



## [NAU MAIRE CHOREOGRAPHY RESOURCE

- Reference video: <https://www.youtube.com/watch?v=3pGFxDqbxn8>
- Movements may be used as below or adapted from these movements.
- M. 1 - begin the piece standing in place without movement, facing front.

**Through Rehearsal B, each set of movements applies only to the sections that are singing. As each section enters, they will join in the movements below:**

- Rehearsal B, beat 1 - cross hands and quickly snap on downbeat to hands flat, palms down, waist level, shoulder width, freeze in place
- M. 23, beat 1 - repeat this movement, first crossing hands and snapping into place on the downbeat
- M. 25, beat 1 - turn body 45 degrees to stage left, right palm up and out to stage left, left hand down behind left thigh, with palm out to stage right
- M. 27, beat 1 - mirror the previous position, turn body 90 degrees to stage right (at a 45-degree angle from the front-facing position), left palm up and out to stage right, right hand down behind right thigh out to stage left

**Beginning at Rehearsal C, each movement applies to all singers.**

- Rehearsal C: Facing front, with a slight bounce on each beat, rock weight onto the ball of the right foot on beat 1, then onto the left foot on beats 2 and 3. Hands are flat, palms down, waist level, shoulder width, gently pressing down with the right hand on beat 1 and ascending on beats 2 and 3. Repeat for each measure.
- Rehearsal D: This is an exact repeat of Rehearsal B
- D.S. al Coda to Rehearsal C: repeat exactly from the first repeat
- Rehearsal D repeat: Snap to first position, standing in place without movement, facing front. Continue through the end of the piece.

