

# WATERinMOTION®

## Platinum 17

Quick Choreo reference

1	Warm-Up	Shake Your Body
I	Jog	
C	RUN 3 & WIDE JOG 2 (Arms: Alt punch front, cross over knee)	
V	ROCKING HORSE 4 DIAG Rocking Horse x4, swing through, turn L	
B	JOG HEEL OPEN HAND Jog Heel (Arms: Open hand push-pull)	
F	Land wide, sweep arms across	
V1	B1	C1 B2 C3 V3 B3 C4

2	Linear	Shake Up the Party
I	JJ	
V	POWER JACK & ½ PENDULUM Power Jack, ½ Pendulum ALT R/L	
B	RUN FORWARD: Run TVL FWD, Angle JJ x4 (B)	
C	JUMP FRONT BACK 3: Jump F/B x3, Fast JJ x2	
F	Wide Stance	
V1	B1	C1 V2 B2 C2 V3 B3 C3 B4

3	Balance	Got to Give It Up
I	Wide Jog	
V	IN STEP SWEEP Wide jog (Arms: Heel Touch), Jog heel, OPP reach	
C	RUN & HOP Run R x4, Hop x2, Leg Circle Balance x2	
B	LEAP, CROSS, CURL Leap R, Leg Cross, ABD Leg, Curl	
F	Wide Stance	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

4	Group	No Excuses
I	JJ, form two lines facing F	
V	JJ TWO LINES: JJ x4, JJ x4 TVL Change lines	
C	CROSS COUNTRY FACE IN CC x8, TVL F x8, High 5, x8, TVL B x8	
B	JUMP ROPE x8, R/L x8	
F	Wide Stance	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

5	Anchored	I Wish
I	Neutral JJ	
V	NEUTRAL JACK & FAST JACK Neutral JJ x2; Triple Fast JJ x2 (Out/in/out-in/out/in)	
C	STOMP Stomp F/B x2, Kick F/B x2	
B	KARATE KICK SIDE: NUEROPLASTICITY DRILL* Spelling Game: S I D E K I C K F/B	
F	Wide Stance	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

6	Toning	Celebration
I	Stand tall, prepare to begin	
V	BREAST STROKE & HIP Arms: Breast Stroke, Leg: Hip Ext., x8, Close x8	
C	BICEPS & TRICEPS: Neutral Stance, Heel FWD ALT Elbows Flex & Ext. Slow x2, Fast x4	
B	PASSÉ & SHOULDERS Leg Bend, Kick, ADD (Arms: ABD/ADD)	
F	1 <sup>st</sup> position hold	
V1	C1	B1 V2 C2 B2 V3 C3 B3

7	Core	You Make Me Feel
I	Noodle behind back, lounge chair, legs ext.	
V	TOE HEEL CRUNCH Dorsi flex feet, L heel over R foot toes and curl	
C	V-LEGS & HIP TWIST Open/close legs; feet together hip twist R/L	
B	JACK & SKATEBOARD Neutral JJ, tuck heels up R, Repeat L	
F	Stand, push noodle down	
V1	C1	B1 V2 C2 B2 V3 C3 B3

8	Flexibility	Take On Me
I	Shoulder Rolls	
V	OPEN CHEST CALF STRETCH Open chest & calf stretch 1-4, arm up 5-8 Arm up/lat. flex. 1-4, Torso up / wavy hand 5-8	
C	RIGHT KNEE UP HAMSTRING STRETCH R Knee up 1-2, extend 3-4, point/ flex & circle	
B	LEFT KNEE UP HAMSTRING STRETCH L Knee up 1-2, extend 3-4, point/ flex & circle	
F	Stand tall, arms open	
V1	C1	B1 V2 C2 B2 V3 C3 B3

9	Bonus (Cardio)	Lost in Love
I	Pendulum	
V	PENDULUMS & REACH Pendulum x4, Kick B x4	
B	LEAP & TUCK JUMP DIAG Leap R x3, Tuck Jump x2, Repeat L, Kicks x16 TVL B	
C	DOUBLE SIDE LEAP Side Leap R x1, Side Leap Hop x1, Run L x8	
F	Wide Stance	
V1	B1	C1 V2 B2 C2 V3 B3 C3 C4

10	Bonus (Deep)	Signed, Sealed, Delivered
I	Get into position. Noodle in straddle, Jog	
V	RUN TRAVEL Run x16 TVL R, 1-Arm Chest Stroke TVL Side JJ out, Tuck in x8	
C	CHAIR SIT KICKS: ALT Seated kick (Arms: Bilateral biceps curl & triceps ext)	
B	CROSS COUNTRY SKI CC x16, CC & Tuck x16	
F	Sit and skull	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4