## Mass Duck Script

## **Equipment Required**

Rubber Duck:

Rubber Duck for each participant. It can be any colour. The duck will need to squeak. Don't use the tiny rubber ducks, it should be large enough to easily hold. Below is a link to an amazon product:

https://www.amazon.ca/Novelty-Place-Squeak-Rubber-Family/dp/B01MCWVEKT

Duck Pool:

Each group will need one small pool. This can be a blow up pool or small bucket. There should be a maximum of 6-8 gymnasts at one pool. If you have 10 or more gymnasts, get two pools. Something about 2' in diameter.

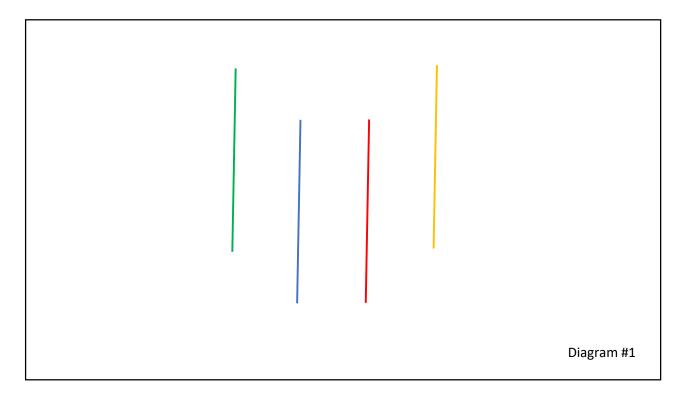
https://www.amazon.ca/Swimming-Portable-Children-Inflatable-Lightweight/dp/B094476QQW/ref=sr\_1\_9?crid=1IU9JLQX0X753&keywords=small+inflatable+pool&qid= 1673485590&sprefix=small+inflatable+pool%2Caps%2C123&sr=8-9

Timing	Action				
Beginning Pose:	Begin with gymnasts lined up in a sing file straight line from front to back facing				
	the front of the gym (reference diagram 1). Gymnasts should be standing, feet				
	together, holding their duck in two hands straight above head.				
1,2,3,4	Holding duck in two hands above head, reach duck out to left side in half rainbow				
	while stepping out to the left side into side lunge. Then return to center position				
	with arms above head.				
1,2,3,4	Repeat on right side. With duck above head, move arms in a half rainbow out to				
	right side. Step out to the right side. Then back into middle with arms above head.				
1,2	Duck noises in the music occur. The gymnasts will squeeze duck twice above head.				
3,4,5,6,7,8	Two bunny hops on the spot, then the gymnasts march from their line into a single				
1,2,3,4	file line side to side facing the front.				
	In the mass performance, some groups will lead their horizontal line off to the left				
	and some to the right so that the lines are staggered. I use dot markers on the floor				
	to show the gymnasts where to move to.				
5,6,7,8	Holding the duck in two hands, swing the duck forward and up then back to hold				
	against their chest, making a forward circle in front of the body.				
1,2,3,4,5,6,7,8	Turn clockwise in a circle (full turn), holding the duck at the chest. The turn is				
	meant to be a waddle turn. Waddle in circle with gentle bounce.				
1,2,3,4	Reach arms straight out in front and passe balance on right foot, left foot up in				
	passe.				

## Routine Choreography

5,6,7,8	Bring duck back into chest and squeeze the duck while the music makes the quacking noise.			
1,2,3,4,5,6,7,8				
	between the two gymnasts.			
	If in an odd number group, have one group of three that passes side to side, taking			
	turns.			
1,2,3,4	Holding duck in one hand against the body, hold hands with your friend and skip i			
	a circle on the spot. Gymnasts should do one full turn to return to the same spot.			
5,6,7,8	Let go of hands and return to facing the front.			
1,2,3,4	Take a step forward with right foot and catleap jump. Arms should be out straight.			
5,6,7,8	Rhythmic run from line to a circle around the duck pool/bucket. Arms holding duck			
1,2,3,4	against chest.			
5,6,7,8	Standing in circle around pool, Reach arms straight out and cross turn left over			
	right.			
1,2,3,4	Holding duck in two hands, everyone runs into middle of circle (tight around pool)			
	and reaches duck into center (like a tent shape).			
5,6,7,8	Gymnasts backup (slow run) bring duck back out and down			
1,2,3,4,5,6,7,8	8 Everyone moves back into center, this time placing the ducks into the pool. Then			
	stand up and hold hands around the pool.			
1,2,3,4,5,6,7,8	Gallop counter-clockwise around pool.			
1,2,3,4,5,6,7,8	Get duck from pool and free play swimming with the ducks in the pool.			
1,2,3,4	Standing in clump around pool, gymnasts face front and star jump with duck in two			
	hands. (Arms will go straight up while legs make the star shape).			
5,6,7,8	Arms are still straight up, draw circle clockwise in front of body.			
1,2,3,4,5,6,7,8	Rhythmic run back to horizontal line			
1,2,3,4 music	Sit down onto floor, sitting on bum with knees bent up in front.			
change				
1,2,3,4	Pass duck under the knees, then in a rainbow up over head. This should be done			
	from right to left.			
5,6,7,8	With the duck remaining over head, push legs out straight into pike sit and scoop			
	duck down towards the toes.			
1,2,3,4,5,6,7,8	From sitting on knees, lay down and log roll over left shoulder over onto tummy.			
1,2,3,4,5,6,7,8	Laying on tummy, reach duck out in front and kick legs as though splashing in			
	water (following where the music makes splashing noises).			
Ending Pose:	Following the last move, the gymnasts will finish the routine laying on tummy with			
	legs bent up and holding duck out in front.			

## Formations



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	Diagram #2