

## Provincial Mass Routine 2017-2018

**Choreographer:** JOSEE O'BLENIS

**Long Term Athlete Development Stage:** GYM FOR LIFE

In this stage gymnasts have consolidated all basic skills and are developing and refining advanced skills. Participants will ideally be a minimum of 14yrs of age by the date of the performance. They have the ability to perform routines of increasing complexity and difficulty. Gym for Life is not discipline specific; it incorporates skills from all disciplines of gymnastics.

Song Title: Aide (2:10min) by Bang la Decks

Apparatus: wooden drum sticks

Attire: Black leggings with black tank or black leotard

SECTION	COUNT	TIME	ACTION
1	1-32	0:02-0:16	Starting pose military stance (feet together) with drumsticks behind back, head down. 4 groups, one at each corner of floor space. From back left 1, back right 2, front right 3, front left 4. Group 1 (back left) starts first followed by 2, 3, 4. Turning gaze up one group at a time as we begin marching. Each group marches x8 starting with right foot.
2	1-32	0:17-0:31	Tap sticks in front of chest with every Passé balance (left leg first) on flat foot then extend leg to side (pointed toe) while holding sticks crossed over chest. Repeat x4 landing feet together after 4th Passé. Repeat on right side.
3	1-16	0:32-0:39	Groups 1 & 2 start with sticks up and slowly lower down, tapping at bottom on count 8. Repeat in opposite direction. Groups 3 & 4 start with sticks down and slowly rise up, tapping at top on count 8. Repeat in opposite direction.
4	1-4 5-8	0:40-0:43	Grapevine left (counts 1-4) Right foot steps open, left foot crossed behind, right foot steps open, left foot steps feet together (tap sticks on count 4) Grapevine right (counts 5-8) Left foot steps open, right foot crossed behind, left foot steps open, right foot steps feet together (tap sticks on count 4).
5	1-4 5-8	0:44-0:46	Pivot turn leading with left foot – figure 8 with drumsticks (hold sticks with two hands, ends in opposite direction, sticks moving overhead) to face back Pivot turn leading with left foot – figure 8 drumsticks (hold on to ends of sticks together) to come back. Finish with right heel up.
6	1-8	0:47-0:50	x8 skip-hops (right knee stays bent), moving into x4 vertical lines (“inside person” of each group finishing at front of line and “outside person” finishing at back of line).
7	1-16	0:51-0:58	Everyone facing inwards. Group 2 lifts right leg and Group 4 lifts left leg to Superman balance (sticks stay by side on 1-2, arms swing

			<p>forward on 3-4, sticks flick (360 degrees) or small circle on 5-6, Finish kneeling on floor on 7-8) for 8 counts, tap sticks on floor x8 for 8 counts.</p> <p>Group 1 kneels on left knee and Group 3 on right knee to tap sticks on floor x8 for 8 counts, lift to Superman (same arms as Groups 2 &amp; 4) for 8 counts.</p>
8	1-8	0:59-1:01	<p>Lines number off as alternating 1s and 2s, 1s will move to right and 2s will move to left. Facing forwards, on 1-2 stand straight with sticks crossed in front of chest, 3-4 point sticks outward with respective foot, 5-6 chaîné turn in respective direction with sticks crossed overhead, 7-8 step out with respective foot to finish in 2nd position (arms down)</p>
9	1-16	1:02-1:09	<p>POUND Dance Series: 1s tap sticks in front of chest, lunge to left while tapping right stick on floor (near left foot), stand straight to tap sticks in front of chest, “pull” left leg up to side while right elbow pushes out to side (4 counts). Repeat x4 (16 counts in total).</p> <p>2s tap sticks in front of chest, lunge to right while tapping left stick on floor (near right foot), stand straight to tap in front of chest, “pull” right leg up while left elbow pushes out to side (4 counts). Repeat x4 (16 counts in total).</p>
10	1-8	1:10-1:13	<p>Standing in 2nd position, tap sticks overhead, tap left stick on ground near right foot (lunge to right), tap overhead, squat to tap both sticks on ground, tap overhead, tap right stick near left foot (lunge to left), tap overhead, squat to tap both sticks on ground.</p>
11	1-4 5-7 8	1:14-1:16	<p>Groups 1 &amp; 2 on spot and Groups 3 &amp; 4 run to front (staying in formation; x4 vertical lines)</p> <p>X3 straight jumps while “raising the roof” with sticks</p> <p>Land in 2nd position, arms out to side</p>
12	1-32	1:17-1:30	<p>Bend right leg to back and tap right foot with left stick (counts 1-2), bend left leg to back and tap left foot with right stick (counts 3-4), jump feet together and tap x2 overhead (counts 5-6), jump to 2nd position squat to tap both sticks on ground (count 7), extend knees and arms “throw” out to side (count 8). Repeat x4. Leave sticks on ground after last squat and slowly stand up.</p>
13	1-16	1:31-1:40	<p>Walk casually towards center of floor with slight mixing between gymnasts to form “random” cluster. NOTE change of tempo.</p>
14	1-12  5-6 7-8	1:41-1:49	<p>Starting in 2nd position squat with arms extended to front, fingers extended and palms open to front like ‘stop signal’: turn left foot (and bent knee) in while left elbow bends in and left hand makes fist, repeat with right leg and elbow, double “pull” on left leg and elbow (4 counts in total). Repeat starting on right side (single pull with right, single pull with left and double pull with right) (4 counts in total). Single pull with left, single pull with right, jump feet together arms sweep down and finish with body roll (head first) to standing with hands pressed together in front of chest (4 counts).</p>

15	1-8	1:50- 1:54	Groups 2 & 3 step with right foot (heel flexed) into 2nd position squat while twisting and looking to right (hands stay together in front of chest). Step left leg (heels flexed) to stand straight (facing forwards) with feet together. Repeat x4. Groups 1 & 4 step with left foot and twist to left. Repeat x4.
16	1-6 7 8	1:55- 1:58	Walk back to original sticks and pick up on counts 5-6. Step right leg into 2nd position squat with chest pump (1 stick in each hand). Jump feet together, tap x2 overhead standing straight (double time).
17	1-8	1:59- 2:02	Run (military, high knees) to form 2 vertical lines (Groups 2 & 3 in a line and Groups 1 & 4 in a line).
18	1-6  7-8	2:03- 2:08	Each line numbers off as alternating 1s and 2s. 1s step to right with right arm circling first followed by left arm. 2s step to left with left arm circling first followed by right arm. Each line opens up to make letter 'V' (person at front of line exits first, lines open like dominoes) (counts 1-6). Arms circle outward and finish with sticks pointing down to ground (head down). Groups 2 & 3 step with left leg behind and Groups 1 & 4 step with right leg behind (both knees will be bent with back leg heel up) (counts 7-8). Lift head up for final pose (as music fades out).

**Body Skills:**

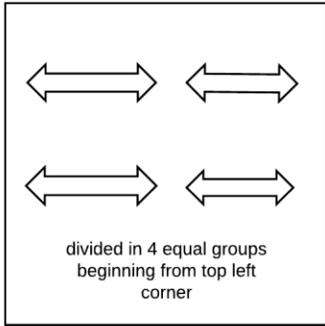
LOCOMOTION – Grapevine (right and left), military running, skip-hops (right knee lifts and stays bent), marching

STATIONARY POSITIONS – Superman balance on flat foot with both arms extended forward, forward passé on flat foot

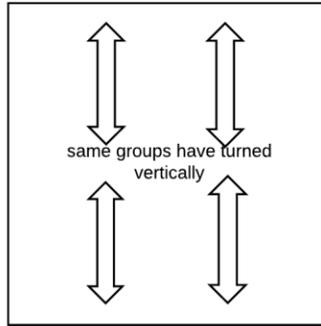
ROTATIONS - Pivot turn with left foot

SPRINGS - 2 foot hops with straight body

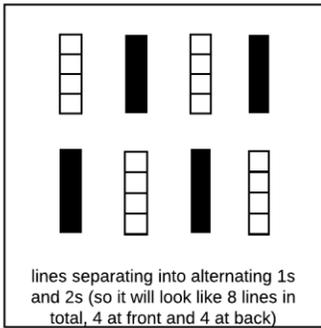
APPARATUS SKILLS - tapping, flick or small circle



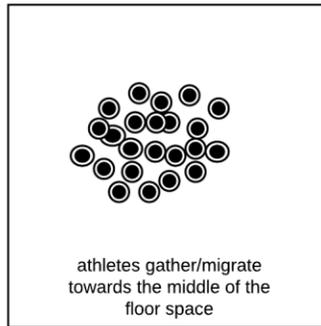
SECTIONS 1-5



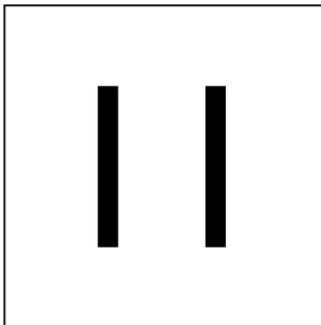
SECTIONS 6-7



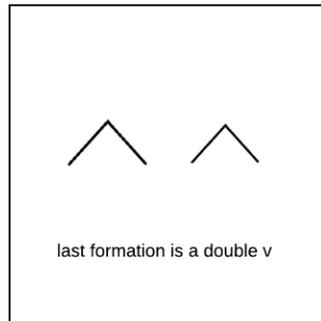
SECTIONS 8-13, 16



SECTION 14-15



SECTION 17



SECTION 18

**FRONT**