

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&srefix=small+inflatable+pool%2Caps%2C123&sr=8-9

Routine Choreography

<i>Timing</i>	<i>Action</i>
Beginning Pose:	Begin with gymnasts lined up in a single 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 1,2,3,4	Two bunny hops on the spot, then the gymnasts march from their line into a single file line side to side facing the front. <i>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.</i>
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.

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	Turn to face friend beside each other in the line. Pass the ducks back and forth between the two gymnasts. <i>If in an odd number group, have one group of three that passes side to side, taking turns.</i>
1,2,3,4	Holding duck in one hand against the body, hold hands with your friend and skip in 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 1,2,3,4	Rhythmic run from line to a circle around the duck pool/bucket. Arms holding duck 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	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 change	Sit down onto floor, sitting on bum with knees bent up in front.
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 (<i>following where the music makes splashing noises</i>).
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

