

## Right (Left) Flank, MARCH

*Description below is for Right Flank, MARCH*

- ★ Given as the heel of the right foot strikes the ground.
- ★ On the command MARCH, the cadet takes one more 24-inch step, pivots 90 degrees to the right on the ball of the left foot, keeping the upper portion of the body at the position of attention. The cadet then steps off with the right foot in the new direction of march with a full 24-inch step and coordinated arm swing. Pivot and step-off are executed in one count.
- ★ Hands are pinned to the legs (as at attention) during the pivot.
- ★ Throughout the movement, maintain proper dress, cover, interval, and distance.

**TEACHING TIP:** Watch that the cadets do not lean forward as they perform the flank. The upper body is supposed to remain at attention, that is, perpendicular to the ground.

## To the Rear, MARCH

- ★ Given as the heel of the right foot strikes the ground.
- ★ On the command MARCH, the cadet takes a 12-inch step with the left foot, placing it in front of and in line with the right foot and distributes the weight of the body on the balls of both feet then pivot on the balls of both feet, turning 180 degrees to the right, and take a 12-inch step with the left foot in the new direction, with coordinated arm swing, before taking a full 24-inch step with the right foot.
- ★ While pivoting, do not force the body up or lean forward.
- ★ The pivot takes a full count, and the arm swing is suspended to the sides as the weight of the body comes forward while executing the pivot, as if at the position of attention.

**TEACHING TIP:** Watch that cadets do not lean forward as they turn and ensure they pin their arms - no "whirly-twirls."