

# WATERinMOTION®

## Platinum 21

Quick Choreo reference

1	Warm-Up	Love Train
I	Jog	
V	ROCK & RUN Rocking horse x2, Run x7 hold	
C	JOG AROUND THE WORLD Jog x2, Wide jog x2, Jog heel x4 (Arms: Reach up, fan out, join hands)	
B	HEEL TOE SHUFFLE GRD Heel/Toe touch, CC shuffle x7	
F	Step Wide	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

2	Linear	Believe
I	Front Kick	
V	KICK FRONT & KICK BACK ALT F Kicks x4, ALT B Kicks x4	
B	RUN & TUCK JUMP Run TVL F, Down/Tuck jump	
C	JACKS & HEEL TOUCH JJ, JJ ATL heel touch R/L	
F	Step Wide	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

3	Balance	Never Can Say Goodbye
I	Jog	
V	JOG & LEAP Jog SSD (side leap on the DBL)	
C	DOUBLE JOG HEEL ALT DBL Jog heel, DBL Soccer kick	
B	LEAP & RUN - DIAG Leap x3 R, run x3 hold (Arms: Breaststroke)	
F	Step wide, open arms	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

4	Group	Uptight (Everything Is Alright)
I	Jump Rope	
V	MOGULS Moguls R/L, Jump F/B	
C	JACK TRAVEL FAST JACK JJ Travel switch sides x1, Fast JJ x2	
B	JOG Jog x16, Run x4, Wide Run x4 (x4)	
F	Step Wide	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

5	Anchored	Rebel Rebel
I	Lower to neutral stance, chamber torso	
V	POINT AROUND Stomp R leg F/S/B/S, half circle leg B and F	
B	JOG PUSH DOWN JOG SSD (Arms: Push down)	
C	JACK & TUCK <b>NEUROPLASTICITY:</b> Math test (+, -, x, mix) Neutral JJ out/tuck	
F	Step wide open arms	
V1	B1	C1 V2 B2 C2 V3 B3 C3 C4

6	Toning	A Little Less Conversation
I	Stand tall, prepare to begin	
V	HAMSTRING CURLS & TRICEPS PRESS Alt ham curl (Arms: Triceps press/squeeze together)	
B	HALF FLY & LEG OUT R arm ABD/ADD to R, L Leg ABD/ADD	
C	ROCK 'N ROLL ARMS Lunge (Arms: ALT circle push/pull)	
F	Step Wide	
V1	B1	C1 V2 B2 C2 V3 B3 C3 C4

7	Core	Jumping Jack Flash
I	Step R foot F, Lunge	
V	CURL & CHOP Lunge, curl/ROT chop	
C	JACK TUCK JJ tuck	
B	PLANK Plank position, Plank, ALT Leg ABD/ADD & tuck	
F	Stand wide	
V1	C1	B1 V2 C2 B2 V3 C3 B3

8	Flexibility	So Far Away
I	Shoulder Roll	
V	WIDE STANCE REACH Wide stance R arm reach R x3, Arm overhead torso twist and release Warrior II, reverse warrior, warrior I, Warrior III to Dancer, ABD leg side, point/flex, INT/EXT ROT x2, Figure 4 glutes stretch	
C	WIDE STANCE REACH Wide stance L arm reach L x3, Arm overhead torso twist and release Warrior II, reverse warrior, warrior I, Warrior III to Dancer, ABD leg side, point/flex, INT/EXT ROT x2, Figure 4 glutes stretch	
B	MOUNTAIN & OPEN Mountain, Open, DIAG lunge (Parting the Sea)	
F	Stand up tall open arms	
V1	C1	B1 V2 C2 B2

9	Bonus	Sweet Caroline
I	Jump rope feet together	
V	JUMP ROPE TUCK Jump rope/jump tuck in place	
B	RUN SIDEWAYS & JACK Run TVL R x8, Fast JJ x4	
C	CROSS COUNTRY SKI CC x8, DBL power CC x4	
F	Stand tall, feet together	
V1	B1	C1 V2 B2 C2 V3 B3 C3 C4

10	Bonus: Deep	Tossin' And Turnin'
I	Noodle in straddle	
V	COSSACK KICKS Cossack kicks SSD	
C	CROSS COUNTRY SKI CC x2, Fast CC/tuck x3 hold	
B	CHAIR TRAVEL TWIST Seated position TVL x4, Twist x3 & hold (Arms: circle pulling to TVL R)	
F	Knee Tuck	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4