

NOODLES

Rainbow Connection

NOODLES

R=Right, L=Left

3:14 The Best of the Brothers Cazimero -1987

Ch et al Jan 2016

computerredo1/19/2020

PEEL-OFFs are like WAVES

CALL as fits # participants → slower or faster

SHALLOW, standing, **CIRCLE** facing in

NOODLES in center - each swimmer's hands together making a *flower of many "petals"*

Everything moves to LEADER's RIGHT around circle... #1 is to the R of the smallest...

INTRO: wiggle music, pre-check if all can wiggle to & fro

1a-Peel-off: UP; Noodle squeezed together as a *"petal"* & arms straight

DOWN: lean back – do NOT let noodle drop or droop

1b-ALL together: UP

BACK: lean backwards, do not droooooop

UP

DOWN & back into *"petal"*

2a-ALL Swinging: UP & **swing** to RIGHT, in FRONT of person on your R – keep hands together
UP & **swing** to LEFT, in BACK of person on your L – keep hands together

2b-Peel-off: **swing** to RIGHT, in FRONT of person on your R – keep hands together
swing to LEFT, in BACK of person on your L – keep hands together

wiggle music

3-Under Arms: put **NOODLES** under arms – **WHEEL** (feet IN)

little kicking TUB TURN 360° to R

OPEN legs – 4 counts

CLOSE legs – 4 counts

OPEN legs – 4 counts

CLOSE legs – 4 counts

Allison's lift leg thingy to stand up

4-Circling: **STAND UP**, stretch **NOODLES** out

WALK IN & GRAB both of your neighbors' **NOODLES**

WALK to your RIGHT

Put Right ear into water & **KICK** on your R side – keep arms straight

STAND UP briefly in order to switch directions

WALK to your LEFT

Put Left ear in water & **KICK** on your L side – keep arms straight

SWING legs into WHEEL

5-Under Knees: Put **NOODLES** under knees → **WHEEL** (feet in center)

2 BALLET LEGS: R, L

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6-Ending: *"The lovers, the dreamers & me"* LAST KICKing – small, Bigger, BIGGEST...

MUSIC PEEL-OFF Kicking Oysters

Rise & PEEL-OFF making **NOODLES**, form *"petals"* (1 at a time into *"flower"*)

All UP & around to R