

# WATERinMOTION®

## Platinum 25

Quick Choreo reference

1	Warm-Up	Faith
I	Jog	
V	RUN Run, Rhythm run 3x hold (Arms push F open hands)	
C	JOG HEEL Jog heel (Arms: ALT hand reach wide open, close fist, cross on chest open side)	
B	SIDE KICKS ALT side karate kicks R/L, DBL side karate kicks	
F	Wide Stance	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

2	Linear	I Second That Emotion
I	Run	
V	RUN & KICK Run x3 hold, karate kick F/B	
B	ROCKING HORSE TVL F x3, rocking horse x1 kick through, ALT Kick F TVL B x8	
C	KICK BACK DIAG Kick B DIAG, SS DBL (Arms: double push F)	
F	Wide Stance	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

3	Balance	Staying Alive
I	Jog Heel	
V	JOG HEEL DISCO SS DBL Jog heel (Arms: scoop & rolling)	
C	LEAP & MOGULS Leap x1, moguls x2 L/R, Leap x1, moguls x2 R/L	
B	PENDULUMS ALT pendulums R/L	
F	Step Wide and tall	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

4	Group	Your Song
I	Jog to find a partner	
V	JACKS & JUMP JJ, jump F/B	
C	LEAP & TUCK JUMP Leap TRVL R x4, Power tuck jump x4	
B	RUN AROUND Run around, find new partner	
F		
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

5	Anchored	Never Gonna Give You Up
I	Neutral Position	
V	TAP SIDE CROSS Tap side, cross front, tap side, feet together R/L (Arms: move opposite)	
C	ROCKETTE KICKS ALT High front kicks	
B	POWER POSE JUMPING JACKS <b>NUEROPLASTICITY DRILL*</b> Affirmations for Empowerment: I am Strong! – STRONG I AM! I am Love! – LOVE I AM!!	
F	Wide Stance	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

6	Toning	Macarena
I	Stand tall, prepare to begin, barre inspired	
V	ARMS & LEGS WORK Knee flex R, flick kick F x8, Triceps press, L Knee flex R ham curl x8, biceps curls, L	
C	SHOULDER CUFFS Neutral stance (Arms: ALT horizontal paddle R/L x3 hold x3, big sweep around R)	
B	CHEST & BACK, Chest fly, lunge R Breaststroke, thumps up, lunge L	
F	Stand up tall	
V1	C1	B1 V2 C2 B2 V3 C3 B3

7	Core	The Only Way Is Up
I	Getting into position	
V	ZOMBIE WALK Walk F x2 R/L, walk B x2 L/R (Arms: paddle cross over F leg)	
B	CROSS COUNTRY SKI CC Ski neutral x8, CC Ski suspended x8	
C	DIAMOND TUCK Diamond tuck x2, Alt In-step sweep R/L x2	
F		
V1	B1	C1 V2 B2 C2 V3 B3 C3

8	Flexibility	With Or Without You
I	Sway side to side	
V	STANDING BALANCE Leg ABD L, cross midline, open L x2 (Arms: paddle opposite to leg) Quad stretch to dancer (Arms: reach F)	
C	HIP ROTATION Hip rotation knee in/out x2, (Arms: wave opposite to leg) Figure 4 hold R (Arms: open/close)	
B	LUNGE WARRIOR CALF STRETCH Lunge W1 calf stretch L (Arms: overhead, lean R) Torso flex, knee tuck to chest, hamstring stretch, open torso chest stretches.	
F		
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4