



# WARM UP

THEN CAME YOU

## WAVE 34



Intro	Run								16
Verse	<b><u>RUN 3 / ROCKING HORSE 1</u></b> Run 3 (3) / Rocking Horse 1 (Arms: Fist 4 / Paddle hand sweep front & back)								4
Chorus	<b><u>PENDULUM 4 / KARATE KICK 4</u></b> Alternate Pendulums 4 / Karate Kick Left 4 (Arms: Sway side to side, hands close & open fingers)								4
Bridge	<b><u>JOG HEEL / WIDE JOG</u></b> Alternate Jog heels 4 / Wide Jog 4 (Arms: Alternate paddle / Sweep across)								4
Finish	Land Wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



# POSTURE ALONE

## WAVE 34

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Intro	Cross Country Ski									16
Verse	<b><u>CROSS COUNTRY SKI 3</u></b> Cross Country Ski 3 / Hold (Arms: Paddle in opposition / one arm breaststroke)									8
Chorus	<b><u>ANGLE LEAP RIGHT 3 / KNEE TUCK / KICK BACK</u></b> Angle Leap Right 3 / Knee Tuck / Kick Back / Kick Front Travel Back 8 (Arms: Scoop over 3 / Chamber / Reach / Pull / Paddle)									2
Bridge	<b><u>JUMPING JACKS</u></b> Jumping Jacks 16 (Arms: Breaststroke)									16
Finish	Land Wide									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



# BALANCE

TRUSTFALL

WAVE 34



Intro	Pendulums								16
Verse	<b><u>PENDULUMS 3 / KICK AROUND</u></b> Pendulums 3, Tuck Knee Left / Kick (Clock) Around 12-3-6-3 Pendulums 3, Tuck Knee Right / Kick (Clock) Around 12-9-6-9 (Arms: Sweep in opposition / Chamber on the kicks)								4
Bridge	<b><u>DOUBLE JOG HEEL / DOUBLE JOG</u></b> Double Jog Heel 8 / Double Jog 8 (Arms: Scoop under / Sweep across)								2
Chorus	<b><u>ROCKING HORSE 4 / LEAP &amp; KICK 2 (2)</u></b> Rocking Horse 4 Turn / Leap 1, Kick Back 2, Turn (Arms: Sweep front, backstroke / Airplane push side)								2
FINISH	Wide stance,								
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4



# COMMUNITY

THE PROMISE

## WAVE 34



Intro	Jog to a circular formation									16
Verse	<b><u>JUMPING JACKS TRAVEL</u></b>									16
	Jumping Jacks Travel Right 8 Jumping Jacks Travel Left 8 (Arms: Open & close)									
Chorus	<b><u>CROSS COUNTRY SKI</u></b>									32
	Cross Country Ski, (Arms: Breaststroke thumps up / Scoop & splash)									
Bridge	<b><u>KICK FRONT / KICK BACK</u></b>									32
	Kick Front 16 / Kick Back 16 (Arms: Paddle in opposition / Push Forward)									
Finish	Land wide									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



# MEMORY (ANCHORED)

CANDLE IN THE WIND

WAVE 34



Intro	Cross Country Ski – Neutral position									16
Verse	<b><u>CROSS COUNTRY SKI 3 / LEG CIRCLE</u></b>									1
	Cross Country Ski 3, Hold / Back Leg Circle Front & Back (Arms: Clasp together move across)									
Chorus	<b><u>JOG 4 / JUMP ROPE 2</u></b>									4
	Jog 4 / Jump Rope 2 (Arms: Paddle / Rope hands)									
Bridge	<b><u>RUN</u></b>									32
	(*NEUROPLASTICITY DRILL – Fine & Gross Motor Skill Muscles for Coordination) Run (Arms: Point front, touch shoulder left, other shoulder right, point overhead)									
Finish	Land Wide									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



# FAST TWITCH MUSCLES

## HEROES

### WAVE 34



Intro	Run							32
Verse	<b><u>JOG 4 / TIRES RUN 4</u></b> Jog 4 / Tires Run 4 (Arms: Paddle / Run fist)							16
Chorus	<b><u>RHYTHM RUN</u></b> Run 3 / Flick Kick 2 (Arms: Fist run / Open push)							8
Bridge	<b><u>JOG HEELS</u></b> Rebound Jog heels 8 Jog Heels Fast 16 (Arms: Scoop / Skate / Speedbag / Snap)							2
Finish	Land Wide							
V1	C1	B1	V2	C2	B2	V3	C3	B3



# MOBILITY

SHINING STAR

WAVE 34

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Intro	Jog heels	16						
Verse	<b><u>JOG HEELS / KICK ROTATION</u></b> Jog Heels Travel Front 16 Kick Rotation Front Travel Back 16 (Arms: Reach front & back)	1						
	<b><u>STAR LEAP</u></b> Star Leap Right / Heel Touch Front, Touch Back 2 (Arms: Open arms & fingers / heel touch)	4						
Bridge	<b><u>CROSS COUNTRY</u></b> Cross Country Ski (Arms: Figure 8 for 16, side to side for 16)	32						
Finish	Land wide							
V1	C1	B1	V2	C2	B2	V3	C3	B3



**ADL'S (TONING)**  
HUMAN

**WAVE 34**



Intro	Jog / ADL Skill: Transferring = being able to move weight from one body position to another with proper control and balance							
Verse	<b><u>ROCKING HORSE 2 / SSDBL JOG</u></b> Rocking Horse 2 / SSDBL Jog (Arms: Reach Forward / Row back)							4
Chorus	<b><u>JACK TRAVEL / SINGLE LEG HOP 4</u></b> Jack Travel Right 1 / Single Jog, Hop 4 (Arms: Open & close / reach down touch foot)							4
Bridge	<b><u>JOG HEELS</u></b> Jog Heels (Arms: Left push, right push, interlace fingers, stretch)							32
Finish	Stand up tall							
V1	C1	B1	V2	C2	B2	V3	C3	B3





# CORE

ONE WAY TICKET TO THE BLUES

WAVE 34

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Intro	Leaning back - Noodle behind back									
<b>Verse</b>	<b><u>V-STEP OPEN-CLOSE / HEEL TO TOE CURL</u></b> V-Step Open & Close / Heel to Toe, Torse Curl (Arms: Hold the noodle)									8
<b>Chorus</b>	<b><u>TUCK &amp; SHOOT THROUGH</u></b> Tuck & Shoot Through, Tap the Floor Right (Arms: Hold the noodle)									8
<b>Bridge</b>	<b><u>HEEL TOUCHES</u></b> Torso Rotation Criss Cross (Arms: Alternate heel touch)									16
Finish	Lean back and hold									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



# FLEXIBILITY

HIGHER LOVE

WAVE 34



Intro	Sway & tap								8
Verse	<b><u>MAMBO STEP / LUNGE BACK</u></b> Step Front & Back 2 Right / Sept Front, Lunge Back (Arms: Paddle open cuffs / paddle down back)								2
Chorus	<b><u>ONE LEG HIP FLEX &amp; EXT / HAMSTRING</u></b> One Leg Hip Flex & Extend 2 / Hip Flex, Knee Ext to Hamstring Stretch Right (Arms: Touch the leg and open apart / Hold leg)								2
Bridge	<b><u>LANDED STAR / CURTSY LUNGE / CROSS TAP</u></b> Landed Star Pose / Curtsy Lunge Rotation / Landed Star Pose / Cross in Front to Tap Front Rotation (Arms: Reach side, reach up, reach side, reach up)								2
Finish	Land wide, One arm sweep front								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4