

# AUMB Pregame Jog

## Proper Form

- Both arms are frozen at a 90-degree angle, and both elbows remain tucked into the side at all times to prevent a “pumping” motion. The left hand should be in a fist (as if holding a roll of coins) with the thumb on top. For auditions, majorettes have baton in right hand. Danceline and Flagline do not have any equipment.
- Initiate the move on the upbeat of the final beat of the command or previous move
- Push forward with the back foot
- Raise knees to a 90-degree angle with a natural “hang” in the foot
- The step is a 22 1/2 step with the ball of the foot striking the ground first (on the & of count 8 of an 8 to 5 move, the BALL of the right foot should place on a yard line)
- The downbeat of the pulse is felt in the ball of the left foot
- The upbeat of the pulse is felt in the ball of the right foot
  - o The arch of the foot is centered on the line at the conclusion of the pregame jog.
- Whistle Command:  
1 - & - 2 - 3 - 4 - / 5 - 6 - 7 - 8 - &  
Tweet Tweet Tweet (5 6 7 8 Push)