**Daily Movement Routine**

***SUMMARY***

1. **Parade Rest, Attention, Dress R & L**
2. **Balance/High Mark Time** (optional)
3. **Mark Time & Freeze on 1**
4. **8’s & 8’s**
   1. Forward March 8 to 5
   2. Forward March 6 to 5
   3. Backward March 8 to 5
   4. Halt 8…FM 8
5. **8-7-6-5-4**—10 yards each
   1. Horns Down
   2. Horns Up
6. **Slide Exercise 1**
   1. Preparatory Exercise
   2. To the right and hold
   3. To the left and hold
7. **Slide Exercise 2 (in motion)**
   1. To the right
   2. To the left
8. **Box to the Right**—This exercise covers many skills
   1. Horns Down
   2. Horns Up
   3. Box to the Left
   4. Both in sequence
9. **Touch and Go** (if used in show)
   1. Horns Down
   2. Horns Up
   3. Horns Front (Slide)
10. **Hip Shift** (if used in show)
11. **Marching Aerobics**