

# HOOPS & Mms

Revised 2/21/26,10/13/19

## SOMEWHERE OVER THE RAINBOW by IZ, 2001

HOOPS are to be only 8" above water

3:31

mms = mermaids, UW = underwater, R = Right, L = Left,

BIG POOL like WwYMCA: 6 HOOPS: → WHEEL of 1 to deep; 1 to shallow, 1 to each corner (hexagonal); small pool: 4 HOOPS, WHEEL in X

MERMAIDS: NOT to be waiting in line, FREE SWIM around (do stunts & TAIL FLAPPING); go through HOOPS when ...

DING DONG: alternating from DEEP end (ODDS) HOOPS are DOWN while EVENS are all way out of water

SLALOM LINE positions: #1 alone @ deep, central hold 2 hoops together for 2# & #3 positions, #4 alone @ shallow

WHEEL - BUTTS IN

FLAT horizontal on water surface

FLAT & ROTATE to your RIGHT (tight WHEEL with BUTTS IN, back to back)

HOOPS: 6 5 4 3 2 1 X = hoop HOLDER, O = hoop

### MERMAIDS parts in GREEN

0:15 **INTRO - Part 1** **HOLDERS in 2 lines** (RIGHTs ahead) – walk out with hoops FLAT on water

XO XO XO  
XO XO XO

0:21 **INTRO - Part 2** *Oooooh ooooh ... Oooooh, ooooh ...Oooooh ooooh...*

HOOPS →→ one line - DEEPest goes FIRST (since can't see)

Peel-Off from DEEPest -- HOLDERSs swing HOOPS out, up & into place 8" facing HOOP

6 X 4 quick counts each HOOP

ALL UP & DOWN to 8"

X X X  
O O O O O O  
X X X

0:25 **Somewhere**

mms start swimming with this word, swim through LINE, Peel Off @ end: 1<sup>st</sup> to R, 2<sup>nd</sup> to L, etc; head back to DEEP

0:26 **Somewhere... Blue Birds FLY...**

mms do stunts outside of DING DONGS

DING DONGS – like wings down & up &... HOOPS: 6 5 4 3 2 1

mms do NOT go thru HOOPS

Call DOWN: DEEPest #1 & ODDS put DOWN totally UW; EVENS put UP totally out of water

Call SWITCH -- Blue Birds fly

Call SWITCH – dreams that you

Call SWITCH – really do

8"

0:06 **Tru-uuuuuuu...** HOLDERS start WALKing into one line (HOOPS into 2 lines)

O O O  
X X X X X X  
O O O

0:22 **Someday** u wish upon a STAR ★

HOOPS →→ 2 lines // sides

mms swim OVAL

0:25 **Somewhere... Blue Birds FLY... & DREAMS you dare...**

FLAT

mms FLY up & down around 2 lines

0:04 **i,i,i,i,i,i** - HOLDERS start to SWING HOOPS into SLALOM LINE

0:22 **Someday** u wish upon a STAR ★

→→ SLALOM LINE if 4, OXOXOXO if 6, OXOXOXOXO

mms swim SLALOM

0:26 **Somewhere** - HOLDERS →→ BUTTS IN (back to back), HOOPS point OUT

WHEEL pointing OUTWARD w/6 (if only 4, it forms an X)

if 4, O O if 6, O O  
X X X X  
X X OX XO  
O O X X  
O O

0:08 **i,i,i,i,i,i** – FLAT in CIRCLE

mms fly up & down & thru ... around CIRCLE

0:16 **END – Part 1** *Ooooooh... Ooooooh... Ooooooh...*

ROTATE

mms keep flying

0:06 **END – Part 2** *Ah-h-h-h...*

8", ALL HOOPS DOWN

**THE END** - ALL HOOPS UP overhead, DRAINing downward  mms FLAPPING TAILS

## Page 2: Skills & Stunts

### Mermaid Tips

**Do NOT be waiting in line**, FREE SWIM around by life guards(do solo/double stunts & TAIL FLAPPING), go through HOOPs when right time...

**Play in deep end till your turn, do NOT wait in a LINE**

Follow the leader

#### **Do NOT clump, spread out**

If need space, separate, do stunt in own space...

Then re-enter from anywhere

If 2 headed towards each other thr thru hoop

1 go UNDER

1 OVER, on top

#### **HOOPs in ONE LINE**

Swim to shallow, turn at shallow end (R,L,R,L,...); swim to DEEP

#### **HOOPs in 2 LINEs**

Swim in OVAL

#### **DING DONG**

**Do not go thru HOOPs**

Do TT/ tub turns in your own space

#### **HOOP**

Swim straight

Or SPIN

Pike Surface dive – thru over, round & thru again & on way

Roll onto back, DOLOPHIN

#### **FLAT HOOP**

Come up thru center & dive over edge

From outside, dive into center

2019 ADDED **FLAT HOOP** section & **ROTATION**

## Page 3: Lyrics

### Somewhere Over the Rainbow 3:33 - Israel Kamakawiwo'ole, Songwriters: Harold Arlen / E Harburg

0:15 INTRO (uke) → 0:15  
0:21 Ooooh ooooh ... → 0:36

0:25 **Somewhere** over the rainbow  
Way up high  
And the dreams that you dreamed of  
Once in a lullaby... → 1:01

----- 1 minute

0:26 Oh, **somewhere** over the rainbow  
**Blue birds fly**  
And the dreams that you dreamed of  
Dreams really do come true ... → 1:27

0:22 **Someday** I'll wish upon a star  
Wake up where the clouds are far behind me  
Where trouble melts like lemon drops  
High above the chimney top  
That's where you'll find me → 1:49

0:25 Oh, **somewhere** over the rainbow  
**Blue birds fly**

----- 2 minutes

And the dream that you dare to  
Oh why, oh why can't I... → 2:14

0:22 Oh, **someday** I'll wish upon a star  
Wake up where the clouds are far behind me  
Where trouble melts like lemon drops  
High above the chimney top  
That's where you'll find me → 2:36

0:26 Oh, **somewhere** over the rainbow  
Way up high  
And the dream that you dare to,  
Oh why, oh why can't I? → 3:02

----- 3 minutes

0:24 Ooooh.... Ah ah... **FADing** → 3:26

#### \*\*\* NOT IN THIS VERSION \*\*\*

Well I see trees of green and red roses too,  
I'll watch them bloom for me and you  
And I think to myself  
What a wonderful world  
Well I see skies of blue  
And I see clouds of white  
And the brightness of day  
I like the dark  
And I think to myself  
What a wonderful world  
The colors of the rainbow so pretty in the sky  
Are also on the faces of people passing by  
I see friends shaking hands  
Singing, "How do you do?"  
They're really singing, "I, I love you."  
I hear babies cry and I watch them grow,  
They'll learn much more than we'll know  
And I think to myself  
What a wonderful world world  
Someday I'll wish upon a star  
Wake up where the clouds are far behind me  
Where trouble melts like lemon drops  
High above the chimney top  
That's where you'll find me  
Oh, somewhere over the rainbow way up high  
And the dream that you dare to, why oh, why can't I?

Lyrics: Yip Harburg, Music: Harold Allen, 1939 Wizard of Oz

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HOOPS