

quartet (trio fine)

CAROL OF THE BELLS

Mikie Ryzow 1974ish

Recorded by The New York Philharmonic (Wayne Robinson, Caesar Giovannini)

2:22

computerredo101508

cts = counts, R = Right, L = Left, F = Front, B = Back,
BL = Ballet leg, 180° = 1/2 circle, WW = waterwheel

T = Tuck, Som = Somersault

2 IN - feet at center of end's edge 2 OUT (1 is fine)

INTRO [0:30]

2 IN, KICK outward <8 cts> WALK to edge
4 OUT Marlins <16 cts> raise R arm, raise L
1 ROLL <4 cts> DROP in
 surface into ROLL

all KICK into **SQUARE** (2 outside MOVE to back) <8 cts>
3 sets decreasing kicks (large, medium, little)

>0:30

[0:28]

4 alternating Ballet Legs (R,L,R,L) <4 cts each>

R arm SWISH

L arm swish into kicking DOLPHIN
SURFACE into

UN-ZIPPING LINE (DEEP to Shallow)

rise 1 at a time: 1,2,3,4
in-line line, each toes to head

>0:58

[0:38]

PEEL-OFFS (1 part each count: 1,2,3,4)

•••• R BALLET LEG 1, 2, SINK foot totally

&&&& RISE FAST, BL 3, 4

& SMACKDOWN into WW

immediately

DEEP - splashy RIGHT MARLIN <4 cts>

Shallow - splashy L MARLIN & BT Som <8 cts>

DEEP - BT Som ,<4cts>

ALL 10+ bend knees as moving into 1 line
all facing IN

>1:36

[0:07]

QUIET 1/2 DOLPHIN - counting 1,2,3,4

turn underwater 180° - counting 5,6,7,8

>1:43

[0:30] facing OUT

2 HYBRIDS

1. PUSH SPLASH breast facing OUT

PULL breast

PUSH SPLASH R side

R PULL swish R arm to L as TURN 180°

R arm UP, DOWN,

UP & over as TURN R to face OUT

2. MORE FORCEFULLY

PUSH SPLASH breast

PULL breast

PUSH SPLASH R side

R PULL swish R arm to L as TURN 180°

→ R arm UP, DOWN,

UP & back while falling onto stomach

facing IN

all KICKING on stomachs (facing IN) <4 cts>

DEEP - R arm SWISH into TUB TURN, turn to X

Shallow - R arm SWISH into TUB TURN, turn to X

>2:13

[0:09]

straighten to FINAL X

very DRAMATIC EXTREMELY SLOW BALLET LEG

SLOW 1, very SLOW 2,

HOLD (no 3 (bending knee))

STRONG, WAVE-PRODUCING

STRAIGHT LEG "DROP"

kicking OUTWARD (decreasing kicks)

kicking TUB (next to wall) on last counts