

September

Free/Noodle Routine

September - Throttle (Earth Wind and Fire Remix)

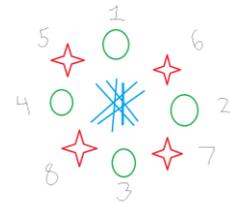
Choreography - Kelsee Douglas

Direction Key

Front

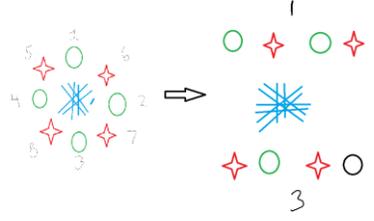
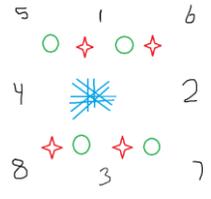
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8	3	7

CHOREOGRAPHY OVERVIEW

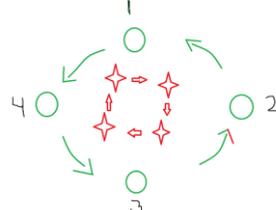
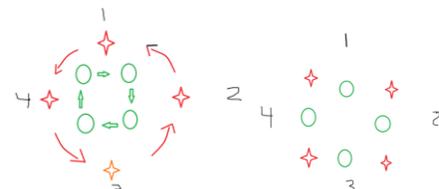
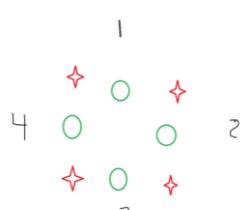
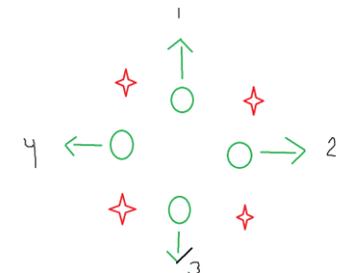


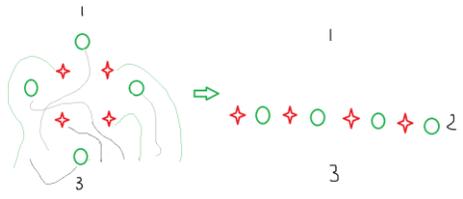
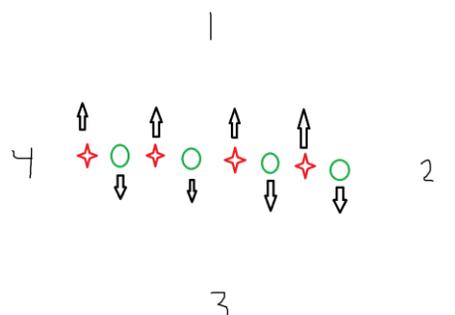
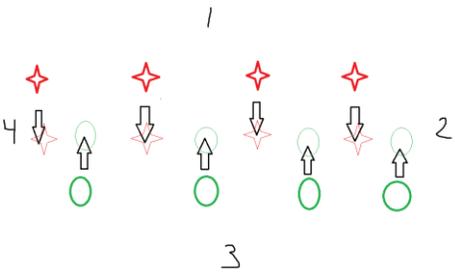
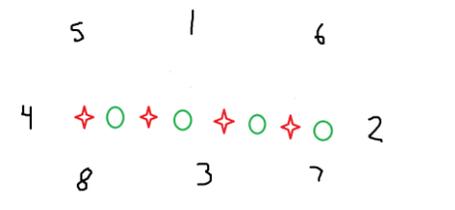
LYRICS (counts are in brackets)	CHOREOGRAPHY	APPARATUS INSTRUCTIONS	FORMATION Group A - green circle Group B - pink diamond
Pose [0:00]	In a circle facing out, laying on stomach, elbows tucked.	Noodles in the center in a pile	Circle

(1,2) "Hey" (4,5,6,7,8) [0:00-0:04]	Look up and bend right knee on 'Hey'. turn over right and lay on back with right knee still bent on elbows.	No change --	No change--
2nd (1,2) "Hey" (4,5,6,7,8) [0:04-0:08]	Kick left leg up on 'Hey' then do a small body roll [0:06] to sit up into pike position. Turn both knees to point to the right.	--	--
3rd (1,2) "Hey" (4,5,6,7,8) [0:08-0:11]	Reach left arm up, on 'Hey'. then sit back in pike position. Put left palm down on the ground.	--	--
4th (1,2) "Hey" (4,5,6,7,8) [0:12-0:14]	Push up into side support with left hand down on the ground on 'Hey', keep turning and go into left lunge/pigeon pose facing out of the circle, chest down on left knee.	--	--
"Do you remember?" [0:15-0:16]		--	--
"Hey" [0:17]	Reach your left arm out in front.	--	--
"The 21st night..." [0:18]	Go up to knees facing out of circle.	--	--
"...Of September" [0:19-0:20]	Bring arms up into wide 2nd position palms down.	--	--
"Hey" [0:21]	Do small rotation/wave of upper back with head (moving from right to left thru arch).	--	--
"Love was chasing the mind of pretenders" [0:21-0:24]	Lift left knee into a kneeling position then reach right arm up and then left arm up.	--	--
"Hey" [0:24]	Bring arms down to left hip (left arm behind hip and right arm forwards closer to mid femur).	--	--
"While chasing the clouds..."	Stand up bringing arms up.	--	--

[0:25-0:27]			
<p>"...Away" (2,3,4,5,6,7,8) [0:27-0:30]</p>	<p>Step forward on left foot, pivot to the left to face into the circle, repeat, then run into lines facing side 1.</p>	--	<p>From the circle pattern to lines in front and behind the noodles</p> 
<p>"Our Hearts were ringing" [0:30-0:32]</p>	<p>Continue traveling to spot.</p>	--	
<p>"Hey" [0:32]</p>	<p>Jump into wide 2nd position arms go out into 2nd position palms down.</p>	--	
<p>"In the Key..." [0:33]</p>	<p>kick right foot flexed to corner 5.</p>	--	
<p>"...That are souls were singing" [0:34-0:36]</p>	<p>2 steps travelling to corner 7 facing corner 5. Bring both feet together and face side 2 with both arms up.</p>	--	
<p>"Hey" [0:36]</p>	<p>Do circle with left arm starting forward with slight body wave.</p>	--	
<p>"As we danced in the Night, remember" [0:37-0:40]</p>	<p>"As we danced in the night"- facing back (side 3) slide traveling to side 2, right arm up and left arm side. "Remember" - bring feet together to face side 2, arms down, then extend the right foot forward and right arm forward.</p>	--	
<p>"Hey" [0:41]</p>	<p>Bring right leg back in open Ring balance (pulling leg away from head).</p>	--	
<p>"How the stars..." [0:41-0:42]</p>	<p>Pull leg away from head, bring right arm in swing above head (circle forward) to bring feet together and arms down. Finish facing side 1.</p>	--	
<p>"...Stole the</p>	<p>Jump into 2nd then jump into right foot</p>	--	

night away” [0:43-0:44]	crossed over left, pivot to face side 3 (front line) or side 1 (back line).		
(1,2,3,4,5,6,7,8) [0:45-0:47]	Run to get back to circle and grab noodle.	Grab Noodle with left hand	From the lines moving back into the circle formation from the beginning
“Ba-dee-ya, say, do you remember?” [0:48-0:51]	With noodle in left hand facing along the circle (clockwise), large clockwise (out to in) circle.	Large CW circle with left arm	
“Ba-dee-ya, dancing in September” [0:51-0:55]	Large counter-clockwise (in to out) circle.	Large CCW circle with left arm	No change --
“Ba-dee-ya, never ...was a cloudy” [0:55-0:59] “...Day” [0:59-1:03]	Group A - Large CW (out to in) circle with noodle. Group B - Large CCW (in to out) circle with noodle. “Day” - All do a cannon (moving noodle in large CW (out to in) circle) starting with athlete closest to side 1 (front) and going CW grab noodle with both hands after cannon.	Group A - Large CW circle with left arm. Group B - Large CCW circle with left arm. Cannon - Large CW circle with left arm, finish holding both ends of noodle (one in each hand).	--
“Ba-du, Ba-du, Ba-du, Ba-du, “ [1:03-1:07]	Running x8 in a circle.	Hold noodle with hand on each end	All athletes moving CW with runs
“Ba-du, Ba-du, Ba-du, Ba-du, “ [1:07-1:17]	Facing CW in circle, tuck jump, then catleap over noodle (noodle finishes behind back), cross ends of noodle, jump half turn (CW), un-wrap, cross arms, put noodle over head to wrap again (noodle finishes behind back),	Catleap over the noodle and keep it behind back. Hold under armpits, cross ends of noodle, re-grab crossed ends. After jump half turn, unwrap (un-cross arms while still	Facing CW in circle. At

	jump half turn (CW) to end facing CW along the circle again, unwrap noodle by pulling left hand out.	holding noodle), hold noodle in front (with both ends), cross arms and flip it over head to end in a wrapped position again. Jump half turn, unwrap noodle by pulling it with left hand outwards (right hand lets go).	
“Hey Hey Hey” [1:17-1:19]	¼ turn CCW to face out of the circle	Hold Noodle Out with both hands	
“Ba-dee-ya, say, do you remember?” “Ba-dee-ya, dancing in September [1:19-1:26]	Group A - Goes down onto left knee with right knee up, and does a bum roll to their left along the circle, and up to two knees, then does one more bum roll same direction. They should be outside of circle moving under Group Bs noodle. Stand up after 2nd bum roll. Group B - x10-12 little grapevine/karaoke steps on toes moving to their right along the circle (steps are behind person doing bum roll).	Bum Rolls - Holding noodle outwards with Right hand and rolling under it. Grapevines - Holding it with both hands in front, the other group will be rolling under it.	Group A and B Are traveling opposite ways in an outside circle (A) and inside circle (B). 
“Ba-dee-ya, never was a cloudy day” [1:26-1:34]	Group A - x10-12 little grapevine steps moving behind Group B. Group B - Bum roll sequence. After 2nd bum roll, stay on knees. Everyone should finish on the same spot they started from.	See above	
“Ba-dee-ya” (x12) [1:34 -1:46]	Facing outwards, move noodle up, then down, to the left, to the right, then make a large CW circle. Grab both ends of the noodle and then do two ‘mills’ overhead. During the mills the athletes on knees (Group B) go down into splits or lunge with knee down. Athletes standing (Group A) go into high lunge (with whichever leg).	With 2 hands holding noodle, swing up, swing down, swing left, swing right, CW circle (holding with right hand only), grab onto each end and do 2 “mills” overhead (small figure 8 with two hands).	
(1,2,3,4,5,6,7,8) [1:46-1:50]	(1-4) [1:46-1:48] Group A (in high lunge) do gallop, scissor leap traveling away from centre of the circle. (5-8) [1:48-1:50] Group B (in split or lunge) turn into circle for pike sit, then kick one leg up (dominant leg).	Hold noodle by each end. Group B can use hands to support during kick in pike by moving hands and noodle ends to each side of the body for support.	

<p>“Ba-dee-ya, say, do you remember?” “Ba-dee-ya, dancing in September” “Ba-dee-ya, never was a cloudy day” [1:51-2:05]</p>	<p>Moving in slow motion to form a line (Group A must stand up)</p>	<p>Moving noodle around in slow motion (free movement)</p>	
<p>“Ba-dee-ya, say, do you remember?” [2:06-2:10]</p>	<p>Group A - 8 little steps backwards (facing side 1) while swinging noodle up, down, then x2 backward circles (crosses with noodle). Group B - 8 little steps forward (facing side 1) while swinging noodle up, down, then x2 backward circles (crosses with the noodle). Both groups finish facing side 2.</p>	<p>Hold the noodle with right hand, swinging up, down, then x2 rotations (backward) crossing over to the left then right (large figure 8 with one hand).</p>	 <p>travelling opposite ways (splitting into 2 lines)</p>
<p>“Ba-dee-ya, dancing in September” [2:10-2:13]</p>	<p>Jump (athletes choice) facing side 2. Group A - take 4 little steps forwards (facing side 1) with noodle rotating forwards x2 with crosses. Group B - turn to face side 3 (back), take 4 little steps with noodle rotating forwards x2 with crosses, quickly turn and face side 1 (front).</p>	<p>For the jump, swing arms and noodle upwards (either back or forwards depending on jump). For the little steps, x2 rotations (forward) crossing over to the left then right while moving back to the original spot on the line.</p>	 <p>After jump travel back to spot in original line with other group, all should end facing 1</p>
<p>“Ba-dee-ya, never was a cloudy...” [2:14-2:17]</p>	<p>Hold noodle above head, everyone facing side 1</p>	<p>Waving noodle above head</p>	

<p>“...Day” [2:17-2:22]</p>	<p>In a cannon starting from the right, toss noodle forwards and hit any pose.</p>	<p>Throw noodle forwards then hit pose.</p>	
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