

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 eeeekkMMMMMAHHH!!! **[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 a variety of instruments and audio clips. The score is in 4/4 time and includes the following parts:

- Solo Voice
- Piccolo
- Flute 1.2
- Oboe
- Clarinet in E♭
- Clarinet in B♭ 1.2
- Bassoon 1.2
- Contrabassoon
- Horn in F 1-2
- Trumpet in C 1.2
- Bass Trumpet in E♭
- Trombone 1.2
- Bass Trombone
- Tenor Tuba in B♭ 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 (Solo, *p* to *mf*)
- Bass Drum / Cymbals
- Wood Block
- Triangle
- Tambourine
- Antique Cymbals

♩ = 180 Agitated (in 2)

rit.

Musical score for the string section of the symphony, featuring Violin I, Violin II, Viola, Violoncello, and Double Bass. The score is in 4/4 time and includes the following parts:

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

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)**

* 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.

* Ad Lib* Sit " M M M M H H H H - (W/Tuba) G G H H H H (W Tuba)

* Ad Lib* Oh Jeez! Oh No use, think about other things... Happy Thoughts HAPPY THOUGHTS! (pretend Cry)

Tempo and Dynamics: $\text{♩} = 160$, $\text{♩} = 50$, $\text{♩} = 80$, $\text{♩} = 120$

Section 1 (Measures 9-24):

- Voice:** *Toilet Seat Drop. Dynamics: *ff*, *ppp*.
- Piccolo, Flute, Oboe, Eb Clarinet, Clarinet, Bassoon, Contrabassoon:** *ppp* to *f*.
- Horn:** *ppp* to *f*.
- Trumpets (C, Bass):** *ppp* to *f*.
- Trombones (Bass, Tenor, Bass Tenor, Tuba, Bass Tuba):** *ppp* to *f*.
- Timpani:** *ppp* to *f*.
- Percussion:** *f*.
- S. D. (Snare Drum):** *Toilet Seat Drop (Flat), *ff*.
- B. D. (Bass Drum):** (B.D.), *ppp* to *ff*.
- W.B. (Wire Brush):** *mf*.

Section 2 (Measures 25-34):

- Horn:** *mp*, Solo - Quick Bend.
- Trumpets:** Solo - loose buzz tones (kind of just random fart), *ff*.
- Trombones:** Solo - loose buzz tones, *ff*.
- Tuba/Bass Tuba:** A big fart, Solo - loose buzz tones (kind of just random fart), *ff*.

Section 3 (Measures 35-44):

Tempo and Dynamics: $\text{♩} = 160$, $\text{♩} = 50$, $\text{♩} = 80$, $\text{♩} = 120$

- Vln. I & II:** *p* to *ff*, pizz., *f*.
- Vla.:** *p* to *ff*.
- Vc. & Db.:** *p* to *ff*, solo.

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...
yeh 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. *Solo* *f*

Fl. *Solo* *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* *pp*

Perc.

Perc.

Perc.

S. D.

B. D.

W.B. *f*

Tri.

Tamb.

A. Cym. *Solo* *f* *tr* *tr* *mp*

B $\text{♩} = 80$ arco.

Vln. I arco.

Vln. II arco.

Vla.

Vc. *solo*

Db. *solo*

$\text{♩} = 80$ rit.

Interlude

A THEME

♩ = 100

Drama here
(with actor action)

No Drama here
(Filler Music)

[* Actor panting with exhaustion. The Moans
Subside as with music. puts down phone
picks up toilet roll, gives a wipe or two (fade to black).
Picks up the phone again slowly and distraught*]

♩ = 100

rit. //

The musical score is arranged in a standard orchestral format. At the top, a vocal line is present but mostly silent. Below it, the woodwind section includes Piccolo, Flute, Oboe, Eb Clarinet, Clarinet, Bassoon, and Contrabassoon. The brass section includes Horns, Trumpets (C and Bass), Trombones (Tenor and Bass), and Tubas. The percussion section includes Timpani, Snare, Bass Drum, Cymbals, and various other instruments like Tambourine and Congas. The string section at the bottom consists of Violin I and II, Viola, Violoncello, and Double Bass. The score includes various musical notations such as dynamics (pp, mp, mf, ff, piz.), articulation (trills, wiggles), and performance directions (rit., solo). A tempo change to ♩ = 100 is indicated at the end of the piece.

(Movement II - The Big Release)

Ad Lib It's not working, how bout I call you back in 5 minutes? ...
OK BYYEEE! 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]

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.

C *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

C

♩ = 170

Vln. I

Vln. II

Vla.

Vc.

Db.

pizz.

arco.

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.

Measures 57-64 show the vocal line and woodwind accompaniment. The woodwinds play a rhythmic pattern of eighth notes, with some triplets. Dynamics include *ppp*.

Score for Horns, Trumpets, and Trombones.

Measures 57-64 show the brass accompaniment. Horns and Trumpets play a melodic line, while Trombones play a rhythmic accompaniment. Dynamics include *ppp*.

Score for Timpani (Timp.).

Measures 57-64 show the timpani accompaniment. The first staff has a *poco a poco crescendo* marking and a *p* dynamic. The second staff has a rhythmic pattern of eighth notes.

Score for Percussion (Perc.) and Auxiliary Percussion (A. Cym.).

Measures 57-64 show the percussion accompaniment. The S.D. (Snare Drum) has a rhythmic pattern. The B.D. (Bass Drum) has a *poco a poco crescendo* marking and a *ppp* dynamic. Other percussion instruments (W.B., Tri., Tamb.) are marked with rests.

rit.

Score for Violins, Viola, Violoncello, and Double Bass.

Measures 57-64 show the string accompaniment. Violins I and II play a melodic line. Viola, Cello, and Double Bass play a rhythmic accompaniment. Dynamics include *pp* and *arco.*

[Intense music] NOOO, I'm COMING FOR YOU SHRIMP!!!!
Eeerrr ahhhuuggghh eeeekkMMMAAHHH!!!

[VERY OBNOXIOUS SHITTING NOISES] -
Pause in the story **[music winds down]** *Actor contines
moaning in pain but gradually subsides to Relief!!

CUE 6 - Ad Lib **accel.**

Score includes parts for:

- Voice
- Picc.
- Fl.
- Ob.
- Eb Cl.
- Cl.
- Bsn.
- Cbsn.
- Hn.
- C Tpt.
- Bass Tpt.
- Tbn.
- B. Tbn.
- Tba.
- Bass Tba.
- Timp.
- Perc.
- S. D.
- B. D. (Cmb.)
- W.B.
- Tri.
- Tamb.
- A. Cym.
- Vln. I
- Vln. II
- Vla.
- Vc.
- Db.

Performance instructions include:

- mp**, **f**, **ff**
- mp*, *ff*
- accel.**
- *Immediate Dampen***
- (Cmb.)**

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.



♩ = 60

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

Voice: G.P.

Picc.: G.P. poco a poco crescendo.

Fl.: G.P. poco a poco crescendo.

Ob.: G.P. poco a poco crescendo.

E♭ Cl.: G.P.

Cl.: G.P.

Bsn.: G.P. poco a poco crescendo.

Cbsn.: G.P. poco a poco crescendo.

Hn.: Ad Lib: Solo - loose buzz tones (kind of just random fart). G.P. mf.

C Tpt.: Ad Lib: Solo - loose buzz tones (kind of just random fart). G.P. p.

Bass Tpt.: Ad Lib: Solo - loose buzz tones (kind of just random fart). A big fart 3. G.P. p.

Tbn.: Ad Lib: Solo - loose buzz tones (kind of just random fart LOW ONLY). G.P. p.

B. Tbn.: Ad Lib: Solo - loose buzz tones (kind of just random fart LOW ONLY). G.P.

Tba.: A big fart 3. G.P.

Bass Tba.: A big fart 3. G.P.

Timp.: ff. G.P. poco a poco crescendo.

Perc.: G.P.

S. D.: G.P.

B. D.: ff. (Cmb. Roll) G.P.

W.B.: G.P.

Tri.: G.P.

Tamb.: G.P.

A. Cym.: G.P.

♩ = 80

rit.



♩ = 60

Vln. I: G.P. pp

Vln. II: G.P. pp

Vla.: G.P.

Vc.: G.P.

Db.: G.P. pp

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

pp

pp

f

f

p

pizz.

pizz.

pizz.

Soli

Soli

Poco. a Poco. Crescendo

Poco. a Poco. Crescendo

Audio Clip 1 - Toilet

Audio Clip 2 - Washing Hands 8 Seconds

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

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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.

Soli

Soli

Soli

Solo

f

♩ = 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

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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.

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

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Score for Heroic (in 4), page 13. The score includes staves for Voice, Piccolo, Flute, Oboe, Eb Clarinet, Clarinet, Bassoon, Contrabassoon, Horns, Trumpets (C, Bass), Trombones (Tbn, B. Tbn, Tba, Bass Tba), Timpani (Timp.), Percussion (Perc.), Snare Drum (S. D.), Bass Drum (B. D.), Wood Block (W.B.), Triangle (Tri.), Tambourine (Tamb.), and Cymbals (A. Cym.). The score is in 4/4 time with a tempo of 80. The key signature has two sharps (F# and C#). The music features a complex woodwind and brass arrangement with a driving timpani pattern and a cymbal accompaniment.