Alice - Christmas 2007 @ WwYMCA

THE CHRISTMAS SONG

3:28 HAPA, original 1995 "Hapa Holidays"

p2 on back>

computerredo: 1052925,92514

ARMS: Ears (hands like Mickey Mouse Ears), UP (straight), Y (arms out 45° from head), T (arms straight out from shoulders)

**** Squeeze hands: (to check) ONCE for legs closed, TWICE for legs open R=Right, L=Left, Ctr=center, ct=count/s

ENTRANCE DIVES: 4 dive sets as needed... (last divers should be strongest to dive & to get into WHEEL fast)

INTRODUCTION [0:08]

<In shallow end, in LINE // to sides> WALK forward (consider depth & swimmers heights)

>0:08 VERSE 1 [0:57] <ALL do all VERY SLOW SWISHES until dive into WHEEL>

Chestnuts roasting by an open fire Jack Frost nipping at your nose Yuletide carols being sung by a **choir**

& folks dressed up like **Eskimos**

Everybody knows <u>a turkey</u> & some mistletoe Will help to make the season bright Tiny Tots with their eyes all aglow

Will find it hard to sleep tonight

>1:05 <u>VERSE 2</u> [0:58]

They know that **Santa's** on his way He's loaded <u>lots</u> of toys & goodies on his s<mark>leigh</mark> & every mother's child is gonna spy To see if **rein**deer really know how to fly

& so I'm offering this simple phrase To kids from 1 to 92 Although it's been said many times, many ways Merry Christmas to you

>2:03 VERSE 3 \approx VERSE 2 [0:58]

They know that **Santa's** on his way He's loaded lots of toys & goodies on his sleigh & every mother's child is gonna spy To see if **rein**deer really know how to fly

& so I'm offering this simple phrase To kids from 1 to 92 Although it's been said many times, many ways Merry Christmas to you

>3:01 **ENDING** [0:14] *Merry Christmas to you*(8 cts) *Merry Christmas to you*(8 cts)

>3:15 **MUSIC** (0:10] Jingle bells<mark>, Jingle Bells</mark> Jingle all the way...

R arm SWISH (to L), #1 DIVE ½ twist into WHEEL L arm SWISH (to R), #2 DIVE ½ twist into WHEEL R arm SWISH (to L), #3 DIVE into WHEEL(Y's stem) #5 moves up next #4

L arm SWISH (to R), #4 & #5 DIVE into WHEEL

½ R Passé Turn

½ R Water Wheel 1/2 R Tub Turn (end with HEAD in CENTER) Straighten out legs

GRAB hands 45° out from hips: Ears, Up, Y, T Ears, Up, Y, T **OPEN LEGS & Ears**, Up, Y, T Ears, Up, Y, T; let go

2 R MARLINS – legs still OPEN

CLOSE LEGS & start 2 L MARLINS

GRAB hands 45° out from hips: Ears, Up, Y, T Ears, Up, Y, T **OPEN LEGS & <u>Ears</u>, U**p, Y, T Ears, Up, Y, T; let go

2 R MARLINS – legs still OPEN

CLOSE LEGS & start 2 L MARLINS

GRAB hands 45° down from shoulders: **Ears**, Up, Y, T OPEN LEGS & Ears, Up

Let go, KEEP ELBOWS STRAIGHT

CLOSE legs & reverse overhead scull $\rightarrow 3/4$ dolphin (little kicking DOLPHIN)

PAGE 2: Skills & Stunts

R = rightL = left

if turning direction is not specified, assume RIGHT

most stunts use R leg

Passé = bent R knee to side, R toe pointed to side of L knee Stag = bent R knee to sky, R foot to side of L knee (R arch at knee joint bump)

Right Water Wheel = <u>shoulders back</u>; passé R knee to R, L leg is bent to L, turn to R, R knee leads Reverse R WW = same position, turn to L, L foot leads R Walking WW = bicycle around to R, start with L leg (to NOT open crotch to audience)

Tub = toes, ankles to knees on surface, legs together RTT = R Tub Turn = turn to R

Ears – soft fists above your ears Up – straight elbows, arms // Y – 45° from head T – straight out from shoulders

WHEEL = usually feet in center – for this, **HEADS in CENTER** CIRCLE = around outside

DIVE ½ TWIST = Front shallow dive surfacing on back (either after ½ twist or tuck backwards)

Right MARLIN = start on back; keep body straight at all times

R arm leads straight body 90° to Right side & roll onto face while legs swing 90° to their Left continue till back on back, moved 90° in total; 4 end up in beginning position

this routine's ending: full stunt lined out

DOLPHIN down in center of heads-in WHEEL

start on back

REVERSE OVERHEAD SCULLING - takes head down

Continue ³/₄ till upright full circle surface with R arm up, then WAVE it to R

keep head back as surfacing

Finish with feet on surface

If DEEP enough, keep body straight, leading with head