

Bile Them Cabbage Down

These movements are really “staging”. Enjoy adding your own ideas, too. I visualize the choir as a bit “messy” visually, as if they are enjoying a barn warming party right on stage. Add some cowboy hats for the guys and wrap around skirts that the girls can put on quickly.

Measure 1-8	Choir should be rowdy with some hoots and hollers. Girls are positioned together on one side of stage, boys on the other.
Measure 9-16	Girls in an appropriate standing pose with boys kneeling, sitting or bending low. Guys respond to girls sung phrases with some hoots and hollers and laughter.
Measure 17-24	Boys and girls cross stage and mix together in couples or small groups. Lots of energy.
Measure 25-28	Circle in rhythmic stepping around partner. Claps are written on the off-beat, but try placing them on the beat. Some can slap legs instead of clapping, too.
Measure 29-32 (33)	All walk rhythmically forward and back. Lots of arms and knees! Repeat.
Measure 34-41	Girls stand and guys kneel, bend forward, or crouch/sit. Remember, we’re still in mix position. Girls place hands on hips with a slightly different pose at measure 38.
Measure 42-51	All stay in position, guys singing now giving lots of energy. All say “woof” and then guys stand as howling and barking dogs in Measure 50-51.
Measure 52-60	Same as before. Second time through chorus, have choir move to a new position on stage. Change it up!
Measure 61-77	Now in a new position, singers only face the front when singing their line. This makes a lot of turning and adding poses when turning, like hands on hips or hats, etc. Measure 77, all are turned forward for next chorus.
Measure 78-86	Same as before, however, try adding a few couples dancing a simple step/touch pattern as partners. Like a barn dance or polka dance.
Measure 87-90	All bend lower and lower with each “down”, flat palms facing down.
Measure 91-93	Stand up, hit leg with right hand when part sings.
Measure 94	All clap 2x.
Measure 95-96	All stomp on down beat (eighth rest).
Measure 97-99	Claps, moving around stage or in small circles or forward and back. Look a bit messy and fun.
Measure 100	Hands go up, hats are lifted up, all pose in a fun way and freeze picture.

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