

CANADA ' S C E N T E N N I A L Y E A R

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M A S S G Y M N

Yritys A.C.,
Toronto, Ontario.

M A S S G Y M NCHILDREN'S MOVEMENTS

OPENING MARCH: Order of march - 2 abreast.

Children: 2 rows of girls, 2 rows, boys, 2 girls, etc.

Adults: Women 2 abreast, followed by men 2 abreast.

Marching from Yritys cabin along track in front of aud. continuing along track until marked point, turn marching to back until inside edge of track is reached, turn in, march to centre line, children march fwd. to marked point 6 abreast as follows: 2 boys, 4 girls, 2 boys. Children then come to halt and await their cue to start first movement.

Meanwhile, women march down 6 abreast behind children, when group is formed sit on ground; followed by men 4 abreast, sitting when their group is formed.

MOVEMENT NO.1 - WARMUP MOVEMENT

(Girls & boys perform same movement)

- A. 1-8 Jump feet apart, clap hands straight above head, look up (1-2) arms down to sides, clapping tops of legs (3-4) arms up, clapping above heads again (3-4) hands behind neck elbows bent, fingers clasped (7-8)
- 1-8 Twist upper body to r., looking back (1-2) twist l. (3-4) right again (5-6) left again (7-8)
- 1-8 Bend fwd. from waist, put palms together, fingertips touching floor, knees straight (1-2) stand, arms up shoulder high sides (3-4) bend fwd. again, fingertips touching floor & palms together (5-6) stand arms up shoulder high sides (7-8)
- 1-8 Bend l. right arm overhead, l. arm along leg (1-2) attention, arms down at sides (3-4) bend r., l. arm overhead, r. along leg (5-6) attention (7-8) (feet still apart)
- B. 4 x 1-8 Repeat A.
- C. 1-8 Jump to crouch pos., feet tog., hands on floor (1-2) Keeping hands on floor, straighten knees, bending fwd. from waist, head between arms (3-4) crouch (5-6) straighten knees (7-8)
- 1-8 Crouch (1-2) hold (3-4) Jump feet apart, standing up, arms straight up frontways (5-8)
- 1-8 Clasp hands, bend fwd. pushing arms through between legs, knees straight (1-2) bob (3-4) straighten up, arms up straight above head, still clasping hands (5-6) hold (7-8)
- 1-8 Bend fwd. again pushing arms through between legs (1-2) bob (3-4) arms straight up above head (5-6) quickly sit on ground, legs straight in front, hands on ground at sides.
- D. 1-8 Lift l. leg, keeping knees straight, and clap under left knee (1-2) left leg beside r., arms down at sides (3-4) Lift r. leg, clap under r. knee (5-6) legs tog. (7-8)
- 1-8 Repeat again left and right legs.
- 1-8 Bend fwd. touching toes with fingertips, forehead on knees (1-2) bob in this pos. (3-4) return to sit pos., arms downwards and up sides shoulder high. (5-8)
- 1-8 Repeat touching toes (1-4) return to sit pos., arms shoulder high sides (5-8).

E. 1-8 Hands on ground, jump into crouch pos. (1-4) stand (5-8)

1-8 Jump feet astride, arms up sides clapping above head as at beg (1-2) jump feet tog. arms down clapping tops of legs (3-4) jump feet astride and clap up (5-6) arms down, feet tog. clap tops of legs (7-8)

1-8 Crouch pos. with jump, feet tog. (1-2) keep hands on floor straighten knees (3-4) crouch (5-6) straighten knees, hands on floor (7-8)

1-8 Crouch and hold (1-4) stand to attention with jump (5-8)

MOVEMENT NO.2 - MAZURKA (Girls & boys perform separately)

GIRLS' MOVEMENT: Rows 1,3,5,etc. face back. Starting from aud. r. first two couples facing ea. other form circle, next two couples, etc. 4 in a circle.

A. 4 x 1-3 Holding hands, take 12 steps around circle clockwise, ending facing in, still holding hands (4 to a circle)

4 x 1-3 Arms up frontways to straight up, still holding hands, lean back (2 x 1-3) arms downwards, bending fwd. from waist, back straight, arms back and shoulder high (2 x 1-3)

B. 4 x 1-3 12 steps around circle clockwise again, moving in quite close tog. this time

4 x 1-3 Face in, arms up front, and as they reach straight up, about turn l. to face out, do not let go hands, wrists are crossed, up on toes and look up (3 x 1-3) turn r. to face in, arms down, still holding hands (1-3)

C. 4 x 1-3 Take two steps backwards starting 1 foot, let go hands, arms come up back, top body bent fwd. (as if sneaking back) (2 x 1-3) two steps fwd. arms come downwards and straight up front to diag. up, looking up (not holding hands) (2 x 1-3)

4 x 1-3 L. arm circles down frontwards, up backwards returning to diag. up front, turning head and upper body to follow it (2 x 1-3) keep with r. arm (2 x 1-3)

D. 8 x 1-3 Repeat C.

E. 4 x 1-3 12 runs around circle clockwise, holding hands.

4 x 1-3 Face in and crouch, keeping body upright, holding hands shoulder high sides (2 x 1-3) stand (2 x 1-3)

BOYS' MOVEMENTS: Two abreast at ea. side of girls, fade in on intro. to face centre line.

A. 4 x 1-3 Arms straight up, frontways, look up (1-3) bend fwd. from waist, forehead on knees, arms down and up back (1-3) ret. to orig. pos. arms straight up, look up (1-3) bend fwd. again (1-3)

4 x 1-3 Arms straight up again, going down on to l. knee (1-3) bend fwd. forehead on r. knee, arms down and up back (1-3) arms straight up, upper body upright (1-3) Stand, about turn twds. aud. to face out. (back to centre line)

B. 8 x 1-3 Repeat all of A. but down on l. knee. On last count stand and face front.

C. 4 x 1-3 Inside line of ea. side, or group, take 9 hops fwd with both feet, hands on hips (3 x 1-3) crouch, hands on ground (1-3) (Outside lines stay put)

- 4 x 1-3 Inside line stays in crouch, outside line takes 9 hops fwd. both feet, hands on hips (3 x 1-3) crouch, on very last count everyone stands up (1-3)
- D. 8 x 1-3 Repeat C., but move backwards this time (first inside line, then outside line.
- E. 8 x 1-3 Repeat A. but facing front this time, end facing front at attention.

MOVEMENT NO.3 - ON KNEES (Girls & boys perform the same)

- A. 1-8 Down on to l. knee (1-4) r. knee beside it (5-8)
- 1-8 Bend fwd. sitting on heels, forehead on knees, arms back and up (1-4) up on knees, arms down and shoulder high front (5-8)
- 1-8 Bend fwd. again, sitting on heels, arms down and up back, forehead on knees (1-4) up on knees, arms stay down at sides (5-8)
- 1-8 Drop on to all fours (1-4) hold 5-8)
- B. 1-8 Sit back on heels, do not move hands, chest on knees, head down between arms (1-4) back up to all fours (5-8)
- 2 x 1-8 Repeat twice
- 1-8 Stand up on knees, arms shoulder high at sides.
- C. 1-8 Bend body l., arms stay shoulder high sides, making a diagonal line (1-4) att., arms still up at sides (5-8)
- 1-8 Bend right and attention.
- 1-8 Bend left and attention again.
- 1-8 Quickest way into sitting pos., legs straight along ground in front.
- D. 1-8 Clapping along ground with hands, first at hips (1-2) knees (3-4) calves (5-6) ankles (7-8) bending body fwd. so forehead is on knees.
- 1-8 Arms straight, lay back to stretched position.
- 2 x 1-8 Repeat above.
- E. 1-8 Arms move to shoulder height along floor, bend knees bringing to chest (1-4) straighten legs along floor (5-8)
- 1-8 Repeat
- 1-8 Bending knees, following through bring legs overhead, touching toes to ground behind head, knees straight.
- 1-8 Legs down, coming up to standing position.

MOVEMENT #4 - LEG & BODY MOVEMENT (Girls & Boys separate)GIRLS MOVEMENT: Intro: into orig. position 4 abreast (or 6)

- A. 1-3 Step to l. bending and straightening knees, arms up diag. left, wgt. on l. foot
- 1-3 Bending knees, arms swing downwards and up r. diag., wgt. on r. foot
- 1-3 Left again (wgt. on l. foot, arms up l.)
- 1-3 Bending knees, wgt. on r. foot, but this time turn to face r. wall, feet tog. arms straight up.

- B. 1-3 Lift. l.knee, toe pointed, knee at r.angle, arms down sideways to clap under knee.
 1-3 Feet tog. arms sideways straight up.
 1-3 Swing arms downwards (frontways) and up back, knees bending softly, body bend fwd.
 1-3 Knees bending and straightening, arms straight up again.

C. 4 x 1-3 Repeat B. but clapping under k. knee.

- D. 1-3 Face front, step to l., bending knees and straightening them, wgt. on l.foot, arms up l.side diagonally.
 1-3 Wgt.on r. foot, bending & straightening knees, arms downward and up diag. r., look up r.
 1-3 Change wgt. again, arms down and pp l. side diag.
 1-3 Att. l.foot to r., arms down sides,

REPEAT ALL ABOVE OPPOSITE - (Lunge or rather step to right, etc. Face l.wall for claps, etc.) End facing frt.

BOYS' MOVEMENT: /Still in 2's outside of girls. Face in.

- A. 2 x 1-3 Bend fwd. from waist, arms shoulder high front, upper body parallel to ground, head between arms

2 x 1-3 Crouch, arms stay shoulder high front, body upright (1-3) bob in crouch pss. (1-3)

- B. 4 x 1-3 Repeat from beg. but at end, instead of bobbing, stand, arms stay shoulder high front.

- C. 2 x 1-3 Bend fwd. from waist, knees well bent, swing arms down and up back (1-3) straighten knees, and upper body and throw arms frontways straight up (1-3)

2 x 1-3 Arms remain up, but bring r. a little fwd., left a little back (front V), upper body twisting slightly, look front (1-3) change arms so that l.is front r. back (1-3) (Palms facing ea.other throughout)

- D. 2 x 1-3 Change again (1-3) turn to face front, arms remain as is, so they are now in diag.V.up at sides (1-3)

2 x 1-3 Arms stay up, move inwards to cross at wrists above head (1-3) arms sideways down to sides, and face out from centre line.

REPEAT ALL ABOVE OPPOSITE.

MOVEMENT #5 - HOPS & JUMPS (Girls & Boys separate)

GIRLS' MOVEMENT: Intro: Face partner, hands on hips. (numbering from aud. r., girl 1 & 2 are partners, 3 & 4 (5 & 6 if 6 abreast)

- A. 1-8 2 step-hops twd. partner, start l.foot (1-4) Hook r. arms 2 step-hops around with partner clockwise (5-8)

1-8 Let go and return to own place with 2 step-hops (1-4) small circle on the spot around to l. to end facing partner again (5-8) (Hands on hips)

1-8 4 smaller step-hops twd. partner, arms shoulder high sides.

1-8 4 smaller step-hops back away from partner.

~~1-8 4 smaller step-hops twd. partner, arms shoulder high sides.~~
~~1-8 4 smaller step-hops back away from partner.~~

- B. 4 x 1-8 Repeat A. and end feet tog.face front.

- C. 1-8 4 Step-hops fwd. in a line, arms shoulder high sides.

1-8 4 " " back " " " " "

1-8 4 " " fwd. " , hands on hips.

1-8 4 " " back " , " " " " , att.at end.

BOYS' MOVEMENT: Intro: Face partner, quite close, hold hands.

- A. 1-8 Outside boy crouch and bob (1-4) (inside boy just holds his hands) outside boy stands and inside boy crouches and bobs (5-8) (Keep body straight)

1-8 Repeat.

- 1-8 Let go hands, outside boy bring arms straight up, as inside boy puts hands on ground and jumps feet back into pushup pos. (1-4) Outside boy bend fwd. throwing arms loosely and swiftly down front to up back and bob as inside boy jumps to crouch pos. again (5-8)

- 1-8 Outside boy arms straight up frontways again as inside boy into pushup pos. (1-4) Outside boy brings arms as inside boy into crouch again (1-2) hold hands inside boy standing.

- B. 4 x 1-8 Repeat all above but opposite so that outside boy is crouching, etc., and inside goes up first.

- C. 1-8 Still holding hands, inside boy crouches, sits and lays down on ground as outside boy leans slightly fwd. allowing partner to lie (boy lying is doing so with bent knees) Inside boy comes back up to standing pos. with help of partner (5-8)

- 1-8 Repeat opposite, outside boy down and lying (bent knees) inside boy helping (1-4) up to standing pos. (5-8)

- 2 x 1-8 Repeat above, each boy going down and up once again. Face front at end.

MOVEMENT #6 - ARM & STRETCH MOVEMENT (Girls & boys the same)

- A. 1-8 L.arm loosely fwd. shoulder high, r. back, shoulder high, twisting upper body r.looking back (1-2) change arms, twisting body l., look back (3-4) change twice (5-8)

- 1-8 Repeat above, but on last count instead of making last change, bring arms out to sides, shoulder high, feet apart in astride pos.

- B. 1-8 Arms cross in front of body, head down slightly (1-2) head up, arms relaxed downwards and out to sides shoulder high (3-4) cross again (5-6) out to sides (7-8)

1-8 Repeat above.

- C. 1-8 Drop down from waist, and put both palms on floor in front of l.foot, knees straight (1-2) touch palms to floor between feet (3-4) touch palms to floor in front of r.foot (5-6) arms up r.side to straight (7-8) Each change when bending fwd. is done with little bob to get good relaxed bouncy movement - knees straight)

1-8 Repeat.

- D. 1-8 Bend fwd. again from waist, this time touch floor as far as possible on outside of l.foot with r. hand, other arm behind you, knees str. (1-2) bob and touch further (3-4) change without getting up, so l.hand touches floor on outside of r.foot (5-6) bob touching even further (7-8)

- 1-8 Repeat r.hand to l.foot (1-4) stand to att. and jump feet tog. (5-8)

REPEAT ALL FROM BEGINNING.

MOVEMENT #7 - FINALE (Girls & boys separate)

See diagram for direction of runs.

GIRLS' MOVEMENT:

A. 1-16 Girls into one large circle, quickest way, holding hands, taking 16 runs around clockwise.

1-16 Reverse direction taking 8 runs counterclockwise (1-8) r. turn to face out, hold hands again, and close in to make very tight circle, hands are down at sides (9-16)

B. 1-16 Holding hands, bring arms straight up, look up (1-8) Arms down (1-4) Let go, 1/4 turn to r. to face clockwise in circle (5-8)

RUN OFF clockwise to audience's r. back corner, face aud., sit on ground in group.

BOYS' MOVEMENT:

A. 2 x 1-16 Each line of boys does the following at the same time:

Outside Line of Group A: (aud.r. hand) first boy turn out and runs out to side, other following by running fwd. to his place, turn out and follow, etc. Turn to back, run half way to back, turn in and form line.

AT SAME TIME

Inside Line of Group A. runs fwd. turns in to centre line, at centre line turns and runs to back to circle of girls

AT SAME TIME

Outside Line of Group B. about turns, last boy leading off, run back, turn to face centre line, down centre line to circle of girls.

AT SAME TIME

Inside Line of Group B. runs fwd. turns out to aud. l.hand corner, turns running half way to back, turns in and run in to centre line to circle.

Note: Arms throughout runs are normal running pos., elbows slightly bent.

B. 1-16 Hands on shoulder of boy in front (first boy puts hands on ground) goe into crouch as follows: Line on aud. k. goes down first (1-2) line in front of aug. second (3-4) line on aug. l. third (5-6) line at back (7-8) Hold (1-4) everyone stand and about turn left to face out (5-8) arms down.

RUN OFF forming clockwise circle, running off to aud. l.hand back corner, face aud. and sit on ground in group.

SEE SEPARATE SHEET FOR MOVEMENT #8 - GRAND FINALE.

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M A S S G Y M N

WOMEN'S MOVEMENTS

OPENING MARCH: Order of march - 2 abreast.

Children: 2 rows of girls, 2 rows of boy, etc.

Adults: Women 2 abreast, followed by men 2 abreast.

Marching from Yritys cabin, along trace in front of aud. continuing along track until marked point, turn marching to back until inside edge of track is reached, turn in, march to centre line, children march fwd. to marked point 6 abreast as follows: 2 boys, 4 girls, 2 boys. Children then come to halt and await their cue to start first movement.

Meanwhile, women march down 6 abreast, behind children, when group is formed, sit on ground; followed by men 4 abreast, sitting when their group is formed.

PREPARATION: As children complete their final movement and run to back corners, women stand and move fwd. unobtrusively to marked pos. at back of field, 6 abreast.

MOVEMENT #1 - OPENING

- A. 1-4 4 steps fwd. starting with 1.foot.
- 5-8 Point 1.foot fwd. r.arm moves fwd. to straight up, and 1.to side shoulder high (1) wft. on to 1.foot, arms down to sides (2) arms continue to alternate position (1.straight up, r. out to side) point right toe front (3) wgt. on r.foot, arms down to sides (4)
- B. 2 x 1-8 Repeat all above twice.
- C. 1-8 Point 1.foot front, arms up shoulder high sides (1) wgt. on 1.foot, arms down at sides (2) point r.foot fwd. arms frontwards to straight up (3) wgt. on r. foot, arms down at sides (4) 1.toe pointed, arms shoulder high sides (5) wgt. on 1.foot, arms stay up at sides (6) feet tog. r. to l., up on toes, arms downwards describe circle once and down to sides (7-8)

REPEAT ALL ABOVE ONCE MORE TO REACH PLACES.

MOVEMENT #2 - ARM MOVEMENT

- A. 1-4 Arms moving up front to wide V pos., look up.
- 5-8 Arms remain up, move inwards flipping at wrists a little, crossing above head and return to high V. (arms are straight entire time, they just cross above head and return to diag. V)
- 1-4 Turning head against R.arm, starting with r. foot take 4 steps around circle r., arms stay in high V, to end facing front.
- 5-8 Arms down frontwards, crossing in front to shoulder high sides (5-6) flipping slightly at wrists down to sides.
- 1-4 Body still facing front, turn upper body to l. wall as arms come up sideways into wide V, look up (1-2) upper body face front, arms down (3-4)
- 5-8 Repeat twisting upper body r., arms in v., and face front.
- 1-4 As at beg. arms up in high V.
- 5-8 Arms down frontwards, crossing in front and out to sides shoulder high (5-6) flipping wrists slightly bring arms down to sides (7-8)

- B. 1-4 Step 1., bending knees, arms start up to diag. 1.
(1-2) straighten knees so weight is on l.foot, r.
toe pointed to side, arms are now diag. up l.side,
look up (3-4)
- 5-8 Feet tog., l to r., bending knees arms move down
left and up r. (1-2) to straight up, knees strt (3-4)
- 1-4 Arms continue circle down left, knees bending and
straightening, coming up to diag. r. (1-4)
- 5-8 Change wgt. to l. knees bending, arms downwards
and up l.side diag. knees straighten
- 1-4 Knees not bending, arms circle down l.and up r. to
straight up.
- 5-8 Bend l.knee, slide r.toe out to side, continue arm
circle down l. and up r. to diag. up r. looking up
- 1-4 Feet tog. r. to l., bending knees and straightening
them as arms come down to sides
- 5-8 Bend r.knee, slide l.toe to side, arms come up diag.
left,
- C. 1-4 Feet tog. l.foot to r., up on toes, arms down left,
r. arm remains shoulder high side as left continues
to straight up.
- 5-8 Bending knees, bring l.toe a little behind r. heel
as in curtsy, l.arm comes down to side, head a little
bowed and r.arm remains shoulder high side. (left
arm is straight down)
- 1-4 L.arm straight up moving pp side, knees straight,
not on toes, head front
- 5-8 Leaving r.arm shoulder high side, describe first half
of small figure 8 above head with l.arm, staring right
- 1-4 Continue figure 8 out to left, same arm.
- 5-8 again crossing and continuing into another figure 8.
- 1-4 Continue figure 8
- 5-8 Both arms down to sides.

NOTE: ALL OF ABOVE MOVEMENT FROM START TO FINISH MUST BE
DONE AS A CONTINUOUS FLOWING MOVEMENT WITH NO APPARENT BREAKS
OR PAUSES IN SPITE OF COUNT.

MOVEMENT #3 - LEG MOVEMENT

- A. 1-3 L. arm fwd. shoulder high, palm down.
1-3 L. arm to side, shoulder high, palm up and look at it.
1-3 L. arm straight up, and bend to right.
1-3 Straighten, l.arm down to shoulder high side again,
palm down.
- B. 1-3 L. arm stays as above, r. arm comes up shoulder high
side, palm down, look front.
1-3 R. arm stays put, look r., turn palm up.
1-3 R. arm straight up, bend l. (l.arm stays shoulder
high side)
1-3 Straighten, r. arm down to shoulder high at sides.
(Both arms are now in yard pos. - shoulder high sides)
- B. 1-3 Hands behind back, l.foot lifts to side, toe pointed
(quick movement) (1) l.foot down up front, knee bent
at right angle slightly across body (2-3)
1-3 L.foot down and out to side again
1-3 Quick turn to r. wall, bend r. knee, l. toe is
pointed back (lunge position)
1-3 Face front, l.foot to r.
- D. 4 x 1-3 Repeat C. with right foot.

- E. 1-3 L.arm shoulder high front, l.toe pointed front.
 1-3 L.arm out to side shoulder high, l. leg out to side toe pointed.
 1-3 Bend r. knee, bring r. arm straight up overhead coming up sideways and bend l., l.toe pointed to side
 1-3 Att. l.foot to r., r. arm down, l. stays shoulder high side.
- F. 4 x 1-3 Repeat E, but with r. arm an foot bending l.knee and bend left, r.toe pointed to side. End with both arms up shoulder high - yard position, feet tog.
- G. 1-3 L.foot point to side and cross bending knee as in C, but arms remain shoulder high sides
 1-3 L.foot down and out to side, toe pointed.
 1-3 Turn to face r. wall, r. knee bent, l.toe pointed back lunge pos., r. arm is shoulder high front and left moves beside it to shoulder high front moving downwards.
 1-3 Face front, l.arm downwards to shoulder high side.
- H. 4 x 1-3 Repeat with r. foot, at end att.arms down.

MOVEMENT #4 - BODY MOVEMENT

- A. 1-4 Up on toes, arms move up l. side, r. arm continuing to straight up and l. remain shoulder high side.
 5-8 Step to l, bending and straightening knees weight on l. foot, r. arm down to join left, continuing changing wgt. to r. foot, arms continuing down and diag. up r. side
 1-4 Bring l.foot to r., bend body fwd. from waist, arms crossing at ankles (1-2) continue circle with arms standing up and down to shoulder high sides (3-4)
 5-8 Bend knees, arms bending at elbows, r. arm over l., shoulder height in front (Russian style) head down on arms (5-6) straighten knees, arms out to sides again shoulder high (7-8)
- B. 1-4 Facing l.corner, lunge back on r.foot, l.knee straight, l.arm moves straight up as right remains shoulder high front
 5-8 Feet tog., r.to l., arms shortest way to shoulder high sides.
 1-4 Repeat lunge but facing r. corner, lunging with l. foot, l.arm shoulder high front, r.straight up.
 5-8 Feet tog., l.to r., arms shoulder high sides.
- C. 1-8 Arms downwards to straight up in high V., palms front look up
 1-4 Bend fwd. from waist, knees straight, arms come straight down and up back so they are straight up back, forehead on knees.
 5-8 Keeping knees strt., arms movd downwards, upper body parallel to floor, arms overhead in line with upper body
 1-8 Stand, arms moving downwards, up back, good arm circles to end straight up.
 1-4 On toes, knees bending, elbows bent shoulder high front, r. over l. as previously (Russian style) but this time on toes.
 5-8 Att. on heels, head up, arms remain as above.
- D. 1-4 Face partner, lunge fwd. on r. foot, arms diag. down back, head in line with body.
 5-8 Step back on l.foot, r.foot pointed front, still facing partner, arms up in arch overhead, look up.
 1-8 Repeat exactly as above.

1-8 Step fwd. on r. foot, bring l.foot up front knee bent, toe pointed, arms down and slightly up back (1-4) step fwd. on l.foot on toe, towards partner, bring r. knee up, but this time knee is bent and r. toe is beside l. knee not at right angle (5-8)

1-8 Step fwd. r. (1) together (l. behind r.) (2) step ~~xxxxxxx~~ fwd. r. again (3) hold (4) left foot behind r. weight on it, swivel around l. to face audience. (Partners have changed places).

#. 4 x 1-8 Repeat D. returning to original places.

MOVEMENT #5 - JUMP MOVEMENT

Starting from aud. r., number in 2's. ~~xxxxxxx~~,

1-8 Hands on hips, running twds. partner 8 runs around circle clockwise.

1-8 Still going in same direction, jump feet tog. (1) l.leg kicks up back from knee, keeping legs tog., knees tog. and just kicking up from lower leg, heel kicking seat, look at partner (2) two steps fwd. in circle on toes (left-right) (3-4) Jump feet tog. (5) Kick r. back from knee (6) two steps fwd. on toes (7-8)

1-8 8 runs around in circle again starting r.foot.

1-8 Repeat tog.-kick-step-step with left leg (1-4) together
1 kick r.leg, but this time about turn so that you are facing counterclockwise and take the two steps in this direction (left-right) (5-8)

1-8 8 runs around in circle counterclockwise, starting r. foot, this time joining with couple behind you and making 4 man circle.

1-8 Jump feet tog.-kick left-step-step (1-4) jump feet tog. kick right-step-step (5-8)

1-8 8 runs counterclockwise, starting r. foot

1-8 Jump feet tog., kick left, step-step (1-4) instead of continuing as usual, take 4 steps fwd. up on toes, starting with l.foot, and face in at end, arms down at sides.

MOVEMENT #6 - INTERMEZZO

Intro: 2 x 1-3 - Down on to l. knee (1-2) r. knee beside it and sit on heels (3) Bend body fwd. so forehead is on ground in front of knees (1-3)

A. 1-3 Sit up on heels, arms down at sides.

1-3 Arch chest fwd., head back, still sitting on heels

1-3 Ret. to orig. pos., sitting on heels, body upright.

1-3 Bend down, forehead on floor again.

4 x 1-3 Repeat above.

B. 1-3 Still sitting on heels, bring l.arm bending elbow to shoulder and push straight out to side, shoulder height

1-3 Arm down to side, face front.

2 x 1-3 Repeat r. arm.

1-3 Step on to l.foot, wgt. on r. knee, arms diag.up front

1-3 Lean fwd. on l.foot, head between arms in diag. straight line, diagonally up

1-3 Stand, wgt. on l.foot, arms down and up back, look up

1-3 Feet tog., r. to l, arms down at sides.

- C. 1-3 Step. fwd. on r. foot, arms moving upwards
 1-3 Arms continue to straight up, feet tog. l. to r., bending upper body slightly back.
 1-3 Step fwd. on l. foot, go down on r. knee and arms frontwards down to sides.
 1-3 Continuing arms to up back, sit on r. heel and bend upper body fwd. with head on knees, arms way up back.
 1-3 Up on r. knee, arms swing with r. fwd. l. back.
 1-3 Stand, wgt. on l. foot, l. arm swings fwd. right back.
 1-3 Feet tog. r. to l, arms change again and continue upwards to end straight up at same time turning so left shoulder is in to circle.
 1-3 Hold (you are now facing counterclockwise 4 to circle)
- D. 1-3 Lunge to side with l. foot (twd. centre of circle) r. toe pointed to side, arms shortest way to crossed at chest, bend right
 1-3 Straighten l. knee, but remain bending r., arms straighten out to sides in a diag. line
 1-3 Bring l. foot to r., up on toes, arms out to sides shoulder high.
 1-3 Arms up in arch overhead, look up.
 1-3 Lunge out to side with r. foot, away from centre of circle, bending l. arms crossed at chest.
 1-3 Straighten r. knee, arms out to sides shoulder high, still bending left, arms in diag. line.
 1-3 R. foot to l., arms shoulder high sides
 1-3 Arms arch overhead and look up.
- E. 1-3 Knees bend, drop to floor, putting both hands on floor beside l. foot, upper body twisting slightly l.
 1-3 Stand, arms circling backwards up l. side to straight up.
 1-3 Drop to floor, twist body, hands on floor beside r. foot.
 1-3 Arms up right side to straight up.
 1-3 Drop, hands on floor beside l. foot, twisting l.
 1-3 Arms up l. side to straight up standing.
 1-3 Arms down frontwards, crossing, continuing to end shoulder high sides.
 1-3 Arms down to sides.

MOVEMENT #7 - STEP-HOPS

Intro: Run into 2 lines at sides, facing audience, hands behind back. Line on aud. r. is A and line on aud. left is B. Line A. performs entire movement, and then line B.

- A. 1&2&3& Step-hop to side on inside foot (1&) cross outside foot over inside and step-hop on it (2&) Step-hop to side on inside foot again, at same time swing outside foot back in arch, about face on hop so back is to aud. (3&)
- 1&2&3& Repeat above starting on inside foot again, but facing back so it is step-hop to side (1&) cross (2&) step-hop to side and outside foot circles back, facing front (3&)
- 1&2&3& Step-hop to side on inside foot (1&) cross, step-hopping on outside foot across inside foot (2&) step-hop on inside foot, still facing front, swing outside foot straight out to side.
- 1&2&3& Repeat, step-hop to side on outside foot (1&) cross over with inside foot and step-hop (2&) step-hop again on outside foot, inside foot out to side (3&)

B. 4 x 1&2&3& Repeat A.

C. 4 x 1&2&3& Repeat A. again

D. 2 x 1&2&3& - Repeat first two parts of A.

2 x 1&2&3& Instead of continuing, turn to face Row B,
arms up shoulder high sides and run fwd. with
12 long runs, running through to outside of
line B., and face front.

ROW B. now repeats all above, at end running to side where
Row A. was originally.

As men start first movemt. women sit on ground, legs to side,
knees bent, holding position as men perform their movements.

SEE SEPARATE SHEET FOR MOVEMENT #8 - GRAND FINALE.

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M A S S G Y M NMEN'S MOVEMENTS

OPENING MARCH: Order of march - 2 abreast.

Children: 2 rows of girls, 2 rows of boys, etc.

Adults: Women 2 abreast, followed by men 2 abreast.

Marching from Yritys cabin, along track in front of aug. continuing along track until marked point, turn marching to back until inside edge of track is reached, turn in, march to centre line, children march fwd. to marked point 6 abreast as follows: 2 boys, 4 girls, 2 boys. Children then come to halt and await their cue to start first movement.

Meanwhile, women march down 6 abreast, behind children, when group is formed sit on ground; followed by men, 4 abreast, sitting when their group is formed.

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PREPARATION: As women perform last movement, men stand and move fwd. 4 abreast at back of field. Stand at east until women sit down at sides.

MOVEMENT #1 - OPENING & ARM MOVEMENT

- A. 1-4 4 march steps fwd., starting 1 foot, feet tog. on last.
 1-4 Arms sharply up back (1) throw arms straight up front, bending slightly back, look up (2-3) arms frontwards down to sides (4)
 2 x 1-4 Repeat above.
 2 x 1-4 8 marches fwd.
 2 x 1-4 4 marches fwd. as at beg., feet tog. on last count (1-4) arms up at back (1) arms frontways straight up, bend back, look up (2-3) straighten body, but leave arms straight up.
- B. 1-4 Arms swing down front and slightly up back, l.knee bent, head bent fwd. (1) l. leg down and up back, arms straight up frontways to straight up, bending slightly back (2) l.knee lift front again, arms down and slightly back, head bent (3) feet tog. arms straight up, head front (4)
 1-4 Bend top body so it is parallel to floor, arms straight along body (1-3) attention (4)
 2 x 1-4 Repeat from beg. of B., with r. foot.
- C. 1-4 Lunge fwd. on l. foot, arms frontways straight up, body bending back, take 3 bobs (1-2-3) att. 1 foot to r., arms down front to slightly up back (4)
 1-4 Arms shoulder high front (1) twisting body l, l. arm move downwards up back to straight up (2) continue moving down front, bend fwd. from waist, touch toes with both hands (3) attention (4)
 2 x 1-4 Repeat C. with r. foot and r. arm.
- D. 1-4 Both arms shoulder high front (1) both arms swing downwards and back left, twist upper body and look back (2) both arms swing downward up front to straight up (3) continue down back to end shoulder high front (4)
 1-4 Bend to crouch pos., with bob (1) straighten knees keeping hands on ground, bobbing knees first (2) crouch with bob (3) stand and at same time make complete turn around l. to end still facing front.
 2 x 1-4 Repeat D. but opposite.

MOVEMENT #2 : Intro - into 2 lines.

- A. 1-4 Arms up sides (1) down (&) up front (2) down (&) up sideways to straight up (3) hold (&) arms down to sides at att (4&)
- 1-4 Kick l.leg out to side, arms sideways to straight up (1) step on to l.foot, wgt. evenly on both feet, arms continue circling by coming down front, crossing in front, up side to end straight up (2&)
- Bending l.knee into lunge, r. knee str. wgt. on l.foot, hands clasped behind neck, bend r. (3&)
- Bring l.foot to r., arms down to side to att. (4&)
- 2 x 1-4 Repeat from beg. but kicking r. foot this time.
- B. 4 x 1-4 Repeat all of A., but numbering in 2's from front to back, row 1's kick left first and then right and row 2's kick right first and then left.
- C. The following explanation is for row 1's - row 2's do same but opposite (direction, leg, arm, etc.)
- 1-4 Small jump left into crouch pos. (1&) bob staying in crouch pos. (2&) Jump to standing pos. feet astride, arms up to sides shoulder high (3&) Jump feet tog. arms down at sides (4&)
- 1-4 Step to l., feet astride, arms up left side to straight up (1&2&) bend right, bending l.knee deeply, r.leg straight, wgt. on l.leg, arms down to grasp r. ankle (3&) arms up, weight on both feet again, arms up r. side to straight up (4&)
- 1-4 Describe complete circle with arms and upper body, moving down left, touch floor, up right to end straight up (1&2&3&4&0)
- 1-4 L.foot to r., arms down to attention.
- D. 4 x 1-4 Repeat C. but opposite.
- E. 4 x 1-4 Repeat B., attention at end.

MOVEMENT #3 - BODY MOVEMENT

Intro: Back to 4 abreast.

- A. 1-4 Step to side with l. foot, wgt. on both feet, good wide astride pos., r. arm swinging up back, down front to touch l.toe with r.fingertips (knees straight) (1-3) att. feet still astride (4)
- 5-8 Repeat l.arm.
- 2 x 1-8 Repeat k. arm, l.arm, r. and l.again, and on last count bend body fwd. parallel to floor, straight back, arms shoulder high sides.
- 1-8 Keeping body in bent pos., swing arms side to side 7 times, starting l., up to att. on 8 (feet still astride). Arm swing from shoulder only.
- 4 x 1-8 Repeat from beg.
- B. 1-4 Both arms backward circle up and down front to touch toes (1-3) body up, hands at sides. (4)
- 5-8 Arms up sides to straight up (5-6) arms down to sides (7-8)
- 2 x 1-8 Repeat twice more, on last count bend fwd. upper body parallel to floor, arms shoulder high sides.
- 1-8 Arms swing side to side 7 times, starting l., up to att. on 8 feet tog. as well.

MOVEMENT #4 - KNEE BENDS

Intro: Close in so that lines are double arm width apart.

- A. 1-4 Arms fwd. shoulder high (1) arms downwards and up shoulder high sides (2) crouch, arms remaining shoulder high sides (3-4)
 - 1-4 First row l., 2nd right, 3rd left, 4th right, etc., take 8 jumps to side in crouched pos (1-3) stand, arms stay up at sides (4)
 - 1-4 Arm circles, moving downwards, crossing in front and up, 3 times, to end diag up sides.
 - 1-4 Crouch, hands on ground (1-2) stand, arms up at sides shoulder high (3-4)
- B. 4 x 1-4 Repeat above opposite way to return to places.
- C. 2 x 1-4 Repeat first 2 x 1-4 moving out to sides.
 - 1-4 Arms straight up, lift l.leg straight out to side (1) feet tog. arms down (2) lift r.leg out to side, arms straight up (3) attention (4)
 - 1-4 Crouch, head down, arms down and touch ground (1-3) attention (4)
- D. 4 x 1-4 Repeat C. opposite, moving back to orig. places.

MOVEMENT #5 - WAIST MOVEMENT

Intro: Into 2 lines, facing in.

- A. 1-4 Bend fwd. from waist, top body and arms parallel to floor, head between arms, arms straight up (1-3) attention (4)
 - 1-4 Repeat
 - 1-4 Arms fwd. to straight up, leaning slightly back (1-3) attention (4)
 - 1-4 Arms fwd. to straight up, lean slightly back (1-3) arms down to shoulder high front (4)
- B. 1-4 Bend fwd. from waist as at beg., top body and arms parallel to floor, arms up (1-2) stand, arms straight up bend slightly back (3-4)
 - 1-4 Crouch, arms frontways down to shoulder high frt. (1-3) stand and arms up straight (4)
 - 2 x 1-4 Repeat above, but on last count, hands on hips, face front, jump feet apart.
- C. 1-4 Bending out from waist, (A.bend left, B. right) (1) bob twice (2-3) up (4)
 - 1-4 Bend in from waist (1) bob twice (2-3) up (4)
 - 1-4 Bend out (1) body up (2) bend in (3) up (4)
 - 1-4 Bend out, up, in, up.
- D. 4 x 1-4 Repeat all of C.
- E. 1-4 Bend out, this time inside arm comes straight up side to straight up, and outside arm down and little behind, stretch both arms out from shoulder sockets, good bend (1) bob twice (2-3) att. arms shoulder high sides (4)
 - 1-4 Rep. opposite way, bending in, outside arm overhead and inside arm down and back.
 - 1-4 Rep. double time, that is bend out (1) stand arms shoulder high sides (2) bend in (3) att. (4)
 - 1-4 Repeat last 4.
- F. 4 x 1-4 Repeat all of E., attention at end, feet tog.

MOVEMENT #6 - LEG MOVEMENT

Intro: into line, 4 abreast.

NOTE: In the following movement, each line performs entire movement and then second row starts, third, lastly balance of group.

1-4 Hands on hips, kick 1.foot fwd. (1) back (2) bend r. knee, hands on ground, l.knee straight back (as in running position (3-4)

5-8 Change feet so r. is back, wgt. on l., l.knee bent (5-6) change again (7-8)

1-4 Change twice again.

5-8 Lower body stays in position, arms come up into high V (5-6) arms down, palms on floor (7-8)

Row 2 repeats above - 2 x 1-8:

Row 3 " " - 2 x 1-8:

Row 4 and balance of group repeats above - 2 x 1-8

1-8 Starting from back, last group bring arms up in high V. (1-2) 3rd row (3-4) 2nd row (5-6) 1st row (7-8) (everyone now has arms up in high V)

1-8 Hold (1-4) stand to att., back front to front, arms down at sides (7-8)

SEE SEPARATE SHEET FOR MOVEMENT #7 - GRAND FINALE.

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