

## 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**