

Colin Sandquist

My Bowel Movement - For Symphony Orchestra

A Comedy Sketch Play For Solo Actor / Actress

Approximately 5 minutes (Mine are anyway Hehehe)

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Actor / Actress Dialogue:

Movement I: Bowel Troubles

[pretend run to the toilet, close lock door, drop toilet seat / pants and sit]

Ah Finally! That bloody Toronto Subway is so slow I wanna kill myself sometimes. (Grunts) ugh! is that anticipation in my head i hear? This is so difficult ... go away silly music! I gotta take a dumper and I'm TRYING to concentrate!

Mmmmh ... Ghhh ... Ok damn thats no good. Think about other things ... Happy thoughts !!!

HAPPY THOUGHTS!!! [Pulls out phone -> phone dialing -> piccolo cue] Heyyy Jenny ... I'm Good! How's things bestie?! ... Ok sooooo um I got a bit of a problem... yeah I constipation problem Had a really bad lunch at Duncan's and this thing is just sittin ... Ya it was soup shrimp, I can feel the shrimp **[Toot cue -> Trumpet]** yaa there it is, GOSH that smells **[anticipation / horror cue]**. You got any suggestions? ... UP MY BUTT!?!? ... Yeah, ok, hold on**[OAHHH moans - Dramatic music]** It's not working, how bout I call you back in 5 minutes? ... OK BYYEEEE!

Movement II: The Big Release

Allllright, So she said to phone back if this becomes an emergency. Probably best I think bout something else ... OH! crossword puzzle **[picks up Book / w pencil off floor]** I'm open to a bit of a brain teaser! Lets see here ... 13 down? I know what else I'd like to come down :) Oh damn what was the question? Ok soooo 13 down - what Rhymes with Orange? **[gives audience a funny look, shakes head]** Thats a stupid question! **[throws book, picks up phone again]**

Oooh whats happening in the twitter universe?! [taps phone a bit, shocked and exasperated] (slowly) Jenny tweets 'bestie can't poop, a friendly reminder to not eat the shrimp at Duncans Seafood LOL.' **[embarrassed reaction]** ohh I am soo going to get her back for this. **[Stomach reaction]** UH oh this doesn't Feel good at all!!! **[Intense music]** NOOO, I'm COMING FOR YOU SHRIMP!!!! Eeerrr ahhhuuggggh eeeekkMMMMAAHHH!!! **[VERY OBNOXIOUS SHITTING NOISES]** - Pause in the story **[music winds down]**
Scene Climax - Actor makes Raunchy faces and maybe a few screams (whatever floats your boat)

Movement III: Relief and Final Remark! + Close

Its done! I will triumph over thy bowels mass!! Wahoo! **[Gets up quickly, arms raised, realizes pants are still down; quick startled reaction back to the toilet and pretends to wipe butt]** whoopsie daisy...
 [Toilet Flushes a Second Time, pulls up pants and goes to wash hands. Dries Hands and resumes to sit back on the toilet with pants fully on]....[puzzled look, phones Jenny again on toilet] Hi Jenny ... yea I saw that twitter message ... well hang on to your hat because MISSION SUCCESS!!!.... Yes the deuce has been dropped... Yea I know, and I don't NEED an ambulance you Jerk! [playfully drops phone] annndd I never went to Duncans Restaurant again!!! [Sarcastically, gets off toilet and fully pulls up pants].

[Flushes toilet and clip cue 1 + walking awkwardly slowly over to the sink] Great, I now get an itch in my butt! [scratches]. [Turns on Sink + clip cue 2] yep, can feel the ship in that one EWWW... Well ok, its over now ... Whaaatt to do next? [moment of thinking] Alright, lets get that bloody essay done! [Jogs out again, opens squeaky door, Run's off to Back stage -> more concluding music]

PLAY END

Composers Note:

* Dedicated to Ainsley, Priya and Tharshi: Ainsley had to take Priya to the Hospital because she couldn't poop. Thats all I know on the story so whatever happened I hope it wasnt too bad. This is for you crazies :)

I am a pretty informal guy that just makes fun / funny music so hold on to your hats people. I will try to walk you through basically 5 - 10 minutes of your life everyday on the toilet. I know some experiences vary but It takes up more of our life than we know, so I had to do an ode to the bathroom. We go from the panick attack of getting to the toilet, to just the long wait, then thinking about other things, finishing and then finishing twice. Then don't forget the wipedown and toilet flush (although some people don't - I really hate that) and hand washing. I hope I paint the wierdest picture in your head and yes you can laugh in the performance, infact I encourage it. Peace out!

Colin Sandquist

My Bowel Movement Symphony

Symphony Layout:

Note: Caesura Markings indicate Cue Cutoffs before conducting again

Student Actor / Actress (with Porcelain Toilet and Sink + Door Frame with Door For Closing (squeaky) Cell phone + Book + Backpack - Around Center Stage infront of Conductor)

Piccolo

Flute 1,2

Oboe

Eb Clarinet

Bb Clarinet 1,2

Bassoon 1,2

Contra-Bassoon

Horn in F 1,2

Horn in F 3,4

Trumpet in C 1,2

Bass Trumpet in Eb

Trombone 1,2

Bass Trombone

Tenor Tuba in Bb

Bass Tuba in F

Timpani

Water Glass (Droplets)

Water Glass (Ringing)

Audio Clip - Toilet Flush

Audio Clip - Washing Hands

Snare Drum

Bass Drum / Cymbals

Triangle

Tambourine

Antique Cymbals

Harp or Piano (Maybe)

Violin I

Violin II

Viola

Violoncello

Double Bass

In Four "Movements"

Movement I: Bowel Troubles (Getting to the Bathroom)

Movement II: The Big Release

Movement III: Relief and Final Remark! + Close

Bowel Symphony: Movement 1 - Bowel Troubles

♩ = 180 Agitated (in 2)

Music and Words By: Colin Sandquist

CUE 1 - With the Jog

rit.

(Pretend Jog to Stage with Foot Stomps)

* Now Walking as approach toilet

Musical score for the first section of the symphony, featuring various instruments and a solo voice part. The score is in 4/4 time and includes dynamic markings such as *f* and *mf*. The instruments listed are:

- Solo Voice
- Piccolo
- Flute 1.2
- Oboe
- Clarinet in E \flat
- Clarinet in B \flat 1.2
- Bassoon 1.2
- Contrabassoon
- Horn in F 1-2
- Trumpet in C 1.2
- Bass Trumpet in E \flat
- Trombone 1.2
- Bass Trombone
- Tenor Tuba in B \flat 1.2
- Bass Tuba in F
- Timpani 1.2
- Timpani 3.4
- Water Glass (Droplets)
- Water Glass (Finger Ringing)
- Audio Clip 1 Toilet Flush + Audio Clip 2 Washing Hands
- Snare Drum
- Bass Drum / Cymbals
- Wood Block
- Triangle
- Tambourine
- Antique Cymbals

The score is divided into three main sections: "Running To bathroom (Foot Stomps)", "Still Running", and "Now Walking". The tempo is marked as "Agitated" with a metronome marking of 180. The score includes various musical notations such as notes, rests, and dynamic markings.

♩ = 180 Agitated (in 2)

rit.

Musical score for the second section of the symphony, featuring string instruments. The score is in 4/4 time and includes dynamic markings such as *f* and *mf*. The instruments listed are:

- Violin I
- Violin II
- Viola
- Violoncello
- Double Bass

The score is divided into three main sections: "Running To bathroom (Foot Stomps)", "Still Running", and "Now Walking". The tempo is marked as "Agitated" with a metronome marking of 180. The score includes various musical notations such as notes, rests, and dynamic markings.

accel.

A

* (door slow close + locks)

* Ad Lib* Sit "Ah Finally! Those Freaking subways are so slow I just wanna kill myself sometimes.

CUE 2 - (After Sometimes)

♩ = 50

* Ad Lib* (grunts) ugh! is that anticipation I hear, this is kind of hard ... go away silly music In my head I am TRYING to concentrate.

♩ = 80

* Ad Lib* Sit " MMMHHH - (W/Tuba) GGGHHH (W/Tuba)

♩ = 120

* Ad Lib* Oh Jeel! Ok No use, think about other things. Happy Thoughts. HAPPYTHOUGHTS! (pretend Cry)

3

Score for Voice, Piccolo, Flute, Oboe, Eb Clarinet, Clarinet, Bassoon, Contrabassoon, Horns, Trumpets (C, Bass), Trombones (Tbn, B.Tbn, Tba, Bass Tba), Timpani, Percussion, Snare Drum, Bass Drum, Wood Blocks, Triangle, Tambourine, and Cymbals.

Tempo markings: **♩ = 160**, **♩ = 50**, **♩ = 80**, **♩ = 120**.

Dynamic markings: *ff*, *ppp*, *f*, *mp*, *mf*, *ff*.

Performance instructions: *Toilet Seat Drop*, *Toilet Seat Drop (Flat)*, *Immediate Dampen**, *Solo - loose buzz tones (kind of just random fart)*, *Solo - Quick Bend*, *A big fart*, *pizz.*, *rit.*.

Rehearsal mark **A** is present at the beginning of the score.

A

accel.

♩ = 160

♩ = 50

♩ = 80

♩ = 120

Score for Violin I, Violin II, Viola, Violoncello, and Double Bass.

Tempo markings: **♩ = 160**, **♩ = 50**, **♩ = 80**, **♩ = 120**.

Dynamic markings: *p*, *ff*, *f*, *ppp*, *ff*.

Performance instructions: *pizz.*, *rit.*, *solo*.

Rehearsal mark **A** is present at the beginning of the score.

B *CUE 3* - (On the Phone Dial)

[Pulls out phone -> phone dialing -> piccolo cue] Heyyy Jenny ...
I'm Good! How's things bestie?! ... Ok sooooo um I got a bit of a problem...
yeah I constipation problem ...

$\text{♩} = 80$

... Had a really bad lunch at Duncan's and this thing is just sittin' ...
Ya it was soup shrimp, I can feel the shrimp [Toot cue -> Trumpet]
yaa there it is, GOSH that smells [anticipation / horror cue].

$\text{♩} = 80$

You got any suggestions? ... UP MY BUTT!?!? ...
Yeah, ok, hold on!!!!!!
[OAHHH moans - Dramatic music]

rit.

21

Voice

Picc. *f*

Fl. *f*

Ob.

E♭ Cl. *solo*

Cl. *solo*

Bsn.

Cbsn. *solo*

Hn.

C Tpt.

Bass Tpt.

Tbn. *sfp*

B. Tbn. *sfp*

Tba. *sfp*

Bass Tba. *sfp*

Timp. *Solo*

Timp. *pp*

Perc.

Perc.

Perc.

S. D.

B. D.

W.B. *f*

Tri.

Tamb.

A. Cym. *f* *mp*

B $\text{♩} = 80$ arco.

Vln. I *arco.*

Vln. II *arco.*

Vla.

Vc. *solo*

Db. *solo*

$\text{♩} = 80$ rit.

(Movement II - The Big Release)

Ad Lib It's not working, how bout I call you back in 5 minutes? ...
OK BYEEEE! Allright, So she said to phone back if this
becomes an emergency. Probably best I think bout something else ...
OH! crossword puzzle [picks up Book / w pencil off floor]

Oooh whats happening in the twitter universe?! [taps phone a bit, shocked and exasperated] (slowly) Jenny
tweets 'bestie can't poop, a friendly reminder to not eat the shrimp at Duncans Seafood LOL.' [embarrassed reaction]
ohh I am soo going to get her back for this.

CUE 4 - Begin First /
Fun + Cutesy Music actor dialogue
enters ad lib)

♩ = 170

41

Voice

Picc.

Fl.

Ob.

E♭ Cl.

Cl.

Bsn.

Cbsn.

Hn.

C Tpt.

Bass Tpt.

Tbn.

B. Tbn.

Tba.

Bass Tba.

Timp.

Timp.

Perc.

Perc.

Perc.

S. D.

B. D.

W.B.

Tri.

Tamb.

A. Cym.

pp

f

pp

f

mp

*Upper Second Time
*lower First time only

*Upper Second Time
*lower First time only

Vln. I

Vln. II

Vla.

Vc.

Db.

pizz.

arco.

pizz.

pizz.

pizz.

pizz.

♩ = 170

♩ = 56

rit.

D

CUE 5 - Ad Lib (After Dunans Seafood)

[Stomach reaction] UH oh this doesn't Feel good at all!!!

57

Score for Voice, Piccolo, Flute, Oboe, Eb Clarinet, Clarinet, Bassoon, and Contrabassoon. The music features melodic lines for the woodwinds and vocal parts, with some triplets and slurs. Dynamics include *ppp*.

Score for Horns, Trumpets (C and Bass), Trombones (Tenor, Baritone, Bass), and Bass Trombone. The brass section includes melodic and rhythmic parts, with dynamics such as *ppp*.

Score for Timpani (Timp.). The part includes a *poco a poco crescendo* section starting with a *p* dynamic.

Score for a second Timpani part, featuring a rhythmic pattern of eighth notes.

Score for Percussion (Perc.), Snare Drum (S.D.), Bass Drum (B.D.), Wood Blocks (W.B.), Triangle (Tri.), Tambourine (Tamb.), and Anvil (A. Cym.). The percussion parts include various rhythmic patterns and a *poco a poco, crescendo* section for the Bass Drum.

Score for Violins I and II, Viola, Violoncello (Vc.), and Double Bass (Db.). The string section includes melodic and rhythmic parts, with dynamics such as *pp* and *arco.* markings.

D = 56

rit.

Scene Climax - Actor makes Raunchy faces and maybe a few screams (whatever floats your boat)

Actor smiles on his face kind of enlightened as the toilet flushes

(Movement III - Relief)

Interlude

♩ = 80

rit.

E

♩ = 60

[Hero music begins, actor looks up from despair to relief -> mimicing cheering on the toilet (solo fist pump)]

Score for Movement III - Relief, Interlude. The score is for a full orchestra and includes a voice part. It features various instruments such as Piccolo, Flute, Oboe, Clarinet, Bassoon, Contrabassoon, Horns, Trumpets, Trombones, Tuba, Bass Trombone, Timpani, Percussion, and Strings. The score is divided into two tempo sections: the first at 80 bpm and the second at 60 bpm. The 60 bpm section is marked with a 'rit.' (ritardando) and a 'poco a poco crescendo' instruction. The score includes dynamic markings like 'mf', 'p', 'ff', and 'pp'. There are also performance instructions such as 'Ad Lib: Solo - loose buzz tones (kind of just random fart)' and 'A big fart'. A specific audio clip is indicated for the percussion section: 'Audio Clip 1 - Toilet Flush (5 Seconds)'. The score is written in a key signature of one sharp (F#) and a common time signature (C).

Its done! I will triumph over thy bowels mass!! Wahoo! [Gets up quickly, arms raised, realizes pants are still down; quick startled reaction back to the toilet and pretends to wipe butt] whoopsie daisy... [Toilet Flushes a Second Time, pulls up pants and goes to wash hands. Dries Hands and resumes to sit back on the toilet with pants fully on]

[puzzled look, phones Jenny again on toilet]
Hi Jenny ... yea I saw that twitter message ...
well hang on to your hat because MISSION SUCCESS!!!!...
Yes the deuce has been dropped...

F ♩ = 100
CUE 7 - Ad Lib

77

Voice

Picc.

Fl.

Ob.

E♭ Cl.

Cl.

Bsn.

Cbsn.

Hn.

C Tpt.

Bass Tpt.

Tbn.

B. Tbn.

Tba.

Bass Tba.

Timp.

Timp.

Perc.

Perc.

Perc.

S. D.

B. D.

W.B.

Tri.

Tamb.

A. Cym.

Soli

Soli

Soli

Soli

Poco. a Poco. Crescendo

pp

Poco. a Poco. Crescendo

pp

f

f

p

Audio Clip 1 - Toilet

Audio Clip 2 - Washing Hands 8 Seconds

z

z

z

z

F ♩ = 100

Vln. I

Vln. II

Vla.

Vc.

Db.

pizz.

pizz.

pizz.

Soli

Soli

[walking awkwardly slowly over to the sink] Great, I now get an itch in my butt! [scratches].
yep, can feel the ship in that one EWWW... Well ok, its over now ... Whaaatt to do next?
[moment of thinking] Alright, lets get that bloody essay done!

Yea I know, and I don't NEED an ambulance you Jerk! [playfully drops phone] annnndd
I never went to Duncans Restaurant again!!! [Sarcastically, gets off toilet and fully pulls up pants].

G

88

Voice

Picc.

Fl.

Ob.

E♭ Cl.

Cl.

Bsn.

Cbsn.

Hn.

C Tpt.

Bass Tpt.

Tbn.

B. Tbn.

Tba.

Bass Tba.

Timp.

Timp.

Perc.

Perc.

Perc.

S. D.

B. D.

W.B.

Tri.

Tamb.

A. Cym.

Vln. I

Vln. II

Vla.

Vc.

Db.

♩ = 180 Agitated (in 2)

H Codetta - Exit Music

[Jogs out again, opens squeaky door, Run's off to Back stage -> more concluding music]
PLAY END

12

CUE F - Before Run
Percussion

(Pretend Jog to Stage with Foot Stomps)

98

Voice

Picc. Solo

Fl. Solo

Ob. * Running To bathroom (Foot Stomps) * Still Running

E♭ Cl. * Running To bathroom (Foot Stomps) * Still Running

Cl. * Running To bathroom (Foot Stomps) * Still Running

Bsn. * Running To bathroom (Foot Stomps) * Still Running

Cbsn. * Running To bathroom (Foot Stomps) * Still Running

Hn. * Running To bathroom (Foot Stomps) * Still Running

C Tpt. * Running To bathroom (Foot Stomps) * Still Running

Bass Tpt. * Running To bathroom (Foot Stomps) * Still Running

Tbn. * Running To bathroom (Foot Stomps) * Still Running

B. Tbn. * Running To bathroom (Foot Stomps) * Still Running

Tba. * Running To bathroom (Foot Stomps) * Still Running

Bass Tba. * Running To bathroom (Foot Stomps) * Still Running

Timp.

Perc.

Perc.

Perc.

S. D. Solo *p* *mf*

B. D.

W.B.

Tri. z z z

Tamb.

A. Cym.

H ♩ = 180 Agitated (in 2)

Vln. I * Running To bathroom (Foot Stomps) * Still Running

Vln. II * Running To bathroom (Foot Stomps) * Still Running

Vla. * Running To bathroom (Foot Stomps) * Still Running

Vc. * Running To bathroom (Foot Stomps) * Still Running

Db. * Running To bathroom (Foot Stomps) * Still Running

103

Score for measures 103-107, including parts for Voice, Piccolo, Flute, Oboe, Eb Clarinet, Clarinet, Bassoon, Contrabassoon, Horns, Trumpets, Trombones, Timpani, Percussion, and Cymbals.

Score for measures 103-107, including parts for Violin I, Violin II, Viola, Violoncello, and Double Bass.