

WATERinMOTION®

Platinum 19

Quick Choreo reference

1	Warm-Up	Let's Go Dancing
I	Jog	
V	FRONT KICK & FLICK KICK ALT Kicks x4 , 1-Leg Flick Kick x4	
C	RUN & SIDE KICK Run x 3 Hold, Side Kick x2	
B	JOG HEELS ALT Jog heels x4, 1-Leg Curl x4 Arms: Figure 8	
F	Wide Stance, Open hands	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

2	Linear	Keep It Coming Love
I	CCS	
V	CROSS COUNTRY SKI 4 FAST CC x4, CC Shuffle 3 Fast x2	
B	CONGA LINE RUN KICK Run RVL F x3, Side Kick x1 (Arms: Roll, fingers wide open)	
C	JOG HEEL CONGA HEEL ALT Jog heel, SSD Jog heels, Conga Arms	
F	Free style Dance pose	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

3	Balance	You Should Be Dancing
I	JJ	
V	JACKS & MOGULS JJ, Mogul Jump R/L	
C	DISCO RUN HOLD 7 Run TVL R DIAG x7, hold GRD kick B/F x2	
B	ROCKING HORSE BALANCE Rocking horse x2, Hop heel x4	
F	Wide Stance	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

4	Group	I Heard It Through The Grapevine
I	JJ, form two lines facing front	
V	JACK TURN IN / FRONT / AWAY	
B	GRAPEVINE TRAVEL Crossing lines x7, Jump together x1	
C	LEAP REACH KICK ALT Leap, Cross kick	
F	Land wide stance	
V1	B1	C1 V2 B2 C2 V3 B3 C3 C4

5	Anchored	Can You Feel It
I	JJ	
V	ONE LEG ANCHORED KICK F/B/SIDE/SLID	
B	JACKS	
C	PENDULUMS *NEUROPLASTICITY DRILL* Math game: 2+2=4, 4+2=6, 6+2=8, etc.	
F	Land wide stance	
V1	B1	C1 V2 B2 C2 V3 B3 C3 C4

6	Toning	If I Can't Have You
I	Stand tall, prepare to begin	
V	ROWING FORCE – Lunge stance (Arms scoop, rowing F to hip; reverse from the hip up to chest)	
C	CIRCULAR STROKE Back stroke & breast stroke	
	CIRCLE BICEPS & TRICEPS	
F	Wide Stance	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

7	Core	Reach
I	Getting in position	
V	TABLE TOP SIT; Tuck curl ALT leg touch down	
C	SIDE REACH – Long torso curl sideways	
B	LEGS AROUND – Legs tight together Corkscrew circle around R/L	
F	Stand up tall, noodle behind	
V1	C1	B1 V2 C2 B2 V3 C3 B3

8	Flexibility	It Must've Been Love
I	Gathering the Chi (Qi) Arms	
V	YOGA WARRIORS W II R 1-4, reverse 5-8, Moon arms 1-4, balance quad stretch 5-8	
C	WARRIOR I & HUMBLE W I R, 1-4, humble 5-8, Tai-Chi bow & arrow 1-4, feet together 5-8	
B	GATHER THE CHI Leg ABD R 1-4, figure 4, 5-8, Un-cross Leg side ABD 1-4, feet together 5-8	
F	Wide Stance, Gather the chi floating arms	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

9	Bonus (Cardio)	Take A Chance On Me
I	Jog	
V	IN STEP SWEEP	
C	DOUBLE KICK SIDE & BACK ALT DBL side kick R/L (Arms push opposite) ALT DBL back kick R/L (Arms push Fwd)	
B	DIAGONAL. PENDULUM Diagonal pendulums B/F x7, Jump x2	
F	Stand tall, Press hands down	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

10	Bonus (Deep)	Get Down On It
I	Get into position. Table top knees	
V	IN STEP SWEEP & BACK HAND ALT hand to heel touch opposite arm back hand sweep	
C	CROSS COUNTRY 6 & WINDMILL CC X6, Leg "windmill" around	
B	RUN BACK BICEPS Jog/Run B x8, Bicep curls paddle Breaststroke F, Knees table top	
F	Tabletop Knee Tuck	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4