

Inertia 2020- Visual Starter Packet

This might be a lot of information for some, just know that we will go over all of this in person.
Don't feel over whelmed!

Dance positions

There are 5, some argue 6, foot positions in dance. For all of these, make sure you keep the turnout of the foot at the angle specified. They are:

- 1st- the heels touch and the toes are apart. This is how most marching bands stand.
- 2nd- take 1st position and separate the feet until the feet are about hip distance apart.
- 3rd- take first position and slide one foot forward until the heel meets the arch of your other foot.
- 4th- take 1st position and slide it straight forward until it is about 1 foot in front of the other.
- 5th- take 1st position and slide a foot forward against your other foot until the heel of the moving foot touches the toe of the stationary foot.
- 6th- heels and toes together. Also known as 1st position parallel.

Additional Positions

Standby The Marching member is called to this position to receive instruction.

- Stand with feet in first or Second Position
- From Attention the left foot moves out while the right foot remains stationary to first (if in second position)
- Instruments are in the Stand By position (Described in the Instrument Position Section – in the full Manual) Hands left over right in front if no instruments.
- Focus is on instructor(s)

Attention The attention position is where everything begins. When the command is given the member must freeze into this position, do not talk, and prepare for action.

Inertia 2020- Visual Starter Packet

Attention Position:

- Stand with Feet together (first position) with turnout of 30 degrees
- From Standby the left foot moves into position – right foot remains stationary
- Instruments in the carry position (Described in the Instrument Position Section – in the full Manual)
- Member is silent – Focus on the instructor(s)

The marching member must perform a complete body check for posture and proper uniform position. This includes:

- Heels together
- Stomach in
- Chest out
- Shoulders back and down (do not scrunch them up towards ears)
- Chin and eyes 10 degrees above level
- Position head so ears are aligned with shoulders

Basic Dance Movements

There are many Dance movements we will do throughout the show, but these are two of the most fundamental ones that we will incorporate into our warm ups and routines.

- Plie- where you lower the body down while standing while bending the knees over the toes, then stand back up There are two types:
 - Demi- where you only lower yourself low enough before your heels come off the ground.
 - Grande- where you lower yourself past where your heels come off the ground and until your thighs are almost horizontal to the ground.
 - Notes- can be done in every dance position. Make sure you don't bend the back forward or backward to maintain balance. The back should stay straight and "in the toaster"
- Tendu- where you stretch/point the foot out in front of you.
 - Keep your toe in contact with the ground
 - Keep the turnout, so the point of the toe will be at an angle.
 - Notes- can do these to the side and to the back. The big things here are to make sure your foot stays in contact with the ground at all times and you're not transferring weight onto the foot doing the movement.

Inertia 2020- Visual Starter Packet

Marching Style- Toe Down

Instead of toe up marching like outside band, inside we march toe down going forwards and backwards (toe down backwards is what most marching bands do anyway). Here's why:

- Winds is about dance and “pretty” movements. Toe down matches this technique better by keeping the line in each leg from hip to toe than the rigidity of toe up.
- If everyone goes toe down, regardless if you're are going backwards or forwards, everyone looks the same on every count.

Long leg- We are going to march Long leg. This is easier to clean and looks more streamline with the dance movements. Focus on extending from the hip through to the toes to form a long line that doesn't break as you move. No “Riding the Bicycle” with bringing the knees up.

Slides

The main areas to think about to accomplish a proper slide are : **hips and sternum**. Each one must rotate evenly, in that order, so you can maximize how far you can rotate, while staying relaxed. The goal is to **get your sternum flat to the direction**. Get your hips to 45 and Sternum to 90 degrees. A trick/tip is “get your t-shirt logo flat to the sideline.”

Notice how the word shoulders was never mentioned. Never think about “getting your shoulders around,” this is a symptom of not having one or both (hips – sternum) rotated enough. Test this for yourself by standing and trying to “get your shoulders around” by only moving your shoulders. Yanking on them does nothing but cause tension with little actual result. The only thing to think about with your shoulders while sliding is to keep them down and *relaxed*. Just focus on getting your chest flat to the direction you want. If that is achieved, your shoulders will be where you want them to be.

Above all else, before posture, tone, dots, sleep, there is the most important aspect of all, without which we cannot and will not be successful. The aspect that every member of the pageantry arts will pick out in an ensemble during a performance:

Rule Number One.....

.....**Get your feet in Time**