

# Fundamentals Mass Routine

## Choreography by Kara Thorpe

### Music:

Beach Boys – Surfing USA

\*\*\*Teachers note: The song is usually played at a 120 tempo. For the purposes of this routine, it has been slowed to a 105 tempo.

### Apparatus:

Children's beach towel and partner work

**Concept:** This routine is created with the elements of individual choreography, partner work and formation changes on in a mass format. Participants will also explore partner balances and large group balances. The section at the end is meant to be participant-led. Lead with the movement problem of creating 2 partner balances with a transition between them. Each group, is unique and this routine allows for those differences!

### Equipment:

Beach towels

### What to Wear:

Beach wear like swim suits, Hawaiian shirts etc., Beach attire safe to perform in is also welcome including goggles

## Choreography

**Starting position:** Lay out beach towel, sit on towel in “beach like” pose.

### Formation 1 (basic grid)

X Y X Y X Y X Y

Counts	Cues	Part X	Part y
4 counts	Opening music	Get up, wave, high five partner... etc	
1 – 4	If everybody had an	Surf to the left	Surf to the right
5 – 8	ocean	Balance on left foot	Balance on right foot
1 – 4	across the US	Surf to the right	Surf to the left

5 – 8	A	Balance on right foot	Balance on left foot
1 - 4	Then everybody'd be surfin'	Swim forward	
5 – 8	like California, yeah	Do the twist	
1 - 4	You'd see 'em wearing their baggies,	Hand pump from front turning to right to face partner	Hand pump from front turning to left to face partner
5 – 8	Huarachi sandals too	Hand pump from front turning to left to face away partner	Hand pump from front turning to right to face away partner
1 - 4	A bushy, bushy blonde hairdo,	Swim down to floor	
5 - 8	surfin' USA	Stand up with towel	
	You'd catch 'em surfin' at Del Mar		
1 - 2	(inside, outside	Lunge left, stretch towel to the left Step together, bring towel back to center	lunge right, stretch towel to the right Step together, bring towel back to center
3 - 4	USA)	lunge right, stretch towel to the right Step together, bring towel back to center	Lunge left, stretch towel to the left Step together, bring towel back to center
	Ventura County Line		
5 - 6	(inside, outside	Jump to star Jump together	Hold
7 - 8	USA)	Hold	Jump to star Jump together
	Santa Cruz and Trestles		
1 - 2	(inside, outside	Lunge left, stretch towel to the left Step together, bring towel back to center	lunge right, stretch towel to the right Step together, bring towel back to center
3 - 4	USA)	lunge right, stretch towel to the right	Lunge left, stretch towel to the left

		Step together, bring towel back to center	Step together, bring towel back to center
	Australia's Narrabeen		
5 - 6	(inside, outside	Jump to star Jump together	Hold
7 - 8	USA)	Hold	Jump to star Jump together
	All over Manhattan		
1 - 2	(inside, outside	Circle in front right hand	Hold
3 - 4	USA)	Throw and catch	
	And down Doheny Way		
5 - 6	(inside, outside	Hold	Circle in front right hand
7 - 8	USA)		Throw and catch
1 - 4	Everybody's gone surfin'	Stretch Towel in front right hand high	Stretch Towel in front right hand high
	Surfin' USA	Right toe over turn	Right toe over turn
1 - 4	We'll all be planning out a route	Lay one partner blanket on top of the second	
5 - 8	We're gonna take real soon	Lift up and down together	
1 - 2 3 - 4	We're waxing down our surfboards	Lift up Crouch down	Crouch down Lift up
1 - 2 3 - 4	We can't wait for June	Stand natural Lift back hand	
1 - 2 3 - 4	We'll all be gone for the summer	Spin and duck under Put Towels down on floor	
5 - 8	We're on Safari to stay	Make a surfing partner balance (can be different per partner group). Example, base – puppy dog, top – knee scale	
1 - 8	Tell the teacher we're surfin'	Hold Balance	
	Surfin' USA	Stand up and pick up towels on top of each other facing partner	

	Haggerty's and Swami's		
1 – 2	(inside, outside	Jump feet apart, together, front and back	Jump feet front, back, apart together
3 - 4	USA)	Jump feet apart, together, front and back	Jump feet front, back, apart together
	Pacific Palisades		
5 - 6	(inside, outside	Odd Rows lift towels up	
7 - 8	USA)	Even Rows run under	
	San Onofre and Sunset		
1 – 2	(inside, outside	Odd Rows lift towels up	
3 - 4	USA)	Even Row Partner X run under (creates X with towels)	
	Redondo Beach, LA		
1 – 8	(inside, outside	Gallop in a circle to the left	
	USA)		
	All over La Jolla		
	(inside, outside		
	USA)	Stop at start position in a squat	
	At Waimea Bay		
1 - 4	(inside, outside	Front stay low, back go high to show the X to the audience	
	USA)		
1 - 4	Everybody's gone surfin'	Gather personal towel back and run kicking bum back to original grid position	
5 - 8	Surfin' USA	Put towels down on the spot	
Instrumental 6 sets of 8	Move to the left of blankets		
1 – 8		Skip forward	Shuffle backwards with jazz hands
1 - 8		Shuffle backwards with jazz hands	Skip forward

1 – 8		Rainbow starting arms to left, step out – together – out – together to the right (to make one line with partner line)	Rainbow starting arms to right, step out – together – out – together to the left (to make one line with partner line)
1 – 8		Cannon – Star jump to floor front to back	
1 – 8		Rainbow starting arms to left, step out – together – out – together (to split to 2 lines)	Rainbow starting arms to right, step out – together – out – together (to split to 2 lines)
1 – 8		Cannon – Star jump to floor front to back	
1 - 8	Everybody's gone surfin'	Create and hold partner balance 1.	
	Surfin' USA		
1 - 8	Everybody's gone surfin'	Allow the partners to create the transition between balance 1 and 2	
	Surfin' USA		
	Everybody's gone surfin'	Create and hold partner balance 2.	
	Surfin' USA		
1 – faded end	Everybody's gone surfin'	Merge groups for large group team balance for ending pose. Each person is supported by, or supporting someone.	
	Surfin' USA		
		Group size can be determined by club. Suggested no more than 6 per build.	
	Everybody's gone surfin'		
	Surfin' USA		