

THE CLEANING SONG



Music	Frédérique Kallen and Miranda Vandenboorn
Arrangement	Casper ter Beek
Dance	Maria Speth, Frédéric Kallen and Miranda Vandenboorn
Time	4/4
Prelude	17 bars
Formation	during intro: partners sit together on their own spots, back to back with knees pulled up, heads bent forward
During dance	partners in open formation; on own spots during refrain
Equipment	cleaning cloths; one for each child, tucked into a belt
Target Group	suggested 8 - 12 years

Explanation

- In this Cleaning Dance several cleaning companies advertise themselves by showing off their cleaning skills. 'It's all about the good sales pitch.' Convince the dancers of the benefits offered by owning a cleaning company!
- This dance is best learned when the teacher starts with the song movements. Ask the pupils whether they have understood the text and sing the song a few times together with the recorded music. Skip the movements regarding the introduction at this stage. They can be learned later on.
- The song is actually an advertisement. You want to sell your products and your cleaning skills. Which couple can show the best-selling move while singing?
- Repeat the refrain with each stanza and get the pupils to sing along while dancing. This is a playful way to learn the song while developing the dance. And of course, they all have a cleaning cloth, tucked under their belt!
- The music in this dance is divided over 5 tracks. This enables the various parts of the dance to be studied separately.



Dance Exploration

- Suggestions for the first stanza (B1): Partners dance through the space, one following the other. Number 1 stops for cleaning moments where number 2 mirrors these motions. The cleaning motions can be performed slowly or quickly, alternating between wide and narrow movements, low and close to the ground or as high as possible. Partners switch leadership roles after each cleaning moment.
- Suggestions for the second stanza (B2): Partners now hold both cleaning cloths together during this dance part. They can experiment or explore all the possible ways of stretching out the wrinkles in the wash, all the time holding onto the cleaning cloths. Think of terms to dance like: wring, twist, turn, shake, flutter, etc. Partners can wriggle, twist and turn themselves. Discuss with the pupils what other possibilities there may be. Let them experiment in partners. Observe each other in groups and try each other's ideas.
- Suggestions for the third stanza (B3): after all the cleaning, it is time for some networking. According to an old Dutch tradition, the cleaners must drape their cloths on top of their heads and go to greet others in their same work. It is easy to see who is in the same line of work. They can dance together, inventing new cleaning technique movements, or just hang out with each other.
But they must make sure they are back on their own spot with their partner in time for the refrain...
- Suggestions for the intro as a motive for motion:
 - Always start your day with a relaxed moment. See intro 1 - 4 in dance structure.
 - You need to take good care of your back in this line of work, so a nice massage is the next thing. See intro 5 - 8 dance structure.
 - Always support each other in the business, never stand-alone. See intro 9 - 12 in dance structure.
 - Check, check, double check, the company is famous for this! See intro 13 - 16 in dance structure.
 - Ready to go! See intro 17 in dance structure.

Dance Structure

Bars

intro

- 1 - 4 partners take a relaxing pose for their starting position
5 - 8 partners rub backs against each other (massage)
9 - 12 remain back-to-back while standing up
13 - 16 while remaining back-to-back, take turns looking up to the ceiling and down to at floor to check for cleanliness
17 in this last bar everybody faces front reaching up with both arms to start the lyrics

Bars

- A a
1 - 2 point both thumbs towards yourself, then show off your muscles
3 - 4 point again and make a money gesture
5 - 6 point both thumbs towards yourself, followed by a scrubbing movement
7 - 8 put your hands on your head while turning around in dance
9 - 16 repeat measures 1 - 8
17 get ready for the first stanza
- B b1
1 - 15 The **cleaning cloth**: partners skip freely through the room and stop for cleaning moments; partner 1 takes the lead while partner 2 follows. Alternate after each cleaning movement. Partners must avoid bumping into other partners.
16 - 17 partners are to return to their own spot in time for the refrain
- A a
1 - 16 repeat a
17 get ready for the second stanza
- B b2
1 - 15 **stretching out the wrinkled wash**: partners wriggle, twist and turn themselves while they both hang onto the two cleaning cloths
16 - 17 everybody stays on his own spot

A
1 - 16 repeat a
17 get ready for the third stanza

B
1 - 15 b3
end of the working day: each dancer puts their cleaning cloth on top of their heads ('old Dutch custom') and dances through the room while meeting other partners
16 - 17 partners return to their own spot on time for the refrain

A
1 - 18 repeat a

finale
1 - 2 everyone throws their cloths high into the air and collapse onto the floor, exhausted from all of their hard work...
time to quit for the day!

Tips

- By making use of accessories like aprons, buckets, etc. this dance can easily be turned into a performance.
- You could have a cleaning contest by placing two couples opposite each other. Which couple impresses the most while advertising their cleaning work?
- With a modified text the dance can be adjusted to a completely different circumstance. For example it can be transformed into a 'Goodbye Dance' at the end of a school year (use handkerchiefs instead of cleaning cloths); other transformations may involve different professions or maybe a temporary employment agency.

prelude: 17 bars

The musical score consists of four staves of music in a single system. The first staff begins with a treble clef, a common time signature (C), and a key signature of one flat (Bb). It starts with a 17-bar prelude, indicated by a double bar line and the text 'prelude: 17 bars'. The main melody begins with a C chord. The second staff continues the melody with lyrics 'Hey! We are the best in town Hey Hey! We'. A Dm/C chord is written above the melody for the 'Hey Hey!' phrase. The third staff continues with lyrics 'ne- ver let you down Oh yes, we'. A C chord is written above the melody for 'Oh yes, we'. The fourth staff concludes the piece with lyrics 'try the ve- ry best, to- mor- row we will clean the rest!'. Chords F and G are written below the melody for 'try the ve- ry best, to- mor- row we will clean the rest!'. The piece ends with a double bar line.

Lyrics

Hey! We are the best in town
Hey, Hey!
We never let you down
Oh yes,
we try the very best,
tomorrow we will clean the rest!