



WARM UP

YOUNG HEARTS RUN FREE

WAVE 33

waterinmotion®
Platinum

Intro		Run							16x
Verse		<u>RUN</u> Run 7- Hold / Run 2 - Hold (Arms: Running fist)							2x
Bridge		<u>JOG HEEL</u> Jog Heel 3 / Run 2 (Arms: Paddle hands sweep, Fist on run)							8x
Chorus		<u>JUMPING JACKS</u> Jacks (Arms: Heart & finger stretch 4 / Open & close 4)							16x
FINISH		Land Wide – Heart Hands							
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4



POSTURE

SHERRY

WAVE 33

waterinmotion®
Platinum

Intro	Jog Heel								16x
Verse	<u>JOG HEEL</u> Jog Heel (Arms: Cross to backhand paddle pulse back 3)								8x
Chorus	<u>MOGULS</u> Moguls Side, Side, Front, Back (Arms: Paddle reach opposite side, side, back, front)								4x
Bridge	<u>HOPSCOTCH BACK</u> Alternating Hopscotch (Arms: Alternating back heel touch)								32x
FINISH	Land Wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



BALANCE

BE NEAR ME

WAVE 33

waterinmotion®
Platinum

Intro	Jog								16x
Verse	<u>LEAP / KNEE / KICK</u> Side Leap / Knee Tuck / Karate Front 4 Side Leap / Knee Tuck / Karate Back 4 (Arms: Reach, chamber, fist)								1x
Chorus	<u>JACK KNEE TUCK</u> Jack, Jack Single Knee Tuck (Arms: Open, close, open, reach under knee)								8x
Bridge	<u>JOG / DRAG</u> Jog 5, Hold Knee Up (Arms: Scoop 4, One arm reach and drag/splash)								4x
FINISH	Land Wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



COMMUNITY

THE TIDE IS HIGH

WAVE 33

waterinmotion®
Platinum

Intro	Group formation: jog into two groups facing each other								
Verse	<u>JOG HEEL TRAVEL</u> Jog Heel Travel Forward 8 / Travel Back 8 (Arms: Alternating paddle hands)								2x
Chorus	<u>POWER JOG / JOG HOP</u> Power Jog 4 Travel / Twist #1 (Arms: Push and splash / Index finger overhead)								2x
Bridge	<u>RUN</u> Run Forward 16 Switch Places (Arms: Alternating push forward and power splash)								32x
FINISH	Land Wide – Arms up, index fingers #1								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



MEMORY (ANCHORED)

HE'S THE GREATEST DANCER

WAVE 33

waterinmotion®
Platinum

Intro	Get Into Neutral Position								
Verse	<u>LEG LIFT & HIP ROTATION</u> Leg Abduct 2 / Hip Rotation Internal/External (Arms: Clasp hands for torso stability)								4x
Chorus	<u>KARATE KICKS BACK</u> Alternating Karate Kicks Back 2, Side 2 (Arms: Rolling punches / Triceps punch back)								8x
Bridge	<u>RUN</u> Run (* Neuroplasticity– Fine Motor Skills: Hand/Face) (Arms: Point: front, side & chin side / Point: front, chin-ear / Point: front, chin-ear crossing hands)								64x
FINISH	Land Wide – Arms rolling fists								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



FAST TWITCH MUSCLES

PLEASE MR. POSTMAN

WAVE 33

waterinmotion®
Platinum

Intro	Cross Country Ski							16x
Verse	<u>CROSS COUNTRY SKI</u> Cross Country Ski 2 / Cross Country Ski Shuffle 3 (Arms: Alternating paddle, Fist)							8x
Chorus	<u>RUN TRAVEL & KICK</u> Run Travel 4 / Flick Kick Front 2 (Arms: Running fist / Chamber close fist)							8x
Bridge	<u>NEUTRAL JUMPING JACKS</u> Neutral Jack 2 / Fast Jack 4 (Arms: Paddle out & in / Elbow out & in)							4x
FINISH	Land Wide							
V1	C1	B1	V2	C2	B2	V3	C3	B3



MOBILITY

HOW WILL I KNOW

WAVE 33

waterinmotion®
Platinum

Intro	Jog, Tall Torso - Focus: Shoulders & Hip Mobility							16x
Verse	<u>ROCKING HORSE BOW & ARROW</u> Rocking Horse 4 (Arms: Bow & arrow for scapular retraction)							4x
Chorus	<u>INSTEP HEEL TOUCH & KICK</u> Alternating Instep Sweep 3 / Back Kick 1 (Arms: Alternating heel touch / Punch)							8x
Bridge	<u>KICK AROUND</u> Alternating Kick Front 2, Pendulum 2, Back Kick 2, Pendulum 2 (Arms: Alternating paddle front, side, back, side)							4x
FINISH	Bow & arrow pose							
V1	C1	B1	V2	C2	B2	V3	C3	B3



ADL'S (TONING)

SIMPLY IRRESISTIBLE

WAVE 33

waterinmotion®
Platinum

Intro	Jog / ADL Skill: Transferring = being able to move weight from one body position to another with proper control and balance							8x
Verse	<u>SIDE LEAP 2 / DEEP DRAG</u> Side Leap 2 / Wide Grounded Stance (Arms: Reach over 2 / Deep drag 2 – Move box)							4x
Chorus	<u>½ PENDULUMS</u> Alternating ½ Pendulum (Arms: Scoop & pull into body – Lift the box)							16x
Bridge	<u>ANGLE SOCCER KICK / JOG HEEL 2</u> Angle Soccer Kick 1 / Jog Heel Dragging Feet 2 (Arms: Reach in opposition- Under the rug)							8x
FINISH	Land Wide							
V1	C1	B1	V2	C2	B2	V3	C3	B3



CORE
WILD WORLD

WAVE 33

waterinmotion®
Platinum

Intro	Grounded Split Stance							
Verse	<u>SPLIT STAND FIGURE 8</u> Split Stance / Knee Up 2 - 2 / Change Side (Arms: Figure 8 SSD / Paddle chop across 2)							4x
Chorus	<u>JACK & SKATEBOARD</u> Jack / Skateboard Feet Side Pull Up (Arms: Open, close, reach to heels)							8x
Bridge	<u>TUCK SHOOT</u> Tuck Shoot Back 4 / Tuck Shoot Front 4 (Arms: Superman, push front / Sun Tan Push down, push back)							1x
FINISH	Stand up tall							
V1	C1	B1	V2	C2	B2	V3	C3	B3



FLEXIBILITY

THE AIR THAT I BREATHE

WAVE 33

waterinmotion®
Platinum

Intro	Arms sway in & out								8x
Verse	<u>BACK & HAMSTRING</u> Knee Lift, Extension Front / Circle Ankle 3 (Arms: Hold under knee)								2x
Chorus	<u>LUNGE CALF STRETCH</u> Lunge to Calf Stretch / Rotation / Opposite Side Bend (Arms: Front, Circle side, Reach up & over to cross)								2x
Bridge	<u>KNEE-HIP ROTATION</u> Step Side, Knee cross in-out 2 / Knee Circle Out, Step Cross Back, Hip Hinge (Arms: Internal-external rotation 2 / Big circle out)								2x
FINISH	Land Wide, Lift Arms Up								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4