

WATERinMOTION®

Platinum 14

Quick Choreo reference

1	Warm-Up	You Keep Me Hangin On
I	Jog	
V	DBL JOG HEEL AND PULL Jog heel (Arms: Come here hands)	
C	CROSS YOUR HEART JACK DBL JJ (Arms: side/cross your heart fists)	
B	STARFISH JOG Jog 6 ,Bounce 2 (Arms: Starfish on jog, push on bounce)	
F	Wide V	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

2	Linear	Your Love
I	Jog	
V	ANGLED ROCKING HORSE 3 Angled Rocking horse, curl/kick	
C	JUMPING JACK 3 JJ x 3, jump F/B	
B	TRAVEL KICK FORWARD Kick forward TVL F	
F	Wide V	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

3	Balance	Warrior
I	Jog	
V	RUN IN A CIRCLE Run circle x 2	
C	DOUBLE BOW JACK DBL Bow JJ	
B	WARRIOR BALANCE Single leg swing F/B/F/B, hold warrior 3	
F	Bow pull	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

4	Group	Don't Stop Believin'
I	Jog to face partner/Jack	
V	DOUBLE JACK AND CHOO CHOO DBL JJ x8(Arms: choo choo x 4)	
B	DOUBLE JUMP FORWARD DBL jump F/B into and away from partner	
C	JOG AND FIND A FRIEND Jog to a new partner/Jump rope (Arms: Breast stroke)	
F	Stand hands down	
V1	B1	C1 V2 B2 C2 V3 B3 C3 B4

5	Anchored	Dancin'
I	JJ	
V	ANCHORED ½ JACK ½ JJ (Arms: short lever, "dance hand")	
C	NUETRAL CROSS COUNTRY Neutral CC (Arms: clasped at chest level)	
B	NEUROPLASTICITY DRILL* Jog(Arms: hands out of water squeezing, coinciding with counting)	
F	Stand hands clasped	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

6	Toning Track	Jessie's Girl
I	Noodle in reverse U, neutral toes back	
V	TRICEP PRESS Triceps press down	
C	LUNGING CHEST PRESS Lunge noodle push down	
B	LEG SWEEP OUT (Arms: noodle sweep OPP)	
F	Play your guitar	
V1	C1	B1 V2 C2' B2 V3 C3 B3

7	Core	We Built This City
I	Prepare in plank, Noodle in hands	
V	SLOW MOUNTAIN CLIMB ALT Slow mountain climb	
B	CORE TWIST SSD core twist	
C	NOODLE CIRCLE DOWN Noodle circle front and down	
F	Noodle push down	
V1	B1	C1 V2 B2 C2 V3 B3 C3

8	Flexibility	Fire and Rain
I	Extend arms, flip palms, prayer	
V	HAMSTRING AND LIFT Knee lift front, extend, flex foot (7-8), higher float(1,2) higher float(3,4), lower down(5-8)	
B	MOUNTAIN RAIN Mountain(1-4), rain down to goddess(5-8), lunge with extended arms side(1-4) Sun worshipper (5-8)	
C	INTERNAL/EXTERNAL ROTATION Internal/external hip and arms x2 (1-8), Roll wrists and ankles(1-8)	
F	Prayer	
V1	B1	C1 V2 B2 C2 V3 B3 C3

9	Bonus (Flotation)	On The Radio
I	Straddle Noodle	
V	BREAST STROKE FORWARD Breast stroke x4 TVL F(Arms: Breast stroke)	
C	SUSPENDED CROSS COUNTRY CC suspended	
B	FLOATING ARM SWEEP Cross at ankles (Arms: sweep arms R, Center, L, center)	
F	Step forward and hold	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4