Right Slide Hut
Left Flank 8	Left Flank Hut
Back Slide 8	Back Slide Hut
Left Slide 8	Left Slide Hut
Slow Turn 4 counts Left	4 Count Turn Left Hut
Jazz Run (4 to 5) 8 counts	Forward Hut
Halt	Band Halt

## BASIC BODY MOVEMENTS

Start in 1st Position (hands up like holding instrument)	Continuing Counts
Demi Plie' 4 counts down - 4 counts up	1-4, 5-8
Relieve' 4 counts up - 4 counts down	9-12, 13-16
Move to 4th position in 1 count, hold pose 3 counts	17-20
Move right foot to 2nd Position in 1 count, right lunge in 3 counts	21-24
Back to 2nd Position in 4 counts	25-28
Left lunge in 4 counts, extend left arm straight out to the left	29-32
Back to 2nd Position in 4 counts, left arm returns	33-36
Demi Plie' 4 counts down - 4 counts up	37-40, 41-44
Relieve' 4 counts up - 4 counts down	45-48, 49-52
Tondu left foot 1 count, Ron De Jambe 4 counts to 3rd position	53-56 stop on 57