

# WATERinMOTION®

## Platinum 18

Quick Choreo reference

1		Warm-Up	Let's Groove							
I	Run									
V	RUN 5 & KICK Run x 5, Soccer kick x1									
C	JACKS & MUSCLE ARMS JJ (Arms: Muscle, close, extend, curl)									
B	JOG HEEL 16 Jog Heel (Arms: Arms: Int/Ext Rotation) x8									
F	Wide Stance with Muscle Arms									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	
2		Linear	I Need to Know							
I	CC									
V	CROSS COUNTRY 3 TUCK CC x3, Tuck x1 (Arms: sweep across x3 & hold)L									
B	TRAVELING HORSES Rocking Horse, Rock FWD Knee lift TVL F									
C	JACK AND JUMP JJ x1, Jump angle R, Jump angle L									
F	Wide stance open Arms down									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	
3		Balance	Ring My Bell							
I	JJ									
V	TRAVEL JACKS JJ TVL R x3 Fast JJ x2									
C	PENDULUM BELLS ALT Pendulum x4, DBL Pendulum x2									
B	HOP AND BALANCE Hop R hold, hop F hold, hop B hold, jog x2									
F	Wide Stance Arms open down									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	
4		Group	My Love Is Your Love							
I	Jog, form two lines facing each other									
V	WIDE JOG Wide Jog then TVL Closer x16									
B	JACK TO FEET JJ, ALT R/L Leg Cross & Touch (Arms: Cross & Touch)									
C	RUN BACK & TUCK Run x16 TVL B Jump Tuck Jump x4									
F	Jump Partner's Splash									
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4	
5		Anchored	Drive My Car							
I	Jog									
V	WIDE RUN KNEE UP Wide Run x4, hold knee up x4, Karate Side x4									
C	KARATE BACK 2 DBL Karate Kick B/F (Arms: Drive) x4 R, x4 L									
B	JOG & RUN Jog / Run <b>NUEROPLASTICITY DRILL*</b> Spelling Game: S P E E D C A R S F/B									
F	One leg front pressing the brakes and wave									
V1	C1	B1	V2	C2	B2	V3	C3	B3	B4	

6		Toning	If You Could Read My Mind							
I	Stand tall, prepare to begin									
V	CHEST STROKE & HAMCURL Hamstring Curl (Arms: ALT Chest Stroke) R/L x8									
C	BREAST STROKE & KICK Flick Kick (Arms: Breast stroke)									
	LUNGE & BICEPS Lunge (Arms: Bicep curls) Lunge (Arms: Rotator cuff sweep)									
F	Lunge and sweep									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	
7		Core	Forever Young							
I	One leg stance, one knee bend like jackknife									
V	HOP CRUNCH Hop crunch (knee to chest) x8 R, x8 L									
C	WIDE STANCE FIGURE 8 Wide stance stable hips (Arms: Long arms, hands together Figure 8)									
B	SIDE CRUNCH Leg ABD/ADD & LAT FLEX x8 R, x8 L									
F	Wide stance									
V1	C1	B1	V2	C2	B2	V3	C3	B3		
8		Flexibility	To Love Somebody							
I	Shoulder & Hip Rolls									
V	TIGHT ROPE RIGHT IT Band Stretch- R step front (reach over & across) Warrior 3 ABD R Leg Flex, Point Leg cross Figure 4									
B	TIGHT ROPE RIGHT IT Band Stretch- R step front (reach over & across) Warrior 3 ABD R Leg Flex, Point Leg cross Figure 4									
C	LUNGE WIDE REACH R arm Reach side, overhead and side Lunge R reach FWD, Lunge L reach F									
F	Wide stance with Prayer hands									
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4	
9		Bonus (Flotation)	And the Beat Goes On							
I	Rebound Jog									
V	LEAP & HOP ALT Side Leap									
C	KICK & PRESS Kick FWD ALT R/L Arms: Press down									
B	LEAN SIDE DIVE & FLUTTER Lean Side dive x2, flutter kicks x10, tuck & stand up									
F	Stand tall, Press hands down									
V1	C1	B1	V2	C2	B2	V3	C3	B3	B4	
10		Bonus (Deep)	Dance To The Music							
I	Get into position. Noodle in between legs and Jog									
V	RUN & CROSS COUNTRY Run Back (Arms: ALT Push F) CC FWD (Arms: Reach & Pull F)									
C	SPLITS & CRISS CROSS ALT Splits x4, Criss Cross x8									
B	JACK POWER PULL JJ/ADD in x4, JJ Tuck x8									
F	Free Style Pose									
V1	C1	B1	V2	C2	B2	V3	C3	B3	B4	