

Very SNAPPY !!!!

Aloha Christmas

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Mikie's TEAM SUITS, 2017 unitards (Ppl,R,Y)

2:57 The Dukes of Surf

Misako 2017, WwYMCA pool
revised 1126,8925,81417

HYBRID #1 = breast 1,2; side 3,4, B 5,6; F 7 & swish **TURN** = SWISH R arm around 8

HYBRID #2 = breast 1,2; side 3,4; **B 5 & KEEP UP** as B 6; **PULL DOWN** both straight arms down to side 7,8

B = Back Strokes; fancy **B** are OUT to IN, elbows straight; **PinWheel** = staggered top leg, bend bottom leg, Bk Tk Som
R=Right, L=Left, Ctr=center, // =parallel, **AC** = Aloha Christmas

BL-BT = (on back); BL=Ballet Leg, BT= Back Tuck Somersault, TT=Tub Turn, WW=Waterwheel

***SETS**: **DIAMOND** or **SQUAR** or **TRIANGLE**, (each must have 2 **PULLERS**); if 2 **SETS**, then 2 **CIRCLES**

*2025 had 2 sets: **DIAMOND** in shallow at END, **SQUARE** in DEEPer

INTRODUCTION [0:11]

8 tapping with jingly bells – hard to hear

4 alternating sets of 2 claps above head (straight arms) & 2 taps on water

[soft jingly bells]

[ring, ring, ...]

PART 1 SWIM → DEEP

Hybrid #1 w/swish **TURN**

Hybrid #2 w/**PULL DOWN**

2 tap tap B (tap to side, tap on opposite hip, stroke; straight elbows)

REINDEER - 5 bend knees: slow slow; quick quick quick [R,L;R,L,R]

2 swish B (out to in like Bali Ha'i; straight elbows)

kicking → **BL**--SNAP into **BT**

Christmas in HI ... sand

Instead of ... winter tans

Coconut malasadas

Pass the piña colada

From us in ...

Mele Kalikimaka--to you

Surface in **CIRCLES** to R holding hands

KICK moving to R; Swing legs IN → **WHEEL**

Kicking Tub Turn to R

Water Wheel (**S for Santa**)

KICKing in center

kick → **BL**--SNAP into **BT**

We wish you an AC...

Surf Boards...Hula ...

We hope that **Santa**

We're wishing you an

Aloha **Christmas**--this year

Surface in **DIAMOND** & **SQUARE** facing SHALLOW

PART 2 [Repeat Part #1 in opposite direction] → shallow

Hybrid #1 w/swish **TURN**

Hybrid #2 w/**PULL DOWN**

2 tap tap B (tap to side, tap to opposite hip, stroke; straight elbows)

REINDEER - 5 bend knees: slow slow; quick quick quick [R,L;R,L,R]

2 swish B (out to in; straight elbows)

KICKing → **BL**—SNAP into **BT**

Deck the halls...leis

...lights...palm trees...sway

Playing **JINGLE BELLS**

Mistletoe ... wahine

It's Christmas in HI

Mele Kalikimaka--to you

Surface in **CIRCLES** to R holding hands

KICK moving to R; Swing legs IN → **WHEEL**

Kicking Tub Turn to R

Water Wheel (**S for Santa**)

KICKing in center

Kick → **BL**--SNAP into **BT**

We wish you an AC...

Surf Boards...Hula...

We hope that **Santa**

We're wishing you an

Aloha **Christmas**--this year

Surface in plank **LINE/s** **holding feet** (facing shallow end, **PULLER/s** @ shallow end) [jingle bells]

ENDING

Take this time to connect hands to feet w/arms up, **elbows straight**, **straight line** We wish you an AC...

4 each: **OPEN** legs & arms to **X**, **CLOSE** legs & arms to **straight line**

4 each: **OPEN** legs & arms to **X**, **CLOSE** legs & arms to **straight line**

PLANK #1

PLANK #2 (pull even if 1st is not pau)

Peel-Off Water Wheels from SHALLOW end; then all **SNAP PinWhee**

jump way up facing audience WAVING both arms & YELL ALOHA

Surf Boards...Hula...

We hope that Santa

We're wishing you an A...MK

We're wishing you an A... ..

We're wishing ...AC this year

ALOHA

PAGE 2: SKILLS & STUNTS

WHEEL = all feet in center

CIRCLE = around outside, head to feet preferably

BL SNAP into **BT**

Kicking 1,2,3,4

BL 5,6

snap 7,8

surface as needed

PLANK in one line // pool side

each holding feet, DEEPest one just holds hands overhead

PULLER is at shallow end (so can watch pool's end & protect toes)

facing shallow

all ARMS UP as if each were holding someone's feet... **straight arms before PULL**

when PULLER pulls pullee, others HOLD ON for dear life!

This one STARTS with a floating pattern – DONE TWICE

4 counts each: **OPEN** legs & arms to **X**, CLOSE legs & arms to **straight line**

REPEAT

2025:

only 2 lanes @ Windward YMCA

so, staggered 2 PLANK SETS

shallow end CIRCLE surfaced in PLANK LINE on Highway side

DEEP end CIRCLE surfaced in PLANK LINE on Heiau side