

# Western Thunder Color Guard Handbook

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# Technique & Expectations

## Technique

One of the most important aspects of Color Guard is having a good technique. It is the foundation that sets a member up for success. A Color Guard only has good technique if we all strive for, and achieve, the technique as a unit. The technique used by each Color Guard member is at the discretion of the Color Guard staff. How we spin in the Western Thunder Color Guard may be different than other schools or other instructors you have had in the past, All the leadership have spun with multiple Color Guards and thus have experience spinning within the guidelines of many different technique programs. We have pooled our experiences to create a technique program appropriate for the level of the Western Thunder Auxiliary.

## Expectations

The greatest single factor that will determine the success of any organization is attitude! It takes dedication to reach goals. Members are expected to come to rehearsal with the right attitude of sincerity, concentration, and dedication to working hard to achieve success with their teammates. A good attitude and a strong work ethic are the difference between a great organization and a mediocre group. There are many levels of technique within our group and joining the group. Patience and understanding for everyone is a key concept within this team,

Members of the Western Thunder Color Guard are asked to make a commitment to the program through their time and effort. As a member, you are required to commit to the rehearsal and performance schedule, and you are required to show up on time. On time is late and early is on time!

Teamwork and group activities require that an individual put aside their personal feelings for the good of the group. What is required of one is required of all. When everyone is willing to give up a small part of themselves, the group benefits. Personal sacrifice is an important component of color guard.

# Tips for Practicing

Practicing is CRUCIAL to our success as a team. Below are some tips for practicing:

1. First and most important: you must be patient with yourself. You are most likely not going to get it right away. It will take practice, but don't worry. You'll have enough time to learn everything you need to know and always ask for help if needed.
2. Find out how you learn. Some people can learn stuff perfectly on the spot, while for others it might take a week. You can practice, practice, practice, or you can simply run it through and image it in your head. Find out how you learn best and use that to your advantage.
3. No one is perfect. Accept that, both with others and with yourself. There is always something that can be learned or improved.
4. Performance seals the deal. So, practice like you perform.
5. You're stronger than you think you are. Keep trying! Push what you think your limits are.
6. Take Care of yourself. You will get bruises. There will be accidents. No one is perfect, and so injuries happen. Pay attention to technique as you practice to help minimize getting hurt. Make sure you take care of your body mentally and physically.
7. Wear the right attire and stay hydrated.
  - a. Pull your hair up off your face and neck. We need to see your faces to get the highest level of performance out of you. It is also cooler for you in the hot summer sun.
  - b. Members should wear form-fitting clothing that they can move comfortable in... no jeans. Dance attire is recommended.
  - c. Buy a GOOD pair of athletic shoes- Gym shoes with arch support or dance shoes, NO flip-flops, hight tops or sandals.
  - d. Drink water! Make sure you always have a water bottle.
8. Love every day of it. It'll be gone soon. You'll graduate from the guard life eventually, so love it every chane you get and be grateful for the short time you have doing this amazing sport of the arts.
9. Have fun! This is meant to be a fun thing. Be patient with yourself and let yourself have fun with it.

# Standard Written Routines

# Warm-Up Routine

Start in Right Shoulder Arms (RSA) with feet in 2nd position

Cts. 1-8: Half time drop spins from RSA (silk is dropping to the L)

Cts. 1-8: Drop spins from RSA (silk is dropping to the L)

Body: Cts. 1-4 Lunge to the L and 5-8 return to 2nd position

Cts. 1-6: Drop spins from RSA (silk is dropping to the L) and on 7-8 drop stop

Body: Cts 1-8 – 2 counts each Plie, releve while in plie, releve, and down in 2 nd position

Cts. 1-8: Half time drop spins from LSA (silk is dropping to the R)

Cts. 1-8: Drop spins from LSA (silk is dropping to the R)

Body: Cts. 1-4 Lunge to the R and 5-8 return to 2nd position

Cts. 1-6: Drop spins from LSA (silk is dropping to the R) and on 7-8 drop stop

Body: Cts 1-8 – 2 counts each Plie, releve while in plie, releve, and down in 2 nd position

Cts. 1-8: 2 Flutters on the R – 4 counts each

Body: Cts. 1-2 Lean in (R) and Cts. 3-4 lunge away (L). Repeat 5-8

Cts. 1-2: Drop spin (silk is dropping to the L)

Cts. 3-8: 1 ½ Reverse flutters

Body: Cts. 1-2 Lean in (L) and Cts. 3-4 lunge away in (R). Repeat 5-8

Cts. 1-4: Betty Blue Devil to R

Cts. 5-8: Skirt from the R to the L

Cts. 1-4: Flourish in the L hand and turn over L shoulder to face backwards. On count 4, grab with R head, knuckles up

Cts. 5-6: Around the neck into a R angle

Cts. 7-8: Spin to the R with flag in R angle

Cts. 1-16: 4 count cone breakdown from RSA - Front present, Back present, Front angle, R angle

Body: Ct 1 – Step into wide R 4th position

Cts. 1-8: 2 count cone breakdown - Front present, Back present, Front angle, R angle. On count 8, switch to LSA

Body: Stay in R 4th position and on ct 8 come to 2nd position

Cts. 1-16: 4 count cone breakdown from LSA - Front present, Back present, Front angle, R angle

Body: Ct 1 – Step into wide L 4th position

Cts. 1-8: 2 count cone breakdown - Front present, Back present, Front angle, R angle.  
On count 8, switch to RSA

Body: Stay in L 4th position and on ct 8 come to 2nd position

Cts. 1-8: 4 count Cone to the L 45

Body: Rond de jambe with the R foot

Cts. 1-8: 4 count Cone to the R 45

Body: Rond de jambe with the L foot

Cts. 1-4: 2 count Cone

Body: Cts 1-2 Saute L Cts 3-4 Saute R

Cts 5-8: 2 count Cone

Cts 1-8: Drop spin R, \$ hand to R flat overhead, turn over L shoulder and prep for thumb flips

Cts. 1-8: Thumb flips in the R hand at the tab

Body: 2 nd demi plie, right 5 th , 2 nd demi plie, left 5th ....

Cts. 1-8: Thumb flips in the R hand at the bottom third

Cts. 1-4: Flutter

Ct. 5: Grab the butt of the pole and beginning turning to the L

Ct. 6: Up and over into checkpoint R angle while finishing turning around to the front

Cts. 7-8: Thumb flip down to perpendicular silk down

Cts. 1-8: Pole hits perpendicular to ground

Cts. 1-8: Pole hits at the right angle

Cts. 1-8: Pole hits horizontal or flat to the ground

Cts. 1-4: Prep for pop toss

Cts. 5-8: Pop toss and catch at perpendicular silk down

Cts. 1-4: Prep for rifle toss

Cts. 5-8: Pop toss and catch at R 45

Cts. 1-4: Prep for rifle toss

Cts. 5-8: Pop toss and catch perpendicular silk up

Cts. 1-4: Move to R flat behind

Cts. 5-8: Parallel toss one-handed

Cts. 1-4: Thumb flip to R flat

Cts. 5-8: Parallel toss two-handed

Cts. 1-4: Turn to back to prep for 45 toss

Cts. 5-8: 45 toss and catch on L side angle up

# Cowboy Joe

Musical Cues: RSA, R Angle, RSA

Cts 1-2: Parallel behind, over R shoulder with L leg popped

Cts 3-4: Back angle

Cts 5-6: Return to parallel behind

Cts 7-8: RSA

Cts 1-2: Parallel @ shoulders

Cts 3-4: R angle

Cts 5-6: Return to parallel @ shoulders

Cts 7-8: RSA

Cts 1-2: Parallel in front

Cts 3-4: Front angle

Cts 5-6: Return to parallel in front

Cts 7-8: RSA

Cts 1-4: Row backwards and hit in back present on 4, L foot back on heel

Cts 5-8: Row forwards to RSA

Cts 1-2: Push flag up, R leg in passé (flamingo stance)

Cts 3-4: RSA, feet in 2nd position

Ct 5: Attention

Ct 6: Pop to RSA and bring R foot in

Cts 7-8: HOLD

Cts 1-4: Betty

Ct 5: Hit RSA

Cts 6-8: HOLD

Cts 1-2: Front present

Cts 3-4: Back present

Cts 5-6: Front present

Ct 7: Back present

Ct 8: RSA

Cts 1-2: Two shakes to L

Cts 3-4: Hit R angle REPEAT two shakes and R angle for Cts 5-8 and Cts 1-4

Cts 5-8: Drop spin up to RSA

Go to a R angle on designated letter

On 1st COWBOYS go up to RSA

2nd COWBOYS down to R angle

3 rd COWBOYS up to RSA

Repeat from the beginning minus the musical cues

# Downfield

Cts 1 -2: Front present

Cts 3 -4: RSA

Cts 5 -6: Back angle

Cts 7 -8: RSA

Cts 1 -2: Front present

Cts 3 -4: RSA

Cts 5 -6: Back angle

Cts 7 -8: RSA

Cts 1 -2: Front present

Cts 3 -4: RSA

Cts 5 -6: Back angle

Cts 7 -8: RSA

Cts 1 -8: Row on the R, then L, then R, then L

Cts 1 -2: Row R

Cts 3 -6: 2 drop spins on the R side of the body

Cts 7 -8: Row L

Cts 1 -8: Row on the R, then L, then R, then L

Cts 1 -2: Row R

Cts 3 -6: 2 drop spins on the R side of the body

Cts 7 -8: Row L

Cts 1 -8: Row on the R, then L, then R, then L

Cts 1 -2: Row R

Cts 3 -6: 2 drop spins on the R side of the body

Cts 7 -8: Row L

Cts 1 -8: Row on the R, then L, then R, then L

Cts 1 -2: Row R

Cts 3 -6: 2 drop spins on the R side of the body

Cts 7 -8: Row L

Cts 1 -4: Move slowly to a front angle (Dig)

Cts 5 -8: Push up to RSA

Cts 1 -4: Move slowly to a back angle (Dig)

Cts 5 -8: Push up to RSA

Cts 1 -2: Front present

Cts 3 -4: RSA

Cts 5 -6: Back present

Cts 7 -8: RSA  
Cts 1 -4: Front row to RSA  
Cts 5 -6: Down to attention  
Cts 7 -8: Up to RSA  
Cts 1 -2: Front present  
Cts 3 -4: RSA  
Cts 5 -6: Back present  
Ct 7: RSA  
Ct 8: Down to sternum height 10  
Cts 1-6: 3 drop spins to the left  
Cts 7-8: RSA  
Cts 1-4: Betty/Cone  
Cts 5-8: Drop spin and up to RSA

# Fight Song

Cts 1-4: 2 Push/Stop Spins on the R side of the body

Cts 5-6: RSA

Cts 7-8: Back down to do push/stop spins

Cts 1-4: 2 Push/Stop Spins on the R side of the body

Cts 5-6: RSA

Cts 7-8: Back down to do push/stop spins

Cts 1-4: 2 Push/Stop Spins on the R side of the body

Cts 5-6: RSA

Cts 7-8: Back down to do push/stop spins

Cts 1-4: 2 Push/Stop Spins on the R side of the body

Cts 5-6: RSA

Cts 7-8: HOLD

Cts 1-8: 2 Front rows hitting RSA on 4 and 8

Cts 1-2: Front present

Cts 3-4: RSA

Cts 5-6: Back present

Cts 7-8: RSA

Cts 1-2: Down to attention

Cts 3-4: Pop to RSA

Ct 5: L present

Ct 6: R present

Cts 7-8: RSA

Cts 1-2: 2 shakes to the L

Cts 3-4: 2 shakes to the R

Cts 5-8: Top cone

Repeat from the beginning

# Come On Wyoming

Cts 1-4: Lance on left side

Cts 5-8: Reverse lance on right side

Cts 1-2: Flip to top of right shoulder

Cts 3-4: Slid back

Cts 5: Move to parallel at shoulder height

Cts 6-8: Flip in CC motion to RSA

Cts 1-12: Around the world beginning with a windmill

Count 6 is hand change with silk down

Count 10 grab with R hand, thumb down, silk up

Counts 11-12 is anti-traditional RSA

Cts 13-16: Hold

Cts 1-?: Immediately move to attention position and march to your position on the field  
Moving to your position is dependent on how far you must move, BUT last 4 cts, come up to RSA

Cts 1-4: Flutter on R

Cts 5-8: Drop spin up to LSA

Cts 9-12: Flutter on L

Cts 13-16: Drop spin up to RSA

Cts 1-4: Cone/ betty crocker

Cts 5-8: Little "pop" and up to RSA

Cts 1-6: 3 drop spins to L (in right hand)

Cts 7-8: up to RSA

REPEAT Flutter sequence from above

Cts 1-8: Criss-crosses beginning toward R shoulder and ending at RSA

Cts 1-12: Drop spin, money hand, extended thumb flip (3Xs)

Cts 13-16: Drop spin, money hand, flip around to RSA with top hand back grab

Cts 1-12: Windmills in the R hand

Cts 13-16: Spin around to RSA with a hand switch

Cts 1-12: Windmills in the L hand

Cts 13-16: Spin around to RSA with hand switch

Cts 1-4: Front present and back to RSA

Cts 5-8: Back present and back to RSA

Cts 1-4: Left present and back to RSA

Cts 5-8: Right present and back to RSA REPEAT present sequence

Cts 1-2: 2 shakes to L

Cts 3-4: 2 shakes to R

Cts 5-8: Top cone