WATERinMOTION®
PLATINUM WAVE 1

Quick Choreo Reference

1	Warm up								Blame it on the Bossa Nova
I	Jog								
V	Jog (Frame Face open/close, fan open/close)								
C	Bossa Nova: JJ Side 4, turn wrist								
B	Jog Heel (Finger Taps)								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

2	Linear								I Want Candy
I	Jump Rope								
V	Jog: TVL B8 (pull B)/TVL F8 (Chest press)								
C	Leap 3 Hop 2 (R/L/R/L)								
B	CC (Arms: Jump Rope) OPT ¼ turn								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

3	Balance								Diana
I	JJ								
V	DBL JJ (ABD Shoulder/Cross) 4x JJ (short lever arm ABD) 8x								
C	DBL Jog Heel 6x, Jump and hold (Shoulder Rotation)								
B	Clock Kick: F/F DIAG/B DIAG/B) R/L/R/L								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

4	Group								Lollipop
I	JJ								
V	JJ Jump In								
C	Jump rope Pop Up: Team Play								
B	SKATE: Straight Kick B (TVL F16, TVL B16)								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

5	Anchored								Banana Boat
I	Lower to anchored								
V	Kick F/B 4x (R/L/R/L)								
C	Neutral Jack 8x /Suspended 16x								
B	Rocking Horse 7x Hop 2x (R/L)								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

6	Toning								Que Sera Sera
I	Hold noodle front								
V	Kick Back and Circle 8xR/8xL								
C	Kick and Curl 8xR/8xL								
B	Neutral JJ 8x, ABD R 4x, ABD L 4x								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

7	Core								Dec 1963
I	Place noodle under arms								
V	Rotation 8x, Standing Crunch 8x								
C	Single Leg Crunch (4xR/4xL/4xR/4xL)								
B	Lateral Flexion (7xR/7xL)								
V1	C1	B1	V2	C2	B2	V3	C3	C4	

8	Flexibility								Stand By Me
I	Sweep Side								
V	Warrior Side, Chest stretch, Quad, sweep								
C	Hamstring, ADD Stretch, Tight Rope								
B	Modified Figure Four								
V1	C1	V2	C2	B2	V3	C3			

9	Bonus								Breaking Up
I	½ JJ								
V	½ JJ (breast stroke R/L 4x, back stroke 4x)								
C	Step Side 3x ¼ Turn								
B	CC SSD								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4