

# WATERinMOTION®

## Wave 37

### Quick Choreo reference

1	Warm-Up	Old Time Rock N Roll
I	Jump	
V	JACK N REACH JJ (Arms: R/L DIAG up, R/L EXT ROT)	
C	ROCK N ROLL Rocking horse x3, Jog heel/Hop knee x1	
B	RUN 4: Run wide x4, Jog Freeze x2	
F	Land wide, Disco arms	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

2	Linear	Thunderstruck
I	Jog heel	
V	ROCKING HORSE Rocking Horse x3, Soccer kick x1	
C	QUICK SHUFFLE 3: CC Shuffle fast x3, CC x2	
B	RUN FORWARD Run TVL F x8, Fast JJ x4 Run TVL B x8, Fast JJ x4	
F	Land wide, "Rock on" sign	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

3	Lateral	La Copa De La Vida
I	Jog	
V	SAMBA : ALT Fast Kick wide/run/jog freeze	
C	DOUBLE JACKS DBL fast JJ out/jump in, jump R x2 DBL fast JJ out/jump in, jump L x2	
B	TRAVELING JACK JJ TVL R x3, Cross kick x1 JJ TVL L x3, Cross kick x1	
F	Land wide, arms up	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

4	Speed Track	Rhythm of the Night
I	Low kick	
V	FLICK KICK RISING: Flick kick x8 (low, med, high x2)	
C	JACK PIVOT L-leg fast JJ x4 turn R, R-leg fast JJ x4 turn L	
B	SKATE 4 RUN HEEL 7: Jog heel x4, Run Heel x7	
F	Land wide, punch up	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

5	Group Track	We're In This Together
I	Jog to face a partner	
V	JUMP ROPE JACK Jump Rope JJ x8, Jump Rope Run x32	
C	JACKS & DOUBLE DUTCH JJ x2, Land wide & hold x4 (Arms: Sweep out/in x2, Double-Dutch Ropes)	
B	CROSS COUNTRY BATTLE ROPES CC x5, Land in a lunge & hold x4 (Arms: Long lever F/B x4, Fast Battle Ropes x8)	
F	Land wide, arms side	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

6	Suspended	The Middle
I	Lower to neutral, seated position	
V	TAKE A SEAT Hold SUSP L-seat x4, sweep out/in/out/down	
B	KARATE FRONT BACK Neutral Karate kick F/B, (R/L) Neutral CC, heel F/toe B x16	
C	SWEEP OUT RIGHT Neutral R Sweep out/tuck in x4 (repeat L) Neutral Both Sweep out/tuck in x8	
F	Push feet down	
V1	B1	C1 V2 B2 C2 V3 B3 C3 C4

7	Upper Body	Waiting For Tonight
I	Lunge R, noodle held in wide grip	
V	TRICEPS PRESS: Triceps press x3, fast x2	
B	PUNCH AND PULL ALT Punch F/Row B x6, fast x4 (Lunge L)	
C	SWEEP BACK: ALT Side sweep (Wide stance)	
F	Sweep across	
V1	B1	C1 V2 B2 C2 V3 B3 C3

8	Lower Body	Savior
I	Position noodle in hands, shoulder width apart	
V	KARATE KICK: GRD Karate Kick F chamber, B, chamber x2, fast x4	
C	NEUTRAL JACK Neutral JJ x1, Neutral JJ tuck x1 – x4 Neutral JJ x1, Neutral JJ tuck x1 – fast x8	
B	PLANK LEG LIFTS Plank position, ALT Hip EXT	
F	Hold leg lift	
V1	C1	B1 V2 C2 B2 V3 C3 B3

9	Core	Tragedy
I	Position noodle around back, under arms	
V	JACK KNIFE CURL: Lay back, R knee in, curl x8	
B	PENCIL & BANANA EXT position x1, ALT LAT FLEX x1	
C	CANNONBALL CRUNCH Tuck x1, Extend arms and legs wide	
F	Tuck	
V1	B1	C1 V2 B2 C2 V3 B3 C3

10	Flexibility	The Champion
I	Pray to Mountain	
V	MOUNTAIN TO STRONG Mountain, Strong Pose, Warrior 2, Reverse	
C	QUAD STRETCH Quad stretch/Hold foot, Knee to chest/B/chest	
B	HAMSTRING REACH ACROSS Hamstring stretch, leg side, Figure 4, add twist	
F	Pray to mountain, Strong pose	
V1	C1	B1 V2 C2 B2 V3 C3 B3

11	Bonus - Cardio	Let's Get Loud
I	Low Flick Kick	
V	KICK RUN RUN: Flick kick F x1, Run x2	
C	4 JACKS: (Reach up R/L, Breast stroke R/L)	
B	WIDE RUN Wide Run x8, Karate Kick SFSF, Repeat LRL	
F	Land wide, arms u[	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4