

## MOD MARCHES

These march figures are presented in progression. Beginners should practice each maneuver before going on to the next one.

### PRACTICE

Mark rhythm by:

1. Clapping hands.
2. Marching in place.

### Proper Marching Form

1. Keep good posture.
2. Swing arms in opposition to feet.
3. Maintain even spacing, two paces apart.
4. Keep in step. A quick change-step should be used to get in step.
5. In march turns of two or more abreast, inside person marks time or takes short steps while outside person(s) marches around keeping straight formation abreast.
6. Halt promptly when commanded.

### Simple Maneuvers

These maneuvers should be practiced first in single file, then in double file. (They may also be done in triple file if desired.)

1. March in Circle:
  - a. All hold hands in circle. Spread out as far as possible; drop hands. Turn counter-clockwise and march on command  
Forward March;
  - b. For double or triple file: Count off; No.2 or Nos. 2 and 3 join No. 1.
2. March in Square;
  - a. Turn squarely at corners of room.

Well known tunes by The Beatles are set to march tempos in this instrumental CD. March figures are included in the guide, progressing from easy to more difficult.

1. Penny Lane
2. It's A Small World
3. Let It Be
4. Love Is Blue
5. Yellow Submarine

6. Happy Together
7. Ob-La-Di, Ob-La-Da
8. Lod i
9. Gentle On My Mind
10. Sgt. Pepper's Lonely Hearts Club Band

### #1

On command: **Forward, March.**

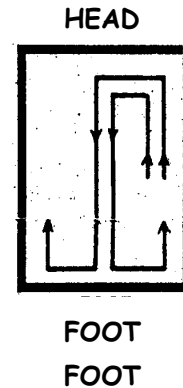
The group starts marching in double file toward the end of the room designated as the Head, turning the corner squarely and marching toward the center.

Leader commands: **Down the Center, March.**

As each couple reaches the center; they turn and march toward the foot of the room.

At the foot, the Leader commands:

**Separate, Right and Left.** Couples separate, march right and left in single file. At corners single files turn squarely and march toward the Head.

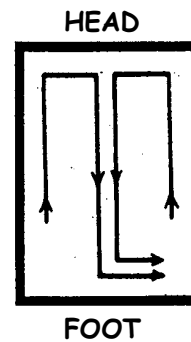


### #2

Single files march to the Head, turn squarely and march toward each other.

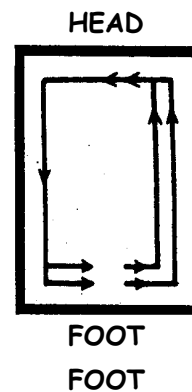
Leader commands: **Down the Center, March.**

Double files re-form and march down the center, turning in the original direction of march at the foot.



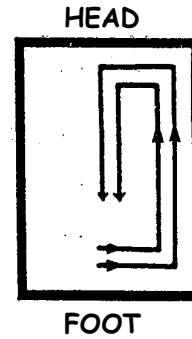
### #3

Double file marches to the Head of the room. Leader commands: **Single File, March.** As each couple reaches the Head of the room, they turn sharply and fall into single file. The group marches around the room in single file. When the Leader desires, he gives the command: **Double File, March.** (The head of the line should be near a corner.) On reaching the corner, couples turn sharply and march in double file.



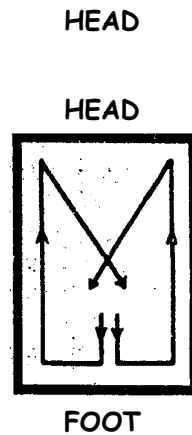
#### #4

The group marches to the Head of the room, turning corners squarely. At the center of the Head, Leader commands: **Down the Center, March.** (Repeat of #1.)



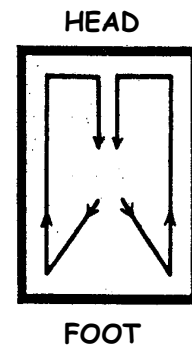
#### # 5

The group marches to the Foot, and the Leader commands: **Separate, Right and Left.** Couples separate, march right and left in single file. When they reach the Head, the Leader commands: **Diagonal, March.** As each marcher reaches the Head, he turns sharply and marches diagonally across the room, passing alternately at the center.



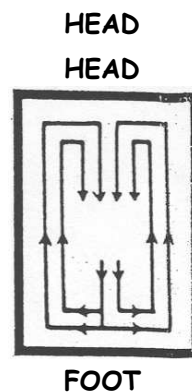
#### # 6

On reaching the corners at the Foot of the room, the first marchers turn sharply toward the Head of the room. They turn the corners at the Head of the room and march toward Each other: The Leader commands **Down the Center, March.** Couples meet and march down the center of the room.



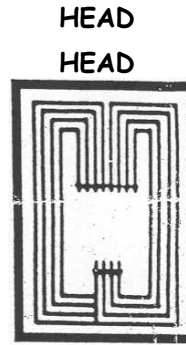
#### # 7

The group marches down the center of the room in double file. At the Foot, the Leader commands: **Couples (or Twos) Right and Left, March.** Couples alternate right and left and march in columns squarely and marching toward each other. As couples meet in the center, the Leader Commands: **Down the Center by Fours, March.**



### # 8

The group marches down the center of the room by fours. At the Foot, the Leader commands: **Fours Right and Left, March.** Fours alternate right and left and march in columns to the Head of the room. Fours turn squarely at the corners and march toward each other. The Leader commands: **Down the Center by Eights, March.** The group marches down the Center of the room by eights.

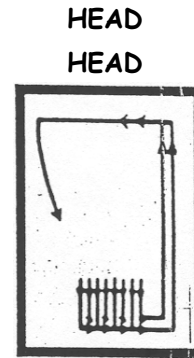


FOOT

FOOT

### # 9

As the group approaches the Foot, the Leader commands: **To the Left (or Right) by Twos, March.** As each eight arrives at the Foot, couples re-form as shown, one partner marking time and the other marching around him. Couples march to the Head in columns. The Leader commands: **Single File, March.** Couples turn sharply as they reach the Head, and march in single file.



FOOT

FOOT

### # 10

As the single file column approaches a corner, the Leader commands: **Spiral, March.** The group joins hands, half facing toward the center of the room. The first person leads the group in a wide circle and then gradually closes in toward the center. When the center is reached, the first person turns to his right and reverses directions, leading the group back between the lines of inward circling marchers and out into a large circle.



FOOT

FOOT

### # 11

Continue circling until the Leader commands:

**To the Corner, March.** The group drops hands and follows the first person in a single file column to the designated corner.

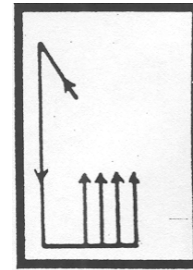
As the corner is reached, the Leader commands:

**To the Left, March.** When the center of the Foot of the room is reached, the Leader commands: **Up the Center by Fours, March.**

As each four reaches the center, they turn squarely and march in a straight line up the center of the room.

HEAD

HEAD



FOOT

FOOT

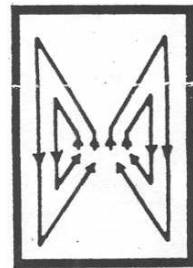
### # 12

When the middle is reached, the Leader commands: **Twos to the Corner, March.**

Twos separate and march diagonally to the corners, turning sharply toward the Foot at the corners. When the Foot is reached, the Leader commands: **Diagonal, March.** Twos turn sharply in toward the middle of the room and march toward the center.

HEAD

HEAD

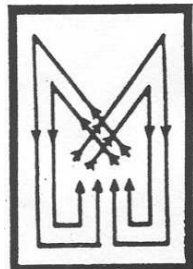


FOOT

### # 13

At the center, Twos alternate in cross-passing, and march directly to the corners, Turning sharply and marching toward the foot. At the Foot, they turn a square corner and march toward each other. The Leader commands: **Up the Center by Fours.** Twos turn squarely toward the center and march toward the Head in fours.

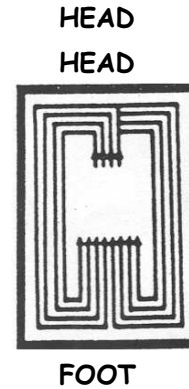
HEAD



FOOT

## # 14

As the column approaches the Head, the Leader commands: **Fours, Right and Left, March.** Fours alternate right and left. They turn squarely at the corner and march toward each other. The Leader Commands: **Up the Center by Eights.** Fours turn and march to the Head by eights.



## # 15

Eights march around the room and come up the center by sixteens. This is an appropriate finale for a marching program and is a suitable formation for a flag salute or for singing the National Anthem.



Produced by Hap Palmer  
Arranged by Del Casher  
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Educational Activities, Inc.  
PO Box 87 • Baldwin, NY 11510

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