



WARM UP

IT'S NOT RIGHT, BUT IT'S OK

WAVE 39

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Platinum

Intro	Jog	16x
Verse	<u>RUN 8 / JOG 4</u> Run 8 / Jog 4 (Arms: Running / Double scoop)	4x
Chorus	<u>ANGLE JACK / JACK</u> Angle Jack / Jack (Arms: "You're safe" signal / Thumbs up)	4x
Bridge	<u>RUN HEEL 8 / JOG HEEL 4</u> Run Heel 8 – Heel To Glute / Jog Heel 4 (Arms: Running / Double scoop)	8x
FINISH	Land Wide & Hold	
V1	C1	B1
V2	C2	B2
V3	C3	B3
	C4	



POSTURE

GOT TO BE LOVE

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Intro	Flick Kick	16x
Verse	<u>FLICK KICK SSD 4 / KICK 16</u> Flick Kick Single Single Double 4 / Kick Front 16 (Arms: Scoop / Power Pose)	2x
Chorus	<u>CROSS COUNTRY 7 / JUMP TOGETHER</u> Rebound Cross Country 7 / Jump Together (Arms: Lateral elbow raise / Fists together)	4x
Bridge	<u>JOG HEEL SSD 4 / KICK BACK 16</u> Jog Heel Single Single Double 4 / Kick Back 16 (Arms: Scoop / Chest press)	2x
FINISH	Land Wide & Hold	
V1	C1	B1
V2	C2	B2
V3	C3	B3
	C4	



BALANCE

DO YA

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Intro	Jog								16x
Verse	<u>ROCKING HORSE 4 / HEEL TOUCH BACK 8</u> Rocking Horse 4 / Alternate Heel Touch Back (Arms: Figure 8 / Lateral sweep back to heel)								4x
Chorus	<u>RUN 3 HOLD / SIDE SOCCER KICK 4</u> Run 3 Hold (4) / Side Soccer Kick 4 (Arms: Running /)								4x
Bridge	<u>STEP SIDE & DRAG</u> Step Side & Drag – STRONG ADDUCTION (Arms: Sweep side)								16x
FINISH	Land Wide & Hold								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



COMMUNITY

BAKER STREET

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Intro	Form Two Lines, Facing Instructor (Assign 1 & 2)								
Verse	<u>KARATE FRONT/BACK 4</u> Karate Kick Front/Back – Face Instructor (Arms: Fists)								4x
Chorus	<u>RUN 16 / KICK FRONT 8</u> Run 16 – Around Partner / Kick Front 8 TVL Backward – Lines Face Each Other (Arms: / Scoop)								4x
Bridge	<u>POWER PENDULUMS</u> Power Pendulums – Create BIG White Water! (Arms: BIG sweeps)								8x
FINISH	Land Wide & Hold								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



MEMORY (ANCHORED)

GONNA GET ALONG WITHOUT YOU NOW **WAVE 39**

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Intro	Get Into Grounded Position								
Verse	<u>KICKSTAND 4 / KNEE LIFT & CURL 4</u> Grounded Kickstand 4 / Knee Lift & Curl Back 4 (Arms: Shame on you fingers / Biceps to open chest)								2x
Chorus	<u>WIDE JOG SSD</u> Wide Rebound Jog Single Single Double – Explain Memory Work – What Memory Do You Have On This Date (1962 – Year I Was Born) (Arms: Sweep across single single double)								8x
Bridge	<u>JOG HEEL</u> Jog Heel (Arms: Push side)								32x
FINISH									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



SPEED

CARIBBEAN QUEEN

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Intro	Get Into Grounded Stance								
Verse	<u>BICEPS/TRICEPS 16</u> Grounded Stance, Knee Lift (Arms: Alternate biceps & triceps press back)								2x
Bridge	<u>STEP SIDE 2 / SHUFFLE 8</u> Neutral Step Side 2 TVL / Shuffle 8 (Arms: Sweep side / Running)								4x
Chorus	<u>KICK TAP REPEATER 4 / SYNCHOPATED JACK 4</u> Rebound, Kick Tap Repeater 4 (R/L) / Out, In, Out, In Out, In 4 (Arms: Bent elbows – lift & lower)								2x
FINISH	Stand Tall								
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4



MOBILITY

WALK ON BY

WAVE 39

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Intro	Jog							16x
Verse	<u>JOG 8</u> Jog 8 (Arms: Roll shoulders / Press behind - fast)							2x
Chorus	<u>STARJACK / JACK</u> Star Jack / Jack (Arms: Star & reset / Pec Dec)							8x
Bridge	<u>KICKSTAND 8</u> Grounded Stance, Pull Heel To Glute 8 (Arms: Scull or scoop)							4x
FINISH								
V1	C1	B1	V2	C2	B2	V3	C3	B3



ADL'S (TONING)

WITHOUT YOU

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Intro	Twist							
Verse	<u>JACK & KNEE TWIST 4</u> Jack & Twist 4 (Arms: Angled reach & cross – simulate buckling a seatbelt)							4x
Chorus	<u>ANKLE MOBILITY(DRIVE AWAY) 8</u> Grounded Stance – Simulate Pushing Gas & Brake (Arms: Steering wheel)							2x
Bridge	<u>PENDULUM 14 / DOUBLE PENDULUM</u> Rebound Pendulum 14 – Simulate Moving Boxes (Arms: Reach side & sweep across front)							2x
FINISH	Stand Tall, Wave							
V1	C1	B1	V2	C2	B2	V3	C3	B3



CORE

HEAT OF THE MOMENT

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Intro	Get Into Grounded Position								
Verse	<u>INFINITY SWEEPS</u> Wide Grounded Stance (Arms: Clasp & extend – Big white water!)								1x
Chorus	<u>HIP CIRCLE PULSE 3</u> Grounded Stance – Lift Knee, Open, Back & Pulse 3 (Arms: Open to side, tall posture)								4x
Bridge	<u>MOGUL 16 / POWER MOGUL 16</u> Neutral Mogul 16 / Power Mogul 16 (Arms: Paddle side to side)								1x
FINISH									
V1	C1	B1	V2	C2	B2	V3	C3	B3	



FLEXIBILITY

RISE UP

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Intro	Stand Tall & Sweep Arms In Figure 8								4x
Verse	<u>LUNGE BACK / KNEE LIFT & EXTEND 2</u> Step Back To Lunge / Lift Knee - Extend & Bend 2 (Arms: Figure 8 sweep 2 / Reach under knee)								2x
Chorus	<u>MOUNTAIN POSE / QUAD STRETCH</u> Mountain Pose / Quad Stretch – Heel To Glutes (Arms: Reach overhead / Open elbows / Clasp behind)								2x
Bridge	<u>FIGURE 4 / LUNGE & SWAY 4</u> Cross Ankle Over Knee / Lunge Side & Sway 4 (Arms: Hold side / Sweep underwater 4)								2x
FINISH	Stand Tall								
V1	C1	B1	V2	C2	B2	V3	C3	B3	