

Deep Explorations-Follow the Mermaid! CHOREOGRAPHY NOTES

MUSIC: The Mermaid's Lunch by Larry Hudspeth

TRACK ONE – The Mermaid's Lunch

Primary focus: jog, straddle jog, upper body limbering

COMPONENT	COUNTS	REPS	MOVEMENT MOTIF/COMBINATIONS
TRACK ONE	13x4	52	Introductory jogging in place
4:52 mins	30	7.5	Arm waves leading with back of hand; starting at sides and rising to pool surface
110 bpm	2	0.5	At surface sweep arms in (transverse adduction),
	4	1	sweep arms out (transverse abduction), sweep arms in
	8	8	Single alternating R & L gesture of giving
	8	8	Rotate arms gradually lowering back to sides
	4	8	Alternating slicing arms from the elbow
	4	4	Both arms slicing from the elbow
	4	8	Repeat single slicing arms
	4	4	Repeat double slicing arms
	4		Shoulder elevations.....8 rapid singles + 2 both shoulders. Count 1&2&3&4&, up down, up down.
	16		Do 4 sets of this.
	16	16	Single alternating arm waves
			Straddle jog in place and add hand exercises:
	8	16	Finger flicks
	8	16	Wrist circles
	8	16	Palms looking
	8	16	Creepy crawlers
			Repeat the hand exercises:
	4	8	Finger flicks
	4	8	Wrist circles
	4	8	Palms looking
	4	8	Creepy crawlers
			Prep for transverse pronation/supination arm action
	4	8/4	Straddle jog and spread peanut butter
	4	8/8	Straddle jog and chopping action with hands
			Repeat this combo for 4 sets
	4	8/4	One extra set of straddle jog and spread the peanut butter
	4	8/4	Then straddle run backwards with the same arm action
	4	8/8	Straddle run forwards with creepy crawlers
			Repeat this combo one more time
	16	8	Straddle jog out, out, in, in – 8 sets
	4	8	Straddle jog in a circle R
	4	8	Shoulder rolls in place

	4 4	8 8	Straddle jog in a circle L Shoulder rolls in place
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TRACK TWO – Fernando Sez

Primary focus: flutter kick, cross-country ski, travel

COMPONENT	CTS	REPS	MOVEMENT MOTIF/COMBINATIONS
TRACK TWO	10		Introductory music – flutter kick in place
5:25 mins	8	8	Shimmy star flutter kick
114 bpm	8	8	Single side knee lifts Repeat this combo 4 sets
	4		Flutter kick in place.....listen for clapping on music
	8	8	XC ski in place
	8	8	Hold a tuck position and do alternating reverse scoops traveling backwards
	8	8	XC ski forwards
	8	8	XC ski in a circle R
	8	8	XC ski in a circle L
	8	8	Hold a tuck position and do alternating reverse scoops traveling backwards
	8	8	XC ski forwards
	4		Flutter kick in place.....listen for clapping on music
	8	8	XC ski in place with opposition arm action
	8	16/4	Jog and single arm pull around in a circle (using back of hand) Repeat this combo 4 sets
	14	14	XC ski in place with opposition arms
	16	32	Ride a unicycle to the R, ride a unicycle to the L
	16	32	Ride a unicycle to the R, ride a unicycle to the L
	4	8	Ride the unicycle back to center
	8	8	Shimmy star flutter kick
	8	8	Single side knee lifts Repeat this combo twice
	16	32	Ride a unicycle to the R, ride a unicycle to the L Scatter run!

TRACK THREE – Zuzka La Bruska

Primary focus: running

COMPONENT	CTS	REPS	MOVEMENT MOTIF/COMBINATIONS
TRACK THREE 4:19 mins 118 bpm	32	64	Power run in place “Be ready”
	32	64	Forward run and change direction every 8 runs Repeat this 8 times
	16	32	4 3 2 1 “Face me, be ready” Running in a square design.....forward 8, R turn 8, R turn 8, R turn 8
	8	16	Sideways run diagonally across the square (going right)
	8	16	Sideways run across the front of the square (going left)
	4	8	Flutter kick in place.....preparation
	24	12	Power jacks
	4	8	Flutter kick
	4	4	Corner flick kicks R & L (across body) 4 kicks Repeat this combo 4 sets
	14		Mermaid’s tail.....body waves Listen for the drums on the music
	32	64	Forward run and change direction every 8 runs Repeat this 8 times
	16	32	4 3 2 1 “Face me, be ready” Running in a square design.....forward 8, L turn 8, L turn 8, L turn 8
	8	16	Sideways run diagonally across the square (going left)
8	16	Sideways run across the front of the square (going right)	
8	4	4, 3, 2, 1.....fast! Power jacks	

TRACK FOUR – Swing Your Monkey

Primary focus: front kicks and leg curls

COMPONENT	CTS	REPS	MOVEMENT MOTIF/COMBINATIONS
TRACK FOUR 4:39 mins 120 bpm	8		Music intro
	24	24	Front kicks
	24	48	Leg curls
	8	8	Cross-over step
	8	16	Straddle run in place.....Repeat combo 3 sets
	12		Flutter kick varying toes in, toes out
	4	4	Front kicks
	4	8	Single leg knee ext, knee flexion.....Repeat this combo 6 sets
	8		Flutter kick in place
	4	8	Leg curls
	4	8	Single leg curls.....Repeat this combo 8 sets
	8		Flutter kick in place (listen for saxophone)
	8	8	Cross-over step
	8	16	Straddle run in place.....Repeat combo 2 sets
		4	Continue cross-over step to end of music & finish with a twirl!

TRACK FIVE – Rita Bonita

Primary focus: webbed gloves, cross-country ski

TRACK FIVE 4:11 mins 120 bpm USES WEBBED GLOVES	20		Music intro (20 seconds).....listen for saxophone
	8	16	Jog in place – slicing arms
	8	16	Jog in place – fist hands
	8	16	Jog in place – palm press
	8	16	Jog in place – webbed hands
	4	8	THE CHORUS Flutter kick in place
	4	8	Flutter kick with ¼ turns: 2R, 2C, 2L, 2C Do 4 sets of the flutter kick with turns
	8	8	XC ski regular sagittal plane
	8	8	XC ski rotating Repeat this combo a second time
			Repeat THE CHORUS
	20		Freedance Mermaid! Listen to music.....

	8	8	XC ski backwards
	8	8	XC ski in place with transverse slice and press arms
	8	8	XC ski forwards
	8	8	XC ski in place with transverse slice and press arms
	4	8	Repeat THE CHORUS Flutter kick in place
	24	24	Power ski
			Repeat THE CHORUS

TRACK SIX – Brick to Glass

Primary focus: webbed gloves,

COMPONENT	CTS	REPS	MOVEMENT MOTIF/COMBINATIONS
TRACK SIX	8		Music intro
5:43 mins	42	84	Run for distance!
120 bpm			
USES WEBBED GLOVES with THUMB OUT	4	8/4	Straddle jog in place, spreading peanut butter
	4	8/8	Hitch-hike R arm, hitch-hike L arm
			Repeat combo 5 sets
	10		Flutter kick in place with various web actions
	16	8	T jacks
	16		Wiggle it! Listen for the wild saxophone
		17	Flutter kick with int/ext shoulder rotations
	16	32/8	Forward run with thumbs up breaststroke
	8	16/8	Forward run with 'scoopy' hands
	8	16/16	Backward run with flick backs
		Repeat this combo twice	
4	8/4	Straddle jog in place, spreading peanut butter	
4	8/8	Hitch-hike R arm, hitch-hike L arm	
		Repeat combo 5 sets	
16		Wiggle it! Listen for the wild saxophone	
16	16	Flutter kick with int/ext shoulder rotations	
16	8/8	Run for 8, wiggle it for 8 until the end of the music	

TRACK SEVEN – Je Suis

Primary focus: impeded/assisted moves, having fun with a partner

COMPONET	CTS	REPS	MOVEMENT MOTIF/COMBINATIONS
TRACK SEVEN	8		Music intro
3:57 mins	8	16/4	Run backwards – reverse sweeps (assisted)
114 bpm	10	20/5	Run forwards – reverse sweeps (impeded)
	8	16/4	Run backwards – thumbs up breaststroke (impeded)
USES WEBBED	8	16/4	Run forwards – thumbs up breaststroke (assisted)
GLOVES	8	16/16	Run backwards – alternating push back (assisted)
	10	20	Run forwards – holding the water with hands at sides (impeded)
			FIND YOUR PARTNER!
	8		Each exercise is done by each person
	8		Face-to face one run forwards, other runs backwards
	8		Face-to-face one runs forward, other XC ski backwards
	8		Face-to face one XC ski forwards, run backwards
	8		Face-to-face one front kicks forward, other flutter kick backwards
	8		Face-to-face one inner thighs forward, straddle run backwards
	8		One holds a tuck position, other pulls that partner sideways
	8		Both pull away using a sideways run
	8		Back-to-back use reverse sweeps while jogging
	16		One does flutter kick (no arms) while partner straddle runs around creating turbulence

TRACK EIGHT – Lovely Wahine

Primary focus: core work

COMPONET	CTS	REPS	MOVEMENT MOTIF/COMBINATIONS
TRACK EIGHT	8		Music intro.....listen for ukulele & include shakers
6:02 mins			
118 bpm	8	16	Sideways run R with hula hands (running away from hands)
	8	16	Sideways run L with hula hands (running away from hands)
USES WEBBED	8	16	Jog in place with sweeping hula hands
GLOVES	8/8	16/16	Turn palms up, make a circular action while turning backwards in a circle. Repeat the circle on the other side
	8	16	Flutter kick with hands rippling in front of chest
	8	8	Inner thigh lifts
	8		Bring other leg up, close knees, rotate knees and lower legs down to vertical
	8	16	Rotating flutter kick.....turn every 4 flutters
	16	8	Over the barrel – 4R; over the barrel – 4L
	16	8	Side-to-side mermaids
	8	8	Scissor legs 5 times and then roll over

	8	16	Scissor flutter kick bringing legs down to vertical
			Repeat sideways run combo with hula hands Repeat inner thigh lifts combo
	8	4	Tuck legs and do arms only:
	8	8	• Sweeps back
	8	8	• Double scoop pulls forward
	8	8	• Single alternating hand push back
	8	8	• Double scoop pulls forward
	8	16	• Pulses backwards
	8	16	• Double pulses down at sides
			Repeat sideways run combo with hula hands

TRACK NINE – I & I

Primary focus: submerged hand buoys

COMPONENT	CTS	REPS	MOVEMENT MOTIF/COMBINATIONS
TRACK NINE	12		Music intro
5:40 mins	8	16	Run forwards with buoys punching (impeded)
114 bpm	8	16/4	Run backwards with reverse sweeps (assisted)
USES HAND BUOYS	8	4/4	Release HB to flutter kick
	8	4/4	One HB transverse sweeps; other HB transverse sweeps
	8	16	Flutter kick – hold HB at sides
	8	8	Rotate arms by sides
	8	8	XC ski with arm pattern: abduct, transverse adduct. Transverse abduct, adduct to sides, elbow flexion, elbow extension, 2 ski arms
	8	8	XC ski travel forwards
	16		Release HB. Free flow arm movements
	8	8	Opposition ski
	8	8	T jacks
	8	8	Single arm XC ski (R arm)
	8	8	Single arm XC ski (L arm)
			Repeat run forwards combo
			Repeat flutter kick combo
			Repeat release HB & free flow arms
			Repeat opposition ski combo
			Repeat release HB & free flow arms

TRACK TEN – Evangeline

Primary focus: surface hand buoys

COMPONET	CTS	REPS	MOVEMENT MOTIF/COMBINATIONS
TRACK TEN 4:08 mins 118 bpm	8		Music intro
USES HAND BUOYS ON SURFACE	16	16	Single leg hip rotations.....R leg, then L leg
	8	8	Bar stool hip rotations
	16	32	Aqua bicycle.....R, L, R, L
	16	8	Diamond pendulums.....SLOW
	16	8	Single leg développés
	16	4	Mermaids front-to-back
	16	8	Leg swings.....SLOW
			Repeat hip rotation combo Repeat leg développé combo

TRACK ELEVEN – Whole Lotta Blue

Primary focus: relaxation

COMPONET	CTS	REPS	MOVEMENT MOTIF/COMBINATIONS
TRACK 11 5:01 mins Relaxation			Spinal body rolls Mermaid's tail.....body waves Soft flutter kick: <ul style="list-style-type: none"> • Arm waves • Shoulder rolls • Drag the arm chest stretch • Ankle circles Tuck and star Tailor stretch and star REPEAT ALL AGAIN