

WATERinMOTION®

Platinum 8

Quick Choreo reference

1	Warm-Up	New Attitude
I	Jog Heel	
V	JOG HEEL Jog Heel (Arms: Internal external rotation) DBL Jog Heel (Cross heart/palms out&down)	
C	JUMP JACK JJ x4/DBL JJ x8 (Arms: Bicep curl/fists, open fingers down)	
B	JOG 3 FLICK: Jog x3, flick x1	
F	Land Wide	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

2	Liner	You're the One That I Want
I	CC	
V	DBL CROSS COUNTRY: DBL CC (Arms: Breast stroke)	
C	LEAP AND SCOOP Leap x7, Jump x2	
B	RUN AND STICK: Run x3 and hold (Arms: Jazz hands)	
F	Stand jazz hands	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

3	Balance	Everlasting Love
I	Kick	
V	V KICK (Arms: Reach to OPP side)	
C	JACK AND SKI DBL JJ x1, CC	
B	KICK FRONT BACK Kick F/B x3, Jump rope x2	
F	CC hold	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

4	Group	Groovy Kind of Love
I	JJ	
V	SLICING JACK Neutral slicing JJ R/L	
C	KARATE KICK BACK: Karate kick B TVL B, Karate kick F TVL F	
B	LEAP ACROSS Leap Across x7, jump FB (Teams cross through the middle)	
F	Karate Kick F	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

5	Anchored	Sweet Home Alabama
I	Jog Heel	
V	ROCK AND JACK Rocking horse x4, neutral JJ x4, Repeat L	
C	CLOCK AND BACK Grounded clock F to B, B to F (RLRL)	
B	JACK AND SUSPEND JJ, SUSP tuck	
F	Land wide	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

6	Toning Track	Mandy
I	Noodle held in F, lunge	
V	PUSH PULL Push pull SSD, Repeat L Lunge	
C	ABDUCTION: Standing abduction R x8, L x8	
B	JOG HEEL Neutral Jog heel SSD (Arms: Triceps press down)	
F	Land wide	
V1	C1	B1 V2 C2 B2 V3 C3 B3

7	Core	PYT
I	Noodle Held in R	
V	LATERAL FLEXION (Arms: Open door stretch at ear)	
C	TUCK SHOOT Tuck, shoot, tuck, touch down	
B	PLANK AND CLIMB Hold plank, add mtn. climbers	
F	Plank and look	
V1	C1	B1 V2 C2 B2 V3 C3 B3

8	Flexibility	Stand By You
I	Sway	
V	MOUNTAIN Mountain pose (Arms: Reach up/Paintbrush down) Quad stretch/Warrior 3	
C	SHOULDER AND ABDUCTION: Lunge shoulder stretch, leg ABD, toe point in, kick out	
B	JOG AND HAMSTRING Step x3, hamstring stretch, flex/point	
F	Prayer pose	
V1	C1	B1 V2 C2 B2 C3

9	Bonus (Cardio)	Take My Breath Away
I	Position noodle in straddle	
V	CROSS COUNTRY CC x3 tuck	
C	TANDEM CYCLE Tandem cycle TVL, Repeat L	
B	BACKSTROKE Extend legs backstroke TVL	
F	Open arms	
V1	C1	B1 V2 C2 B2 V3 C3 B3