

1 Warm-Up

Get Up

Wave 30

waterinmotion
Platinum

Intro	Run									16x
Verse	<u>RUN 7 / ROCKING HORSE 2</u> Run 7 / Rocking Horse 2 (Arms: Fist / Paddle palm sweep front & back)									4x
Chorus	<u>JOG HEEL / HEEL SCOOP</u> Jog Heel 2 / Heel Scoop 2 (Arms: Double scoop front / sweep across)									8x
Bridge	<u>KARATE SIDE, FRONT FLICK</u> Alternate Double Karate Kick Side / Low Kick Front 4 (Arms: Triceps press / paddle front)									4x
Finish	Land Wide / Arms Sweep Across									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



Linear

Ain't No Stopping Us Now

Wave 30



Intro	Cross Country Ski									16x
Verse	<u>CROSS COUNTRY SKI</u>									32x
	Cross Country Ski (Arms: Both paddle back & front)									
Bridge	<u>JUMPING JACK / JACK TUCK JUMP</u>									8x
	Jumping Jack 1 / Jack Tuck Jump 1 (Arms: Open & close)									
Chorus	<u>JOG HEEL TRAVEL / FRONT KICK TRAVEL</u>									1x
	Jog Heel 3, Fast Heel 2, Travel Forward (4) / Kick Front 3, Run 2, Travel Back (4) (Arms: Breaststroke / paddle)									
Finish	Wide Stance, One Arm Push Front									
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4	

Intro	Pendulums									16x
Verse	<u>PENDULUMS</u> Pendulums Single Single Double (Arms: Push side to side)									8x
Chorus	<u>JOG / ROCKING HORSE</u> Single Single Double / Rocking Horse 1, Rock Back 1 (Arms: Paddle / sweep front & back)									4x
Bridge	<u>JOG HEEL COMBO</u> Double Jog Heel 3, Alternate Single Jog Heel 2 (Arms: Back breaststroke / alternate sweep front)									4x
Finish	Land Wide, Arms Open Press Side									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



Group
Never Gonna Rain

Wave 30



Intro	Jog. Divide Into Group 1, Group 2									16x
Verse	<u>RUN 2, HOLD</u> Run 2, Hold, Groups Face Each Other (4), Turn Back (4), Turn Opposite Sides (4), Turn Front (4) (Arms: Fist)									16x
Chorus	<u>LEAP TRAVEL 1 / FAST JACK 2</u> Leap travel 1 / Fast Jack 2 - Group 1 Travel Toward Group 2 (4) - Repeat Switching Sides One More Time (Arms: Reach over, scoop under / open & close)									2x
Bridge	<u>CROSS COUNTRY SKI SHUFFLE</u> Cross Country Ski Shuffle 3, Hold (Arms: Fist 3, push-splash white water 4)									8x
Finish	Wide Stance, Sweep Across									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



Anchored / Neuroplasticity

You Can Call Me Al Wave 30



Intro	Anchored Down Neutral Position Power Pose								16x
Verse	<u>KICK FRONT / KICK SIDE, SWIVEL</u>								4x
	Kick Front 1, Kick Side 1, Knee Swivel, Step Down (Arms: Hands hip's anchored)								
Chorus	<u>DIAMOND TUCK KICK</u>								4x
	Diamond Knee Tuck 1, Kick Out 1, Heels In 1, Step Down (Arms: Sculling hands)								
Bridge	<u>JOG - NEUROPLASTICITY DRILL</u>								32x
	Say The Word I Spell, Spell The word I say (Round 1: b-l-u-e = blue; j-a-c-k = jack; j-o-g = jog Round 2: sun = s-u-n; wave = w-a-v-e; leap = l-e-a-p Round 3 Mixed: leap = l-e-a-p; run = r-u-n) (Arms: Paddle)								
Finish	Land Wide, Open Arms								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Intro	Get Into Neutral Position								16x
Verse	<u>ONE LEG SWEEP</u>								4x
	Single Leg Sweep 2 / Flick Kick 4 (2) Single Leg Sweep 2 / Heel Curl 4 (2) (Arms: Rotator cuffs sweep across / fists on hips)								
Chorus	<u>BICEPS / TRICEPS</u>								1x
	Wide Stance (Arms: Alternate biceps curls 8, double time biceps curls 16 / Alternate triceps press 8, double time triceps press 16)								
Bridge	<u>CHEST FLY / BREASTSTROKE</u>								1x
	Wide Stance (Arms: Sweep front chest fly 8 / back hand breaststroke 8)								
Finish	Wide Stance, Open Arms								
V1	C1	B1	V2	C2	B2	V3	C3	B3	



Core

Just Can't Get Enough

Wave 30



Intro	Get Into Neutral Position									16x
Verse	<u>IN-STEP SWEEP 1 / ROTATION 1</u>									8x
	In-Step Sweep 1 / Step Wide (4) (Arms: Sweep heel reach, sweep across, torso rotate)									
Chorus	<u>TUCK SHOOT</u>									8x
	Tuck Jump, Alternate Shoot Through 8 (Arms: Press down, reach side)									
Bridge	<u>TUCK EXTEND</u>									8x
	Knee Up, Leg back, Knee up, Step down (Arms: Long arms paddle down, reach, paddle down)									
Finish	Wide Stance, Hands on Hips									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



Flexibility

Everything I Do I Do It For

Wave 30



Intro	Tap Step Front					16x
Verse	<u>HAMSTRING STRETCH / FIGURE 4</u> Heel Dig Flex, Sit Low / Leg Cross Over to Figure 4 (Arms: Reach forward, sweep reach back / sway in & out across)					2x
Chorus	<u>STAR POSE / ARABESQUE</u> Star Pose Leaning Side 1 / Arabesque - Warrior 3 (Arms: Reach overhead / Reach forward)					2x
Bridge	<u>CALF STRETCH / KNEE LIFT</u> Step back Lunge / Back Knee Comes Up (Arms: Reach forward, overhead, lean side to side / torso rotation, grab knee)					2x
Finish	Lunge Stance, One Arm Reach Up Overhead					
V1	C1	B1	V2	C2	B2	