

THE SYSTEM

Dynamic Marching & Movement – THE SYSTEM

Mastering Marching & Movement Instruction

UNIT SEVEN

Stretch Routine (Quick Check) Order

Up and Overs 8 groups of 8 (R/L/R/L)

Broken Arms 4 groups of 8 (R/L)

Deep Lunge 8 groups of 8 (L/R)

Plié and Releve 16 groups of 8 (1st/2nd/through 3rd to 4th/3rd/3rd/4th/through 1st to 2nd/1st)

Lunges w/ shoulder roll 16 groups of 8 (RF/LF/RS/LS/RB/LB)

Stretch Routine Details

Up and Overs 4 groups of 16 (R/L/R/L)

2nd position feet, blade hand and arm

1-4 Over

5-6 Up

7-8 Flat back across

9-10 Release to front

11-12 Deep plié

13-14 Out of plié

15-16 Roll up... “up 2 face prep”

*arms to “broken” on last count of the last group

Broken Arms 2 groups of 16 (R/L)

2nd position feet, bent arms left over right

1-4 In toaster lean

5-8 Over to front

9-12 In toaster lean other side

13-16 Up to center

*arms come out and around to ground on last count of last group

Deep Lunge 2 groups of 32 (L/R)

1-4 Down into lunge

5-8 Hold

9-16 Hold

17-20 Straighten legs

21-24 Front arm to sky

25-28 Hold

29-32 Down and pivot to other side

*turn left foot out into second after last group of 8

Plié and Rélevé 8 groups of 16

(1st/2nd/through 3rd to 4th/3rd/lift knee and 3rd/4th/through 3rd to 2nd/1st)

- 1-2 Plié head goes back (arms forward)
- 3-4 Back up... head to center (arms back to body palms forward)
- 5-6 Plié Head goes down (arms to sides and up)
- 7-8 (arms back to body)
- 9-10 Rélevé... hands flat at chest
- 11-12 Arms above head
- 13-14 Plié... arms to side and up
- 15-16 Back to standing tall arms at sides

Lunges w/ shoulder roll 16 groups of 8 (LF/RF/LS/RS/LB/RB)

- 1-4 Lunge forward (arms come all the way up)
- 5-8 Arms come to sides
- 9-10 Shoulders roll back (foot works with shoulder roll)
- 11-12 Arms come to front
- 13-14 Tendu (Arms up and out to the side)
- 15-16 Move to 1st in feet (arms come down to side)
*when going to the side put back hand behind back