

THE SYSTEM

Dynamic Marching & Movement – THE SYSTEM *Mastering Marching & Movement Instruction*

UNIT SEVEN

DANCE & BODY MOVEMENT

Buzz Words (in no particular order... whatever you see)

- ✓ Posture
- ✓ Point / Flex
- ✓ Engaged / Relaxed
- ✓ Slower / Faster
- ✓ Blade Hands
- ✓ Project
- ✓ Toe Point
- ✓ Turn-out
- ✓ Dollar Bill
- ✓ Knee over 2nd toe

*Train yourself, your staff members, & your drum majors/student leaders to **always be watching** and **always be correcting**. The analogy with music would be *always be listening*. Keep it Simple is important too. Use these buzz words WITH A NAME every rep. **You can also use these buzzwords for things that you see that are GREAT.**

“Tendu” lesson

- ✓ Fwd, Left, Back, Left (Left foot)
- ✓ Fwd, Right, Back, Right (Right foot)
- ✓ Slow 2, in 2, fast, in , fast, in

“Foot Positions” lesson (Use Tendu)

- ✓ 1st
- ✓ 2nd
- ✓ 3rd
- ✓ 4th

“Releve” lesson

- ✓ To Raise

“Plie” lesson

- ✓ Knees over 2nd toe
- ✓ Upper body up tall
- ✓ Hips – don’t change cereal bowls
- ✓ Demi
- ✓ Grand (knees, heels, press heels, squeeze cheeks)
- ✓ Complete in various foot positions

“Lunge” lesson

- ✓ One knee over 2nd toe, One leg straight
- ✓ Upper body matches straight leg
- ✓ Upper body stays straight up and down
- ✓ Can also do with a “released” upper body
- ✓ Forward & Backward too