

Visual Warmup

| **Grouping** | **Execution** | |
| --- | --- | --- |
| Roll | Winds/CG – Roll down 8 | DL/Sousas – Lunge left 8 |
| Winds/CG – Roll back up 8 | DL/Sousas – Lunge right 8 |
|  | Mark time 16 | |
| Upper body rotations | Rotate upper body left 4 (still marking time) | |
| MT 4 | |
| Rotate upper body front 4 | |
| MT 4 | |
| Rotate upper body right 4 | |
| MT 4 | |
| Rotate upper body front 4 | |
| MT 4 | |
| Posture stretch | Stretch up on toes 4 | |
| Lower back down 4 | |
|  | Hold 8 | |
| Mark time/hold transitions | Mark time 4 | |
| Hold 4 | |
| Mark time 4 | |
| Hold 4 | |
| Step-outs | MT 4 with step out front on 1, back on 3 | |
| MT 4 | |
| MT 4 with step out back on 1, back on 3 | |
| MT 4 | |
| MT 4 with step out front on 1, back on 3 | |
| MT 4 | |
| MT 4 with step out back on 1, back on 3 | |
| MT 4 | |
| 8s and 8s (forward) | Forward march 8 | |
| Mark time 8 | |
| Forward march 8 | |
| Mark time 8 | |
| Replacements (forward) | A - Forward march 4 | B – Mark time 4 |
| A – Mark time 4 | B - Forward march 4 |
| A - Forward march 4 | B – Mark time 4 |
| A – Mark time 8 | B - Forward march 8 |
| A – Forward march 8 | B – Mark time 8 |
| A – Mark time 4 | B - Forward march 4 |



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| MT 4 | |
| Rotate upper body front 4 | |
| MT 4 | |
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| MT 4 | |
| Rotate upper body front 4 | |
| MT 4 | |
| Posture stretch | Stretch up on toes 4 | |
| Lower back down 4 | |
|  | Hold 8 | |
| Mark time/hold transitions | Mark time 4 | |
| Hold 4 | |
| Mark time 4 | |
| Hold 4 | |
| Step-outs | MT 4 with step out front on 1, back on 3 | |
| MT 4 | |
| MT 4 with step out back on 1, back on 3 | |
| MT 4 | |
| MT 4 with step out front on 1, back on 3 | |
| MT 4 | |
| MT 4 with step out back on 1, back on 3 | |
| MT 4 | |
| 8s and 8s (forward) | Forward march 8 | |
| Mark time 8 | |
| Forward march 8 | |
| Mark time 8 | |
| Replacements (forward) | A - Forward march 4 | B – Mark time 4 |
| A – Mark time 4 | B - Forward march 4 |
| A - Forward march 4 | B – Mark time 4 |
| A – Mark time 8 | B - Forward march 8 |
| A – Forward march 8 | B – Mark time 8 |
| A – Mark time 4 | B - Forward march 4 |

| **Grouping** | **Execution** | |
| --- | --- | --- |
| 8s and 8s (backward) | Backward march 8 | |
| Mark time 8 | |
| Backward march 8 | |
| Mark time 8 | |
| Replacements (backward) | A – Mark time 4 | B – Backward march 4 |
| A - Backward march 4 | B – Mark time 4 |
| A – Mark time 4 | B – Backward march 4 |
| A - Backward march 8 | B – Mark time 8 |
| A – Mark time 8 | B – Backward march 8 |
| A - Backward march 4 | B – Mark time 4 |
| Forward/backward transitions | Forward march 8 | |
| Backward march 8 | |
| (do above set of two 4 times total) | |
|  | Hold 4 | |
| Prep | Step back on 1 (to “minus one” – left foot behind) and hold 4 | |
| Step-outs for direction changes | Step out for left shift on 1, back on 3 (to “minus one”) | |
| Freeze 4 (“five, six, seven, eight”) | |
| Step out for right shift/crab on 1, back on 3 (to “minus one”) | |
| Freeze 4 (“five, six, seven, eight”) | |
| Step out for left shift on 1, back on 3 (to “minus one”) | |
| Freeze 4 (“five, six, seven, eight”) | |
| Step out for right shift/crab on 1, back on 3 (to “minus one”) | |
| Freeze 4 (“five, six, seven, eight”) | |
|  | Mark time 8 | |
| 8-count diamond to left (shifting) | Forward oblique left 8 | |
| Forward oblique right 8 | |
| Backward oblique right 8 | |
| Backward oblique left 8 | |
| 8-count diamond to right (shifting) | Forward oblique right 8 | |
| Forward oblique left 8 | |
| Backward oblique left 8 | |
| Backward oblique right 8 | |
| Multi-gait | Forward march 16 (16-to-5) | |
| Forward march 16 (8-to-5) | |
| Forward march 12 (6-to-5) | |
| Mark Time 4 | |
| Backward march 12 (6-to-5) | |
| Backward march 16 (8-to-5) | |
| Backward march 16 (16-to-5) | |
| (step and close) | |

**Notes:**

Horns snap up on count 1 of moving sets (forward march, backward march, mark time, shifts)

Horns snap down on count 1 of a halt after a moving set.

| **Grouping** | **Execution** | |
| --- | --- | --- |
| 8s and 8s (backward) | Backward march 8 | |
| Mark time 8 | |
| Backward march 8 | |
| Mark time 8 | |
| Replacements (backward) | A – Mark time 4 | B – Backward march 4 |
| A - Backward march 4 | B – Mark time 4 |
| A – Mark time 4 | B – Backward march 4 |
| A - Backward march 8 | B – Mark time 8 |
| A – Mark time 8 | B – Backward march 8 |
| A - Backward march 4 | B – Mark time 4 |
| Forward/backward transitions | Forward march 8 | |
| Backward march 8 | |
| (do above set of two 4 times total) | |
|  | Hold 4 | |
| Prep | Step back on 1 (to “minus one” – left foot behind) and hold 4 | |
| Step-outs for direction changes | Step out for left shift on 1, back on 3 (to “minus one”) | |
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| Step out for right shift/crab on 1, back on 3 (to “minus one”) | |
| Freeze 4 (“five, six, seven, eight”) | |
|  | Mark time 8 | |
| 8-count diamond to left (shifting) | Forward oblique left 8 | |
| Forward oblique right 8 | |
| Backward oblique right 8 | |
| Backward oblique left 8 | |
| 8-count diamond to right (shifting) | Forward oblique right 8 | |
| Forward oblique left 8 | |
| Backward oblique left 8 | |
| Backward oblique right 8 | |
| Multi-gait | Forward march 16 (16-to-5) | |
| Forward march 16 (8-to-5) | |
| Forward march 12 (6-to-5) | |
| Mark Time 4 | |
| Backward march 12 (6-to-5) | |
| Backward march 16 (8-to-5) | |
| Backward march 16 (16-to-5) | |
| (step and close) | |

**Notes:**

Horns snap up on count 1 of moving sets (forward march, backward march, mark time, shifts)

Horns snap down on count 1 of a halt after a moving set.