

# **Algonac WAVE**

## **Visual Program Guide**

## **Rehearsal Etiquette/Attire**

It is of the utmost importance that everyone takes marching basics seriously. They will be ran the same way that every other rehearsal is ran at WAVE. Always wear gym type shoes. Running, cross training shoes with a white sole are preferable. Black soles mark the floor/tarp. No skate or street wear (Airwalks, Vans, and the like) should be worn. They do not offer proper support and they are too wide and clunky for the activity. Always wear shorts, sweat pants, or athletic-type wear. WGI is “The Sport of the Arts”. No jeans, cargo-type shorts, corduroys, or dress pants, will be allowed on the floor. A dark, preferably black no or little lettering, t-shirt should be worn. This makes it much easier for the staff to read stick heights, forms, and moves.

## **Stretching**

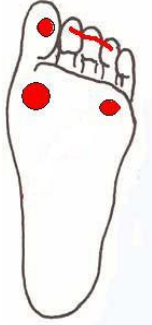
Stretching is vital to our activity. It is extremely important that you stretch when you have the opportunity. You cannot march a good show, perform body work, or even make it through a day with out a good stretch.. Injuries do occur in the activity, stretching will help you prevent/recover from any incident. Flexibility, proper body movement, and healthy loose bodies make a world of difference in WGI. It is suggested that during the season that you stretch EVERY morning. Eat right, stay healthy, even work out... I guarantee you success.

## **Posture**

This is a key factor in marching. Improper posture will result in poor body/drum carriage. Also, posture sends Non-Verbal messages about our confidence, pride, intensity, focus and much more. In many cases people hear what they see. Weight should be distributed 60% over the balls of the feet, and 40% on the heels. The back straight, Shoulders over hips, and your head projecting up. As a side note un-level drums are a personal pet peeve. ALWAYS have your drum level in and out of rehearsal and shows. This type of muscle memory will help your posture, drum carriage, and improve our overall image.

## Jazz Step

This technique will be taught in person and in more detail at camps. Basically all forward moves at tempo markings of 160 bpm and above will utilize this technique. This will help minimize upper body movement at faster tempos. It involves a controlled run on the platforms of your feet.



## Post Step

For moves requiring a direction change we may utilize the Post Step for visual effect. The post step eliminates the first step of the next move. Body movement and momentum stop on the last count of the move, and resume on the initiation to count 2 of the next move. This is a difficult maneuver to perform while playing and will probably be the most foreign to you. This type of direction change is situational. We will primarily use the Re-Step, which is placing the first step of the next move. Direction changes require further explanation of body weight distribution and momentum and will be covered throughout the season.

## Right Crab-Step

WAVE uses a standard traverse or crab step. Your heels never touch the ground and your feet should always be parallel to each other. WAVE will use the straight leg method. Knees are not to be “locked”, there will be a slight natural bend on the front knee. This step should feel like it comes more from the hip and driven with the feet. If legs are appropriately straight ankles should cross on up-beats and platforms should hit on the beat.

A “Cheat Step” is used to get your left foot over the right. This cheat step is placed the count before the next move. Note that the cheat step will not always be used. Its’ use is highly dependant on the situation. It is primarily used for moving directly right out of a halt at fast tempos. An important thing to remember is that when traveling right your right foot is behind while your left platform is on the imaginary “line of travel”.

## **Left Crab-Step**

Left Crab-Step is very similar to the right. Your heels never touch, legs stay straight, and feet are parallel. There is no cheat-step. The left foot is behind while the right platform rides the “line of travel”.

## **Forward March**

We will utilize a glide step forward march for tempo markings under 160 bpm. The forward march zone is slightly less than a quarter piece of pie. This technique is a straight leg march, toe lift up, ankles crossing on &s. The initiation to the step comes on the & before the step off. The step should feel like it comes more from the hip than the knee. Heels stay low to the ground.