

## The Pout Pout Fish Choreography

By Sonja Karlson

Beat 1 – Step forward RF and gesture forward with RH sweep from middle to R side (like an introduction gesture)

Beat 2 – Step forward LF and gesture forward with LH sweep from middle to L side

Beat 3 – RF forward middle, both hands move forward scooping from low to mid-chest

Beat 4 – LF back, RF back, Feet together, arms end folded behind back

“Spread” – arms sweep outward, palms in mid-chest

“Wearies” – arms sweep outwards palms out mid-chest, step forward LF

“Over the place” – pony R, pony L

“Blub” – stand

“Blub” – crouch

“Blub” – low crouch

OR

“Kiss” – RH air kiss

“Kiss” – LH air kiss

“Kiss” – both hands air kiss

## Process for the Lesson

1. Discussion about ocean water and how it feels to be in the ocean as compared to a pool or a lake – to elicit the response about floating, swaying, currents, waves, tides – lots of movement words should be discussed
2. Sway in place feeling the “waves” of the ocean
3. The class becomes a wave to feel the back and forth of the ocean – make a line, whole class and run back and forth along floor to feel the back and forth of the ocean and start matching each other and working together as a team
4. Seaweed - feel what it is like to be seaweed under the water – hands above head, whole body sways
5. Partners – one is seaweed and one is a seahorse. The seahorse is trying to move like the seaweed to camouflage itself. Matching swaying movement with a partner.
6. Dancing, moving or walking in free space until they find a picture they identify with or like the movement of. I used the music “The Aquarium” by Camille Saint-Saens. The pictures were of a clam, a jellyfish, a squid and an octopus.
7. In groups, have the children create their own group choreography for their animal. They have 96 beats, but they need to move from the group choreography to a different space and back, so they have to leave time to move. Direct them to use movements in groups of 4s or 8s. Also, their movements should suggest the animal, but do not have to be the exact movements of the animals.
8. The final performance was in Rondo form ABACADA form where A is the Pout Pout Fish choreography, B is the clam group choreography, C is the jellyfish group choreography, D is the squid choreography and E is the octopus choreography. The last time they perform the Kiss Kiss Fish ending.

Extension: Let the kids use scarves to accentuate or help groups with the swaying motions or movements of the different sea creatures.