

WATERinMOTION®

Wave 29

Quick Choreo reference

1	Warm-Up	Deeper Love
I	Jog	
V	JOG PUSH: Jog (Arms: Push F, Pull in, EXT rot, INT rot)	
C	3 JACKS: Jack x3, run x4 (Arms: out/biceps curl in x3, sweep up at sides)	
B	HEELS UP: Jog heel x6, jump rope x2 (OPT: DBL curl, Arms: both biceps curls)	
F	Land wide	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

2	Linear	Wildest Dreams
I	ALT Kick B	
V	DOUBLE LEG SWING: ALT Leg swing B/F x2	
C	RUN RIGHT Run TVL R x8, JJ B x2, ½ turn, Repeat L	
B	KARATE BACK: ALT Karate Kick B	
F	Land wide, arms wide	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

3	Lateral	Only Love
I	ALT Karate kick side	
V	KARATE SIDE & FRONT ALT Karate Kick Side/F	
C	JUMP THE BARREL Side tuck jump x4, TVL R, Repeat L	
B	JACK AND JACK SIDE: JJ x1/JJ pull side x1	
F	Land wide, arms down at sides	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

4	Speed Track	Disco Inferno
I	Jog	
V	HUSTLE JOG: Jog x4, Flick kick x3 and side kick	
C	BURN BABY RUN Run x8 TVL F, Run heel x8 TVL B	
B	SKI AND TRAVOLTA Cross country x4, JJ Lunge R, JJ Lunge L	
F	Travolta Lunge	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

5	Group Track	Same Old Love
I	JJ, facing a partner	
V	JACK PAT: JJ (Arms: out, cross, push F, heart)	
C	PARTNER CIRCLE Run x32 (Partner A/B TVL in a circle around B/A)	
B	VOLLEYBALL PASS Jump Pass, Jump (Partner A) Jump, Jump Pass (Partner B)	
F	Land wide	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

6	Suspended	Get Down On It
I	Neutral Tuck /touch down F/B	
V	SWEEP FRONT TUCK Neutral Wide leg sweep F, Tuck touch B	
C	PUNCH FRONT Neutral ALT Lunge hold x4, Jack in x2 (Arms: ALT Punch F x4, Ready position)	
B	BIG KICKS Neutral Karate kick F, step, Karate kick B, step	
F	Land wide, punch front	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

7	Upper Body	Don't Be So Hard on Yourself
I	Noodle in hands F, U-shape around body	
V	PRESS DOWN: Kneeling, Triceps press down	
C	SWEEP AND CURL: Wide Stance Sweep in/out, biceps/triceps x2	
B	1-ARM PUSHUP: 1 hand plank, push down/up	
F	Push down	
V1	C1	B1 V2 C2 B2 V3 C3 B3

8	Lower Body	Levels
I	Noodle in hands, preview ROUNDHOUSE	
V	ROUNDHOUSE ALT Grounded Knee up & out, kick, curl, step	
C	RUN HEEL 3: Hamstring curl SSD	
B	KARATE REPEATER: Neutral Karate Kick Fx8, Bx8, Repeat L	
F	Stand	
V1	C1	B1 V2 C2 B2 V3 C3 B3

9	Core	You're the First, the Last, My Everything
I	Noodle around back	
V	LONG CRUNCH: Rev Plank Crunch w/ leg up	
C	STANDING SIDE BEND Grounded ALT LAT Flex-Add leg lift	
B	SHOOT OPEN CLOSE: Tuck, Shoot side, ABD/ADD	
F	Tuck	
V1	C1	B1 V2 C2 B2 V3 C3 B3

10	Flexibility	When We Were Young
I	Embrace the moon	
V	CALMING WATERS: Lunge F/B, Palms down EMBRACE THE MOON: ALT Lunge, hands circle	
C	HIGH KICK: Knee up (EXT), Kick, knee, step (Arms: cross chest, sweep open & return)	
B	PARTING THE SEA Lunge, Quad stretch x2/Step B, Knee strike x2	
F	Embrace the moon R/L, Tai Chi closing	
V1	C1	B1 V2 C2 B2 V3 C3 B3

11	Bonus - Cardio	All Over the World
I	Kick	
V	KICK AROUND Kick F x2, V-Kick x2, Pendulum x2, Kick B x2	
C	POWER JACK OUT: Power JJ out/JJ	
B	LEAP CURL Leap/curl x4 TVL R, hop kick, Repeat L	
F	Land wide	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4