

**World Team - International Large Group Performance**  
World Gymnaestrada, 2015 Helsinki



**Name:** From near or far – come as you are!

**Choreographers:** Hannele Ahlqvist, Marja Kallioniemi

**Intro**

Music: Bernard Herrmann, Mountain top and sunrise  
(walk/run to the marks on the field )

**Choreography:**

Music: Nightwish, Over the hills and FarAway

III= (1-4)

1.

III III III III

**(figure1. (1-4))**

Squat (half), straight arms below on the side, head down, 8 slaps with hands to the ankles (1-8), turn the head, face the audience, still 4 laps (9-12), roll up (1-3), bent arms up (chest level) (4)



2.

III III III III

hands straight up (1-2), flexion of arms 90°, fingers upward (3), elbows to the sides(4), repeat 3x (3x(1-4))



3.

III III III III

right footstep to the right side(demi plié), same time flat back, arms straight up, from left side to the right side (1-4), balance on the left foot, right leg up, bent knee,

4.

III III III III

slap with hands to the thigh (1), stay (2), landing (3-4), repeat from right to left (without the first step) (1-8), repeat back and forth (2x(1-8))



5.  
III III III III

(figure 2. (5-12))

8 gallop steps sidelong, to the right(1-8), stand, bent arms in front of the chest, arms to the left (1-2), to the right (3-4), repeat (1-4)



6.  
III III III III

stand, little knee flexion , turn 45` to the left, straight arms (right up, left down) (1-2), change arms` position (3-4), repeat (1-4), all the time look at the left hand



7.  
III III III III  
8.  
III III III III

stand, right arm up, side bend to the left, right arm down in front of body, (1-6), "fall down", turn to the right 90` (7-8), repeat 3x (3x(1-8))



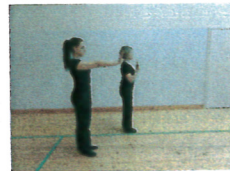
9.  
III III III III

8 steps forward (right foot starts), same time hands push forward (1-8), 8 steps backward (1-8), same time both arms across around over the head (1-4), right hand push forward (5-8)

10.  
III III III III

stand, both arms across around over the head , arms down to the sides(1-8), arms across around over the head (1-4), right hand push (5-8)

!! Depends on your location on the field, you start by number 9. or 10. and you continue 10. or 9.



11., 12.  
III III III III  
III III III III

Chorus: demi pliè, hands roll up in front of the body (start out) (1-4), straddle stand, arms` extension upward, arms down sideways (1-4), repeat (1-8), step to the right, arms up sideways (1), left foot step beside, hands` clap (2), steps to the left, arms down (3-4), same step line, first step to the left (1-4),repeat (1-8)



13.  
III III

run to the basic marks (1-8)

(figure 3. (13-15))

14.  
III III III III

throw arms (horizontal) from left to right (1-4), backward (1-4), repeat, throw arms above, front of the head (2x(1-4))

15.  
III III III III

own position (1-4), arms up(stand) or down (little knee flexion) (5-8), repeat (1-8), (every second queue hands up, every second hands down)



16.  
III III III III

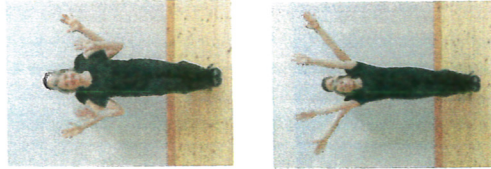
gymnasts with hands down, 4 steps behind the next queue with hands up, in the same time both queues change hands` position (1-4), change up or down (5-8), change up or down (1-4), change up or down (5-7), bend arms on the shoulders` level, open fingers (8)



17.  
III III III III

(figure 5. (17-20))

- a. (gymnast in front ) shake hands in front of the shoulders (1-4), straight arms up (5-8), repeat (1-8)
- b. (gymnast in behind) shake hands outward the shoulders (1-4), straight arms up 45°, (5-8)



18., 19.  
III III III III  
III III III III

chorus (2x(1-16))

20.  
III III

chorus face to face, hand to hand (beginning) (1-8)



21.  
III III III II

run to the new marks (3x(1-4),(1-2))

(figure 6. (21-22))

22.  
a. b. c. up  
III III III III

- kanon for the groups a. "dive" to the squat, head down, hands down (1-4) over the hills...
- b. "dive" to the squat, head down, hand down (5-8) over the hills...
- c. "dive" to the squat, head down, hands down (1-4) over the hills...
- all gymnasts stand up (5-8)



23.  
III III III III

(figure 7. (23-26))

jumping jack, hands down → 2 slaps to the thighs 8x, (8x(1-4))

24.  
III III III III

small gogo -jump forward (start to the right), hands up and down 8x, (8x(1-4))

!! two different roles, 23. or 24. (depends on your location on the field)

25., 26.  
III III III III  
III III III III

squat (1-4), stand, (1-4), repeat 3x (1-8), Kanon.

27.  
III III III III

(figure 8. (27-34))

run to the new position (big ball-circles), arms up, in the end arms down (1-16)

28.  
III III III III

- stand, faces to the center of circle(ball),
- in the center ,stand, straight arms up
  - in the middle, half squat, straight arms up, near "the Centers" backs
  - the farthest, squat, straight arms up, near "the middle"
- => little "mountain"



29., 30.  
III III III III

faces outward

the farthest same movements as 3., 4. (4x(1-8))

III III III III

in the center, stand, straight arms up(1-4), side bend to the right, hands down, turn to the half squat(5-8), repeat 3x (3x(1-8)), second and fourth, bend to the

31., 32.  
III III III III  
III III III III

left side  
chorus, faces forward

33.,34.  
III III III III  
III III III III

"heart beat", half squat, back down, head down, hands down, roll your back upward a little (1-2), down (3-4), repeat 7x (7x(1-4))



35., 36.  
III III III III  
III III III III

running counter clockwise to the center of the field (last formation → a big circle (ball))

**(figure 9. (35-36))**

37.  
III III III III

turn around yourself, hands up, clockwise (1-16)

**(figure 10. (37-38))**



38.  
III III III III

turn around yourself, hands up, counter clockwise (1-8), 8 steps to the center, hands up(1-8), "explosion" turn, face outward, windmill hands, wave the scarf (tubi)

