

WATERinMOTION®

Platinum 16

Quick Choreo reference

1	Warm-Up	Put a Little Love In Your Heart
I	Jog heel	
V	JOG HEEL HEART Jog heel X16, DBL Jog heel x16 (Arms: Heart and open)	
C	JOG: Jog x16, DBL Jog x8 (Arms: big arms circles x8, Point "you" and "me")	
B	JACK AND SIDE Single jacks x8, ALT jack TVL side x4	
F	Land wide, hands to heart	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

2	Linear	Wannabe
I	Kick	
V	KICK FRONT 8: Kick F TVL F x8/Kick B TVL B x8	
C	SKI AND JACK FAST CC ski x3, fast jack alt angle R/L	
B	JOG AND KARATE Jog x4, Karate B x4	
F	Land wide arms out	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

3	Balance	Free Fallin'
I	Jog	
V	JOG 3: Jog SSD	
C	LEAP RIGHT: Leap x3, jump F/B (Arms: Angle, push/pull)	
B	RUN AND TREE Run in a circle x16, tree pose hold x8	
F	Land wide, arms slanted	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

4	Group	Say A Little Prayer
I	Jog to 2 lines, facing center of pool	
V	SKI AND PRAYER CC Ski x8/Grounded ski x8 (Arms: long levers/prayer)	
C	JOG CROSS LINES Jog TVL F x12, turn around x4	
B	BOUNCE AROUND 4 bounces 1/2 turn (in/out/in/out)	
F	Jump to face in, push	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

5	Anchored	You're the Best Thing About Me
I	JJ	
V	ANCHORED TAP: Tap heel F/toe B (Arms: clasped)	
C	JOG TOUCH HEEL Jog (Arms: opposite hand to heel)	
B	JACK & SHOP - NEUROPLASTICITY DRILL JJ (Shopping list items by alphabet)	
F	Stand hands clasped	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

6	Toning Track	Cars
I	Noodle in reverse "U" shape	
V	DRIVE AND PUSH Drive R, Push noodle / Drive R, Pull noodle x4 (Repeat L)	
C	TRICEPS PRESS Kneeling Triceps press, feet GND	
B	PUSH PULL SKI: CC (Arms: noodle push/pull)	
F	Lunge, push left arm F	
V1	C1	B1 V2 C2 B2 V3 C3 B3

7	Core	I Love You
I	Prepare noodle in hand	
V	ANKLE TAPS Tuck knees to chest (Arms: noodle taps to ankles)	
C	TUCK SHOOT Tuck, shoot legs side, tuck, tap down (Arms: opposition of legs)	
B	FIGURE 8: Feet grounded (Arms: noodle figure 8 underwater)	
F	Arms front	
V1	C1	B1 V2 C2 B2 V3 C3 B3

8	Flexibility	Brave
I	Sway	
V	KNEE TO DANCER Hand down shin to quad stretch, tip front to dancer	
C	SWEEP TO STRONG Arms sweep open and up, bicep flex, leg swing B/F/B/down	
B	HIP OPEN AND ROLL Lateral leg lift, tuck in, extend, roll ankle and wrists x3	
F	Sweep up to the sides, pull into heart center	
V1	C1	B1 V2 C2 B2 C3

9	Bonus (Flotation)	Do It Again
I	Straddle Noodle	
V	TUCK SHOOT ANGLE Knee tuck, single leg angle shoot	
C	DOUBLE SKI 1/2 MOON DBL SUSP CC, 1/2 moon leg sweep x2	
B	SCOOP FRONT Ankles crossed TVL F x4/B x4 (Arms: scoop front/scoop back)	
F	Float and hold	
V1	C1	B1 V2 C2 B2 V3 C3 B3