

WATERinMOTION® WAVE 21

Quick Choreo reference

1	Warm-Up	HEAVEN IS A PLACE ON EARTH
I	Jog	
V	JOG 3 KICK BACK: Jog x3, kick B	
C	HEELS 3 KICK: Jog heel x3, flick kick	
B	JACK RIGHT: JJ R out/in, JJ L out/in	
F	Land Wide, Arms at sides	
V1	C1 B1 V2 C2 B2 V3 C3 B3 C4	

2	Linear	STORY OF MY LIFE
I	Kick	
V	KICK HIGHER 4: Kick x4 (higher), Jog heel x4	
B	LUNGE KNEE: ALT CC/B knee up)	
C	TUCK FORWARD: Jump/Tuck Jump TVL F x4 ALT Lunge R/L TVL B x2(Arms: Pull B to F)	
F	Land Wide, Push F	
V1	B1 C1 V2 B2 C2 V3 B3 C3 C4	

3	Lateral Travel	THIS IS WHAT IT FEELS LIKE
I	Pendulum	
V	PENDULUM: Pendulum X16, Pendulum Diag. x16	
C	SIDE LEAP: Side Leap x4, Leg swing (side/cross) x7, knee up x1	
B	DOUBLE JOG HEEL: DBL Jog heel x2, Jog heel x4	
F	Land Wide	
V1	C1 B1 V2 C2 B2 V3 C3 B3 C4	

4	Speed	CAN' TREMEMBER TO FORGET YOU
I	Jog	
V	ROCK AND ROW: Rocking Horse x3, hop knee pull	
C	RUN TURN Run x4, (turn *) x3, Run x2 (turn *), Kick x1 (RLRL)	
B	LEAP RIGHT: Leap DIAG x3, run heel x3 (RLRL)	
F	Step Forward	
V1	C1 B1 V2 C2 B2 V3 C3 B3 C4	

5	Group	TIMBER
I	Jog to your partner	
V	JOG FACE TO FACE: Jog x4, Basketball shoot x4, (x2) Spin your partner x4, Basketball shoot or High 5 x4	
C	JACK DOWN: JJ x3, Run x4 (Arms: Punch down, side, up, ALT punch up x4)	
B	JUMP TOGETHER: Jump x8, Jump pull DIAG x8 (Arms: holding hands, 2 nd set opt: tuck jump)	
F	Land Wide, punch down	
V1	C1 B1 V2 C2 B2 V3 C3 B3 C4	

6	Suspension	LOW
I	Grounded Karate Kick B	
V	GROUNDING KICK: Grounded kick x4 BFBF R/L	
C	LOW FAST JACK KNEE: Neutral fast JJ (out, in, out, ALT knee lift)	
B	KARATE SIDE: Karate kick side x4, SUSP JJ x4L	
F	Land wide, punch down	
V1	C1 B1 V2 C2 B2 V3 C3 B3 C4	

7	Upper Body	SLOW DOWN
I	Position noodle in straddle, lower to SUSP	
V	BREAST STROKE BICEPS: Breast stroke/biceps curl	
C	CHEST SWEEP: Chest sweep in x1, triceps press out x1	
B	SPIN AROUND: ALT Triceps press back, lean & spin	
F	Stand, Push arms down	
V1	C1 B1 V2 C2 B2 V3 C3 B3	

8	Lower Body	POMPEII
I	Noodle stays in straddle, Diamond position	
V	DIAMOND KICKS: ALT Diamond kicks x16, both x8	
C	V SIT: V sit (out/in)	
B	DIAMOND KICK V COMBO: V-out, Diamond in, V-out, legs in	
F	Push legs out to V	
V1	C1 B1 V2 C2 B2 V3 C3 B3	

9	Muscle 3 (Core)	Diamonds
I	Noodle in hands, Lunge R, Facing R DIAG	
V	LUNGE AND SWEEP: Lunge DIAG, noodle circle	
C	TRIANGLE RT: Triangle pose R, push down x8 Push down, lift hand, hand down, core up x4	
B	TRIANGLE LT: Triangle pose L, (same as above)	
F	Land wide, push noodle front	
V1	C1 B1 V2 C2 B2 V3 C3 B3	

10	Flexibility Training	COMPASS
I	Arms sweep open and close	
V	LUNGE RIGHT: Lunge R, sweep arms open, Quad Str Sweep leg F, Hamstring stretch, Bend/extend knee	
C	HEART TO STAR: Star pose Figure 4 pose (RL)	
B	STARFISH TUCK: Wide stance stretch/ Tuck ALT knee in x3, hold	
F	Stand, open arms	
V1	C1 B1 V2 C2 B2 V3 C3 B3	

11	BONUS: Cardio	STAY THE NIGHT
I	Flick kick	
V	FLICK KICK LEFT LEG: Flick kick DIAG x4, ALT Flick Kick DIAG x4	
C	LOW JACK KICK: Neutral JJ/Straddle kick X4, Fast x8	
B	KICK BACK: Kick straight B x8, Jog heel x8(touch OPP foot in B)	
F	Land wide	
V1	C1 B1 V2 C2 B2 V3 C3 B3 C4	