

# WATERinMOTION®

## Wave 23

Quick Choreo reference

1	Warm-Up	100% PURE LOVE
I	JJ	
V	JACK PUSH FRONT: JJ x8 (Arms: F/open), DBL JJ x4	
C	JOG SWEEP FRONT: Jog (Arms: sweep B to F x8, sweep F to B x8)	
B	ROCK 3: Rocking Horse x3, run x3	
F	Land Wide, Arms push front	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

2	Linear	A SKY FULL OF STARS
I	CC	
V	CROSS COUNTRY REACH UP: CC (Arms: 2-arm punch up/punch F)	
C	1-LEG BICYCLE F: Leg swing B/Bike pull TVL F, JJ B x4	
B	RUN 3 PUNCH: Run x3 (Arms: fists on run x3, punch up overhead x1)	
F	Land Wide, arms push front	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

3	Lateral Travel	ALL RIGHT NOW
I	JJ	
V	JACK 2 SWING 2: JJ x2, Leg swing/Jump in x2	
C	SOCCER 2: ALT Soccer Kick S x2, Flick Kick x4	
B	WIDE JOG 2: Wide Jog x2 (Power), Run x3 TVL S	
F	Land Wide, splash across	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

4	Speed	AM I WRONG
I	Run	
V	RUN FORWARD: Run TVL F x8, B x8, F x8, B x8 (Arms: ALT Triceps push B TVL F, Chest press TVL B)	
C	FAST JACK RT: Fast JJ TVL R x4, JJ out/ in x2 (RPT L)	
B	CROSS COUNTRY COMBO: CC small x8, CC (increase ROM) x8, kick B x8, CC Shuffle (land tempo) x16	
F	Funky jack out	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

5	Group	MICKEY
I	Run, designate a partner far away	
V	RUN PULL SIDE: Run x3 (Arms sweep LR) – 6x Run (Arms: slice up)	
C	LEAP TO YOUR PARTNER: Leap, TVL F x8 (partners come together), Kick x8, Leap home x8, Kick F x8	
B	JUMP ROPE: Jump rope x4, Power tuck x2	
F	Wide stance, fists on hips	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

6	Suspension	TEN FEET TALL
I	Tuck, touch down	
V	TUCK AND SKULL: Tuck hold x3, touch down (4x) Tuck, straddle, tuck, touch down (4x)	
C	JACK STRETCH: JJ /tuck (reach up) 8x, SUSP JJ 8x	
B	NEUTRAL CC: CC x8, SUSP CC leaning R x8 (Repeat L)	
F	Land wide, reach up	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

7	Upper Body	HOT STUFF
I	Lunge R, brace, noodle in R hand in F	
V	SWING BACK RIGHT: 1-arm lat pull down 1-2, Biceps curl on 3, push F 4	
C	SWING BACK LEFT: Repeat above L	
B	TRICEPS PRESS DOWN: TRI press down x3, slow lift	
F	Push both hands down	
V1	C1	B1 V2 C2 B2 V3 C3 B3

8	Lower Body	MAPS
I	Noodle in hands in F, push down, plank, brace	
V	PLANK SNOW ANGEL: Plank, Leg ABD/ADDuction	
B	JOG HEEL: Neutral Jog heel x2, land tempo x4	
C	KICK THE NOODLE: Seated kick x4 (slow), Seated kick (fast) x8	
F	Kick	
V1	B1	C1 V2 B2 C2 V3 B3 C3

9	Muscle 3 (Core)	GONE GONE GONE
I	Wide stance, Noodle in hands	
V	CIRCLE FRONT AND DOWN: Push noodle F, sweep down	
C	FROG JUMP FWD: Frog jump F x4, Pike jump B x4	
B	LEG SWEEP BACK: Neutral ALT straight leg back	
F	Stand tall, hands down	
V1	C1	B1 V2 C2 B2 V3 C3 B3

10	Flexibility Training	STAY WITH ME
I	Alt Knee lift	
V	RIGHT KNEE LIFT: Lift R knee, rotate ankle x2, Hamstring stretch, OPT hold toe (Repeat L)	
C	STEP RIGHT SIDE STRETCH: Step L behind, arm reach OPP (Repeat R), Figure 4, twist, other side	
B	WARRIOR 3: Warrior 3 x8, Quad stretch x8 (Repeat L)	
F	Step over, arms reach side	
V1	C1	B1 V2 C2 B2 C3

11	BONUS: Cardio	BOY
I	Jog	
V	LEAP SIDE: Leap side x4 (Arms: under x2, over x2)	
C	JACK JUMP OUT: ALT JJ side x4, Moguls x8 (R/C/L/C)	
B	ROCK & RUN: Rock F, Run x2 (Arms: TRI/Biceps curl) Run, gradually increase ROM (Arms: Triceps press)	
F	Jump together, fists down	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4