

## Right (Left) FACE

*Description below is for Right, FACE*

### COUNT ONE

- ★ On "FACE," raise right toe and left heel slightly
- ★ Pivot 90° to the right on the right heel and the ball of the left foot
- ★ Legs straight but not stiff
- ★ Upper body remains at attention

### COUNT TWO

- ★ Bring left foot smartly forward
- ★ Heels come together and on line
- ★ Feet at 45°
- ★ End at attention



**TEACHING TIPS:** Watch that cadets do not lean forward during the movement.

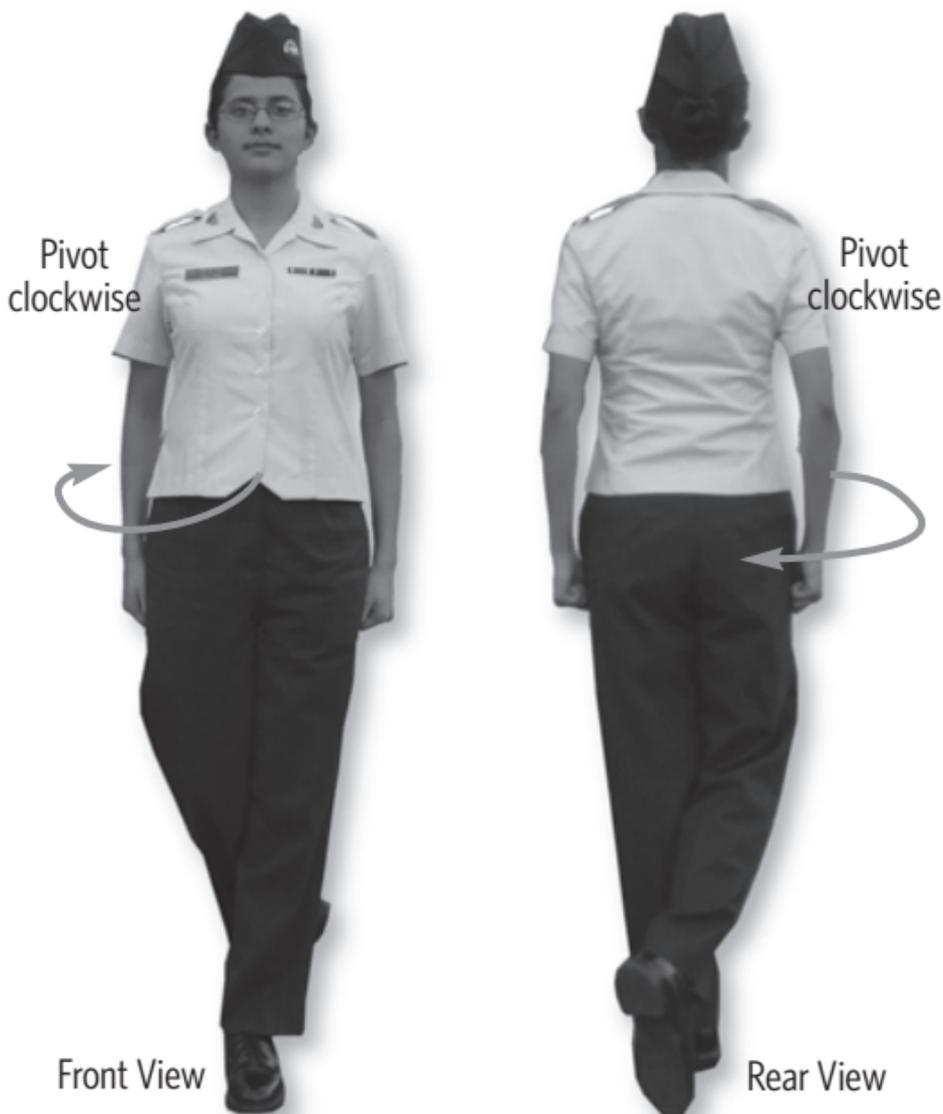
## About, FACE

### COUNT ONE

- ★ On "FACE," lift right foot from hip slightly
- ★ Ball of right foot in "magic spot," half a shoe length behind and slightly left of the left heel
- ★ Do not bend knee during above movement
- ★ Weight of body on ball of right foot and heel of left
- ★ Legs straight but not stiff
- ★ Upper body remains at attention

### COUNT TWO

- ★ Pivot 180° to the right on ball of right foot and heel of left, twisting at hips
- ★ Upper body remains at attention (pin arms)
- ★ Heels finish together and on line, feet at 45°
- ★ End at attention



## ABOUT, FACE

**TEACHING TIP:** The toughest part of executing an about face is locating the “magic spot” in count one. Also watch that cadets don’t “whirley-bird” their arms.