

Pre-Set: Dance partners, Somersaults 1,2,3 (nothing on 4) F & B; √ on all knowing flying ARTICHOKE

INTRODUCTION [0:13] **ARRIVING** "Let's have a rockin' Christmas... Come on..."

ARRIVE & join the party **CIRCLE** around the **TREE** <<< **CHECK** Dance Partners & 1, 2, 3 >>>

VERSE 1 [0:13] **SWISHING** "Rockin'... party hop"

In circle, **WALKING** to your **RIGHT**

- Walking **forward** - 4 lify-hand swish OUT & IN
- **Back-up** Walking (reverse direction) - 4 lify-hand swish OUT & IN

VERSE 2 [0:11] **DANCING** "Rockin'... spirit ring"

DANCE (Stay in circle): pairs if possible, w/a single if ODD #

- **DANCE MOVE #1** (Bridge)
- **DANCE MOVE #2** (R Hand over head slide down & out arms; Turn 1 &/or 2 if time)
- "... Pumpkin Pie" - Right arm swish 180°, **do NOT turn body**
- "... Caroling" - Left arm swish 360° with whole body

CHORUS 1 [0:13] **RUNNING CIRCLE** "...sentimental feeling..."

- **GRAB HANDS & RUN** twisting & bouncing to your **RIGHT**
- stretch circle
- **HANDS INTO CENTER**, straight elbows, let go, hands UW palms up
- "Deck the Halls" * **Throw up** your hands & arms, **fall back KICKING** in a **WHEEL**

MUSIC [0:12]

- **KICKING** Right Tub Turn to your **RIGHT**
- **KICKING** Left Tub Turn to your **LEFT**

VERSE 3 [0:11] "Rockin'...happy holiday..."

- **FRONT SOMERSAULTS**: **1, 2, 3** (none on 4) – pretty quick, **ALL count out loud !!!**
- **BACK SOMERSAULTS**: **1, 2, 3** (none on 4) – pretty quick, **ALL count out loud !!!**

VERSE 4 [0:13] **DANCING** "Rockin'...spirit ring..." *[exactly like VERSE 2]*

DANCE (Stay in circle)

- **DANCE MOVE #1** (Bridge)
- **DANCE MOVE #2** (R Hand over head slide down & out arms; Turn 1 &/or 2 if time)
- "... Pumpkin Pie" - Right arm swish 180°, **do NOT turn body**
- "... Caroling" - Left arm swish 360° with whole body

CHORUS 2 [0:15] **RUNNING CIRCLE** "...sentimental feeling..." *[exactly like CHORUS 1]*

- **GRAB HANDS & RUN** twisting & bouncing to your **LEFT** (to original place if lucky)
- stretch circle
- **HANDS INTO CENTER**, straight elbows, let go, hands UW palms up
- "Deck the Halls" * **Throw up** your hands & arms, **fall back KICKING** in a **WHEEL**

MUSIC [0:04]

4 BIG KICKS UP!!!!

VERSE 5 [0:14] **JAZZ HANDS** "Rockin'...happy holiday" ≈ **VERSE 3** except **SLOWER** last somersaults

- **STAND UP**, start **JAZZ HANDS** bouncing up & down separately **turning RIGHT**
- **STANDING UP JAZZ HANDS** bouncing up & down separately turning **LEFT**
- **LAST SOMERSAULTS** **Front**: **1, 2, 3** – **ALL count out loud !!!**

wait till ALL are up & then **Flying ARTICHOKE** into center

ENDING [0:25] **LEAVING** "Thank you guys, have a rockin' Christmas, ... Happy Holidays..."

- shake hands, hug, wave goodbye – leave circle... **exit pool** or NOT...

Page 2: Skills & Stunts

You each are **5 ORNAMENTS** for the **TREE**
Colorful caps & sox – all mixed up

WHEEL = feet in to center

CIRCLE = around outside, nothing in center

DANCE: covered right on sheet page1

Kicking R TT = kicking Right Tub Turn = toes to knees on surface
Turn to R kicking all the way

Kicking L TT = turn to LEFT

SOMERSAULTS in sets of 3 – NO TIME for 4th to get back up, too messy

F som = Front TUCK Somersault - watch KNEES

B som = Back TUCK Somersault – bring bent knees up, watch KNEES, **LEAD with back of neck**

Flying ARTICHOKE

First part of F PIKE Somersault (straight knees)

In PIKE position, with back // pool bottom, KICK violently

If only “som” indicated, probably TUCK

“Pumpkin Pie” – WAIT for word PUMPKIN, then HIT IT !!!

Stand still, swish R hand & arm 180° from RIGHT to LEFT in front of body

“Caroling ...” – Left hand & arm swish 360° with whole body to your RIGHT

“Deck the Halls” - Throw up your hands

– direct water above your head, not backwards; then fall backwards

JAZZ HANDS – arms up, fingers spread apart, shake while turning R & L