

WATERinMOTION®

Platinum 15

Quick Choreo reference

1	Warm-Up	Blame It On the Boogie
I	Jog	
V	DOUBLE JOG HEEL DBL Jog heel (Arms: DBL EXT/INT rotation fingers spread)	
C	DOUBLE JACK AND SHIMMIE DBL jack out/in/out then shimie	
B	SUNSHINE JOG Jog 1-6, jump rope (Arms: Fan in front of face x3)	
F	Land wide	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

2	Linear	Opposites Attract
I	Jog	
V	JOG 6 AND JACK Jog x6, Dancy Fast JJ x2	
C	DOUBLE CROSS COUNTRY DBL CC (Arms: Breast Stroke)	
B	HEEL TOUCH FRONT Jog, heel lift F (Arms: OPP hand to foot)	
F	Wide stance, face side, Peace Sign	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

3	Balance	That Thing You Do
I	Kick	
V	COMPASS KICK Kick F x2, Pendulum x2, Kick B x2, Pendulum x2	
C	LEAP 3 HOLD Leap x3 TVL R, Leap & hold, lift leg x3, pull in	
B	DOUBLE JACK AND SKI DBL JJ, CC x4	
F	Leap West and hold	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

4	Group	Build Me Up Buttercup
I	Jog into a big circle	
C	CIRCLE JOG Jog circle R x14, Run x4 to change direction	
V	JACK AND PUSH JJ (Arms: JJ arms x1, push x1)	
B	TUCK JUMP IN Tuck jumpx4 TVL into circle (Arms: scoop) Single leg Pike lift x4 TVL out of circle	
F	Wide stance, push in	
C1	V1	B1 C2 V2 B2 C3 V3 B3 C4

5	Anchored	Gloria
I	JJ	
V	SLIDE AROUND THE WORLD Grounded JJ x3 TVL R, tap FSB	
C	JOG AND FLICK Jog/flick kick	
B	JOG: NEUROPLASTICITY DRILL Jog (Arms: out of water signing with both)	
F	Wide stance, heart hands	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

6	Toning Track	Under the Boardwalk
I	Noodle in front 1" under water	
V	PASS AND CURL ALT noodle pass, biceps curl, extend	
C	JACK SQUEEZE JJ, squeeze noodle in reverse U shape	
B	JOG HEEL PUSH SSD Jog heel (Arms: SSD push and lift noodle)	
F	Wide stance, noodle push down	
V1	C1	B1 V2 C2 B2 V3 C3 B3

7	Core	Higher and Higher
I	Noodle behind back	
V	TUCK AND TAP Tuck/ALT angled toe tap down	
C	LEG LIFT HIGHER Reverse plank, leg lifts gradually getting higher	
B	SUSPENDED CROSS COUNTRY: CC SUSP	
F	Tuck and hold	
V1	C1	B1 V2 C2 B2 V3 C3 B3

8	Flexibility	I Put A Spell On You
I	Sway	
C	CAST A SPELL ROTATION Lunge R 1-4, Lunge L 5-8 (sweep arms) Shoulder roll B, elbow roll B, full arm roll B	
V	OPEN CHEST AND LIFT Open chest 1-4, quad stretch 5-8 Warrior 3, sweep back and extend arms	
B	WARRIOR HUG Warrior 2 1-4, Reverse Warrior 5-8 Warrior 2 1-4, step in (hug and sway hips)	
F	Step together, cast a spell	
C1	V1	B1 C2 V2 B2 C3

9	Bonus (Cardio)	Faithfully
I	Jog	
V	RUN 8 ROCK Run TVL R x8, Rocking horse F/B/F flip turn	
C	DOUBLE JOG A-OKAY DBL jog (Arms: DBL push down, DBL hands up with okay fingers)	
B	PENDULUM SSD Pendulum	
F	Wide stance, A-okay hands up	
V1	C1	B1 V2 C2 B2 V3 C3 B3 B4