

# WATERinMOTION®

## Platinum 13

Quick Choreo reference

1	Warm-Up	We Are Family
I	Jog	
V	JOG HEEL CROSS YOUR HEART Jog heel (Arms: Cross heart x2, drop x2)	
C	DOUBLE STIR THE POT DBL jog x2, Jog x4 (Arms: DBL palms up stir x2, counting fingers)	
B	FLICK KICK AND JACK Flick kick x2, JJ	
F	Cross the chest	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

2	Liner	Walking on Sunshine
I	CC	
V	CROSS COUNTRY JACK CC x4, JJ x2	
C	RUN AND TURN Run face and TVL R x8, JJ x2 Run face and TVL L x8, JJ x2	
B	SOCCER AND JUMP Soccer kick x3, jump F/B	
F	Wide stance	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

3	Balance	I'll Stand By You
I	Kick	
V	KICK SCOOP Kick B TVL B, Kick B TVL F (Arms: R/L Scoop, breast stroke)	
C	KICK FRONT SIDE Kick F/S x3, leap and hold	
B	RUN AND HEEL Run heel (Arms: Slice up and ext/int rotation x2)	
F	Hold the freeze	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

4	Group	Rock the Boat
I	Wide jog	
V	WIDE JOG Wide jog, DBL jump F/B	
C	TANGO CIRCLE Jog, R circle (Arms; Shoulder to shoulder) Run, R circle (Arms: Outside arm extended)	
B	JACK AND TWIST JJ, twist x4, twist fast x8	
F	Stand hands down	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

5	Anchored	Doctor's Orders
I	JJ	
V	BOW AND ARROW JJ (Arms: Bow and arrow)	
C	FLICK KICK Neutral flick kick x6, SUSP fats kick x4	
B	FYING SKATE ALT GRD Leg sweep B (Arms: Chest fly)	
F	Stand up	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

6	Toning Track	Ain't too Proud to Beg
I	Noodle front, lunge R	
V	PUSH PULL Push pull, push pull lunge L	
C	KNEE OUT KICK GRD knee lift, EXT ROT, dori flex, kick, ADD	
B	WARRIOR PUSH UP Warrior 3 push up	
F	Stand tall noodle down	
V1	C1	B1 V2 C2 B2 V3 C3 B3

7	Core	Boogie Fever
I	Sit on noodle	
V	SEATED KICK ALT seated kick and curl (Arms: Overhand grip) Tuck, touch (Arms: Push noodle behind knees)	
C	LATERAL FLEXION Lateral flexion x2 ,rock to other side	
B	TUCK SIDE Tuck, shoot R, tuck, touch Tuck, shoot L, tuck, touch	
F	Stand noodle down	
V1	C1	B1 V2 C2 B2 V3 C3 B3

8	Flexibility	I Can't Help Falling in Love
I	Roll shoulders	
V	STRAIGHT LEG SIDE LIFT Hamstring stretch to side, point flex Figure four	
B	DIVE AND STAR Wide stand (Arms: Round to stretch back) Reach to side, Star pose	
C	WARRIOR Warrior 2 (Arms: Palms up) Feet together (Arms: hug), Rainbow	
F	Stand and prayer pose	
V1	B1	C1 V2 B2 C2 V3 B3 C3

9	Bonus (Cardio)	You're the First, the Last
I	Kick B	
V	KICK BACK KNEE ALT Kick and knee	
C	CROSS COUNTRY HUG CC (arms: Hug to chest) Choo Choo (Arms: short levers)	
B	LEAP FRONT Leap F/DIAG, jump rope x2	
F	Step forward and hold	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4