



# WARM UP

IT'S NOT RIGHT, BUT IT'S OK

WAVE 39

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|        |                                                                                                                    |    |    |    |    |    |    |    |     |
|--------|--------------------------------------------------------------------------------------------------------------------|----|----|----|----|----|----|----|-----|
| Intro  | Jog                                                                                                                |    |    |    |    |    |    |    | 16x |
| Verse  | <b><u>RUN 8 / JOG 4</u></b><br>Run 8 / Jog 4<br>(Arms: Running / Double scoop)                                     |    |    |    |    |    |    |    | 4x  |
| Chorus | <b><u>ANGLE JACK / JACK</u></b><br>Angle Jack / Jack<br>(Arms: “You’re safe” signal / Thumbs up)                   |    |    |    |    |    |    |    | 4x  |
| Bridge | <b><u>RUN HEEL 8 / JOG HEEL 4</u></b><br>Run Heel 8 – Heel To Glute / Jog Heel 4<br>(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  | <b><u>FLICK KICK SSD 4 / KICK 16</u></b><br>Flick Kick Single Single Double 4 / Kick Front 16 (Arms: Scoop / Power Pose)              |    |    |    |    |    |    |    | 2x  |
| Chorus | <b><u>CROSS COUNTRY 7 / JUMP TOGETHER</u></b><br>Rebound Cross Country 7 / Jump Together (Arms: Lateral elbow raise / Fists together) |    |    |    |    |    |    |    | 4x  |
| Bridge | <b><u>JOG HEEL SSD 4 / KICK BACK 16</u></b><br>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  | <b><u>ROCKING HORSE 4 / HEEL TOUCH BACK 8</u></b><br>Rocking Horse 4 / Alternate Heel Touch Back<br>(Arms: Figure 8 / Lateral sweep back to heel) |    |    |    |    |    |    |    | 4x  |
| Chorus | <b><u>RUN 3 HOLD / SIDE SOCCER KICK 4</u></b><br>Run 3 Hold (4) / Side Soccer Kick 4<br>(Arms: Running / )                                        |    |    |    |    |    |    |    | 4x  |
| Bridge | <b><u>STEP SIDE &amp; DRAG</u></b><br>Step Side & Drag – STRONG ADDUCTION<br>(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  | <b><u>KARATE FRONT/BACK 4</u></b><br>Karate Kick Front/Back – Face Instructor<br>(Arms: Fists)                                           |    |    |    |    |    |    |    | 4x |
| Chorus | <b><u>RUN 16 / KICK FRONT 8</u></b><br>Run 16 – Around Partner / Kick Front 8 TVL Backward –<br>Lines Face Each Other<br>(Arms: / Scoop) |    |    |    |    |    |    |    | 4x |
| Bridge | <b><u>POWER PENDULUMS</u></b><br>Power Pendulums – Create BIG White Water!<br>(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  | <b><u>KICKSTAND 4 / KNEE LIFT &amp; CURL 4</u></b><br>Grounded Kickstand 4 / Knee Lift & Curl Back 4<br>(Arms: Shame on you fingers / Biceps to open chest)                                                  |    |    |    |    |    |    |    | 2x  |
| Chorus | <b><u>WIDE JOG SSD</u></b><br>Wide Rebound Jog Single Single Double – Explain<br>Memory Work – What Memory Do You Have On This<br>Date (1962 – Year I Was Born)<br>(Arms: Sweep across single single double) |    |    |    |    |    |    |    | 8x  |
| Bridge | <b><u>JOG HEEL</u></b><br>Jog Heel<br>(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  | <b><u>BICEPS/TRICEPS 16</u></b><br>Grounded Stance, Knee Lift<br>(Arms: Alternate biceps & triceps press back)                                                  |    |    |    |    |    |    |    | 2x |
| Bridge | <b><u>STEP SIDE 2 / SHUFFLE 8</u></b><br>Neutral Step Side 2 TVL / Shuffle 8<br>(Arms: Sweep side / Running)                                                    |    |    |    |    |    |    |    | 4x |
| Chorus | <b><u>KICK TAP REPEATER 4 / SYNCHOPATED JACK 4</u></b><br>Rebound, Kick Tap Repeater 4 (R/L) / Out, In, Out, In Out, In 4<br>(Arms: Bent elbows – lift & lower) |    |    |    |    |    |    |    | 2x |
| FINISH | Stand Tall                                                                                                                                                      |    |    |    |    |    |    |    |    |
| V1     | B1                                                                                                                                                              | C1 | V2 | B2 | C2 | V3 | B3 | C3 | C4 |



# MOBILITY

WALK ON BY

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|        |                                                                                              |    |    |    |    |    |    |     |
|--------|----------------------------------------------------------------------------------------------|----|----|----|----|----|----|-----|
| Intro  | Jog                                                                                          |    |    |    |    |    |    | 16x |
| Verse  | <b><u>JOG 8</u></b><br>Jog 8<br>(Arms: Roll shoulders / Press behind - fast)                 |    |    |    |    |    |    | 2x  |
| Chorus | <b><u>STARJACK / JACK</u></b><br>Star Jack / Jack<br>(Arms: Star & reset / Pec Dec)          |    |    |    |    |    |    | 8x  |
| Bridge | <b><u>KICKSTAND 8</u></b><br>Grounded Stance, Pull Heel To Glute 8<br>(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  | <b><u>JACK &amp; KNEE TWIST 4</u></b><br>Jack & Twist 4<br>(Arms: Angled reach & cross – simulate buckling a seatbelt)                |    |    |    |    |    |    | 4x |
| Chorus | <b><u>ANKLE MOBILITY(DRIVE AWAY) 8</u></b><br>Grounded Stance – Simulate Pushing Gas & Brake<br>(Arms: Steering wheel)                |    |    |    |    |    |    | 2x |
| Bridge | <b><u>PENDULUM 14 / DOUBLE PENDULUM</u></b><br>Rebound Pendulum 14 – Simulate Moving Boxes<br>(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  | <b><u>INFINITY SWEEPS</u></b><br>Wide Grounded Stance<br>(Arms: Clasp & extend – Big white water!)                       |    |    |    |    |    |    | 1x |
| Chorus | <b><u>HIP CIRCLE PULSE 3</u></b><br>Grounded Stance – Lift Knee, Open, Back & Pulse 3 (Arms: Open to side, tall posture) |    |    |    |    |    |    | 4x |
| Bridge | <b><u>MOGUL 16 / POWER MOGUL 16</u></b><br>Neutral Mogul 16 / Power Mogul 16<br>(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  | <b><u>LUNGE BACK / KNEE LIFT &amp; EXTEND 2</u></b><br>Step Back To Lunge / Lift Knee - Extend & Bend 2<br>(Arms: Figure 8 sweep 2 / Reach under knee) |    |    |    |    |    | 2x |    |
| Chorus | <b><u>MOUNTAIN POSE / QUAD STRETCH</u></b><br>Mountain Pose / Quad Stretch – Heel To Glutes<br>(Arms: Reach overhead / Open elbows / Clasp behind)     |    |    |    |    |    | 2x |    |
| Bridge | <b><u>FIGURE 4 / LUNGE &amp; SWAY 4</u></b><br>Cross Ankle Over Knee / Lunge Side & Sway 4<br>(Arms: Hold side / Sweep underwater 4)                   |    |    |    |    |    | 2x |    |
| FINISH | Stand Tall                                                                                                                                             |    |    |    |    |    |    |    |
| V1     | C1                                                                                                                                                     | B1 | V2 | C2 | B2 | V3 | C3 | B3 |