

MAJORETTE FUNDAMENTALS:

Fundamental

Counts / Commands

MET 130

16 counts each. Keep met running at this speed until Juggles.

Little Joes (R/L)

(1 – 4, 5, and 6, and 7, and 8) Toss on ODD. Catch EVEN.

Vertical Finger Twirls (R/L)

(1 – 8)

Horizontal Finger Twirls (R/L)

(1 – 6, prep 7, 8)

Backcatch

(1 – 6, flash 7, 8) Toss on 1. Catch 2. Follow through 3, 4, hold 5, 6 flash 7, 8)

Continuous Back Hand Flips (L)

(1 – 8) Toss on ODD. Catch EVEN.

To be done two times each:

Vertical One Turn

(1 – 6 flash 7, 8) Toss 1. Catch 3. Hold 4, 5, 6. Flash 7, 8....go again.

Vertical Two Turn

(1 – 6, flash 7, 8) Toss 1. Catch 4. Hold 5, 6. Flash 7, 8....go again.

Horizontal One Turn

(1 – 6 box 7, 8) Toss 1. Catch 3. Pass 5, 6. Box 7, 8....go again.

Horizontal Two Turn

(1 – 6, box 7, 8) Toss 1. Catch 4. Pass 5, 6. Box 7, 8....go again.

High Toss Bow

(1 – 6, flash 7, 8) Toss 1. Catch 5. Hold 6, 7, 8. (1 – 6, flash 7, 8) Toss 1. Catch 5.

Right Reverse Illusion

(1 – 6, flash 7, 8) Toss 1. Catch 5. Hold 6, 7, 8. (1 – 6, flash 7, 8) Toss 1. Catch 5.

Toss Front Cartwheel

(1 – 6, flash 7, 8) Toss 1. Catch 6. Hold 7, 8. (1 – 6, flash 7, 8) Toss 1. Catch 6.

MET 140

To be done two times.

5 Juggles with One Turn

(1 – 6, flash 7, 8) Toss on ODD.

NO MET

Right Split