

WATERinMOTION®

Platinum 20

Quick Choreo reference

1		Warm-Up	The Boss						
I	Jog								
V	JOG, WIDE JOG Jog x4, Wide Jog x4, In step x4, Run x8								
C	KARATE KICK SIDE: ALT Karate kick SSD (Arms: squeeze fist)								
B	RUN HEEL - Run heel x8, Wide jog heel x4 (Arms: fist count "1, 2, 3, 4" with fingers)								
F	Step Wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

2		Linear	Living For The City						
I	Kick F								
V	SWING LEG KICK: ALT Leg swings F/B x2								
B	JACK & TUCK TRAVEL JJ/Tuck Jump TVL F, JJ/Tuck Jump TVL B								
C	RUN DIAGONAL - Run TVL DIAG R x8, Run B x8 Run TVL DIAG L, Run B x8								
F	Step wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

3		Balance	Play That Funky Music						
I	Jog								
V	KARATE KICKS SIDE & BACK Karate kick side R x4, ALT Karate kick B								
C	DOUBLE ROCKING HORSE ALT Rocking horse x2, knee swings F								
B	LEAP & FAST KACKS – Leap R TVL R x3, Fast JJ x2, Leap L TVL L x3, Fast JJ x2								
F	Step Wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

4		Group	I Feel The Earth Move						
I	Jog into a circle formation								
V	JOG SINGLE SINGLE DOUBLE Jog SSD TVL R (counterclockwise)								
C	RUN & FAST JACK: Face L, Run TVL F x8 (clockwise), Fast JJ in place x2								
B	KICK BACK & REACH: ALT kick B, ALT DBL kick B								
F	Step Wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

5		Anchored	Walking In Memphis						
I	Neutral Position								
V	STOMP & PUNCH – Stomp R out/in x2, Punch out/cross/out/clasp, Stomp L out/in x2, Punch...								
C	POWER CROSS COUNTRY DBL CC Ski to explain the drill								
B	CROSS COUNTRY SKI – NEUROPLASTICITY** Association Memphis: People, City, Food								
F	Wide Stance								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

6		Toning	I Can't Get No (Satisfaction)						
I	Stand tall, prepare to begin, barre inspired								
V	HIP & LEG WORK Knee flex R, ABD/ADD x2, Kick F, Curl B								
C	STANDING CHEST FLY Lunge stance (Arms: 1 F/ 1 B chest fly)								
B	SHOULDER FRONT RAISE & BACK STROKE Lunge (Arms: ALT deltoid raise/back stroke)								
F	Wide stance								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

7		Core	Suspicious Minds						
I	Getting into position, noodle behind torso								
V	DIAMOND SIDE CURL Diamond legs lean to R x4, EXT/Bend x6								
C	V TUCK V/tuck/V/ALT cross touch								
B	HIP TWIST Feet together, Long extended legs, ALT twist								
F	Lay Back								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

8		Flexibility	Just My Imagination						
I	Shoulder & Hip Rolls								
V	TRIANGLE & PYRAMID RIGHT – Standing prep (1-4), Triangle pose (5-8), Pyramid R, arms reach, Warrior III (1-4), dancer pose(5-8), Fig 4 stretch.								
B	TRIANGLE & PYRAMID LEFT – Standing prep (1-4), Triangle pose (5-8), Pyramid R, arms reach, Warrior III (1-4), dancer pose(5-8), Fig 4 stretch.								
C	OVERHEAD REACH & TWIST Reach overhead, sink the Chi, Reach over, torso laterally flex, sweep F								
F	Wide stance with Open Arms								
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4

9		Bonus: Flotation	You Keep Me Hanging' On						
I	JJ								
V	JACK & FAST JACKS – JJ x1, Fast JJ x2 (Arms: Push F/pull in, push down x2)								
C	DIVE FRONT Dive F Flutter kick, Kick TVL B								
B	LEAP & PRESS – Side Leap (Hop on "8") (Arms: noodle press)								
F	Wide Stance, arms push F								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

10		Bonus: Deep	Corazon Espinado						
I	Get into position, Straddle noodle								
V	TWISTED CHAIR BREASTSTROKE – Seated twist hold R(1-6), Fast twist x3 & hold (Arms: breaststroke x3 TVL F, ALT OPP sweep)								
C	BICYCLE CIRCLE - ALT hamstring curl, circle R, JJ out/cross in place, Repeat L								
B	BIG BICYCLE Seated hamstring curl TVL F Reverse bicycle TVL B								
F	Knee Tuck								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4