**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**