

1

WARM UP

IT'S NOT RIGHT, BUT IT'S OK

WAVE 39

waterinmotion

Platinum

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

©2025 WATERinMOTION®

waterinmotion.com

2

POSTURE
 GOT TO BE LOVE

WAVE 39

waterinmotion

Platinum

Intro	Flick Kick									16x
Verse	FLICK KICK SSD 4 / KICK 16 Flick Kick Single Single Double 4 / Kick Front 16 (Arms: Scoop / Power Pose)									2x
Chorus	CROSS COUNTRY 7 / JUMP TOGETHER Rebound Cross Country 7 / Jump Together (Arms: Lateral elbow raise / Fists together)									4x
Bridge	JOG HEEL SSD 4 / KICK BACK 16 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	

©2025 WATERinMOTION®

waterinmotion.com

3

<

©2025 WATERinMOTION®

waterinmotion.com

4

COMMUNITY
BAKER STREET

WAVE 39

waterinmotion

Platinum

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

©2025 WATERinMOTION®

waterinmotion.com

5 MEMORY (ANCHORED) GONNA GET ALONG WITHOUT YOU NOW WAVE 39 waterinmotion Platinum										
Intro	Get Into Grounded Position									
Verse	KICKSTAND 4 / KNEE LIFT & CURL 4 Grounded Kickstand 4 / Knee Lift & Curl Back 4 (Arms: Shame on you fingers / Biceps to open chest)									2x
Chorus	WIDE JOG SSD 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	JOG HEEL Jog Heel (Arms: Push side)									32x
FINISH										
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

©2025 WATERinMOTION®

waterinmotion.com

6

SPEED

CARIBBEAN QUEEN

WAVE 39

waterinmotion

Platinum

Intro	Get Into Grounded Stance									
Verse	BICEPS/TRICEPS 16 Grounded Stance, Knee Lift (Arms: Alternate biceps & triceps press back)									2x
Bridge	STEP SIDE 2 / SHUFFLE 8 Neutral Step Side 2 TVL / Shuffle 8 (Arms: Sweep side / Running)									4x
Chorus	KICK TAP REPEATER 4 / SYNCHOPATED JACK 4 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	

©2025 WATERinMOTION®

waterinmotion.com

7 MOBILITY WALK ON BY WAVE 39 waterinmotion Platinum									
Intro	Jog								16x
Verse	JOG 8 Jog 8 (Arms: Roll shoulders / Press behind - fast)								2x
Chorus	STARJACK / JACK Star Jack / Jack (Arms: Star & reset / Pec Dec)								8x
Bridge	KICKSTAND 8 Grounded Stance, Pull Heel To Glute 8 (Arms: Scull or scoop)								4x
FINISH									
V1	C1	B1	V2	C2	B2	V3	C3	B3	

©2025 WATERinMOTION®

waterinmotion.com

8 ADL'S (TONING) WITHOUT YOU WAVE 39 waterinmotion Platinum									
Intro	Twist								
Verse	JACK & KNEE TWIST 4 Jack & Twist 4 (Arms: Angled reach & cross – simulate buckling a seatbelt)								4x
Chorus	ANKLE MOBILITY(DRIVE AWAY) 8 Grounded Stance – Simulate Pushing Gas & Brake (Arms: Steering wheel)								2x
Bridge	PENDULUM 14 / DOUBLE PENDULUM 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	

©2025 WATERinMOTION®

waterinmotion.com

9 CORE HEAT OF THE MOMENT WAVE 39 waterinmotion Platinum									
Intro	Get Into Grounded Position								
Verse	INFINITY SWEEPS Wide Grounded Stance (Arms: Clasp & extend – Big white water!)								1x
Chorus	HIP CIRCLE PULSE 3 Grounded Stance – Lift Knee, Open, Back & Pulse 3 (Arms: Open to side, tall posture)								4x
Bridge	MOGUL 16 / POWER MOGUL 16 Neutral Mogul 16 / Power Mogul 16 (Arms: Paddle side to side)								1x
FINISH									
V1	C1	B1	V2	C2	B2	V3	C3	B3	

©2025 WATERinMOTION®

waterinmotion.com

10 FLEXIBILITY RISE UP WAVE 39 waterinmotion Platinum									
Intro	Stand Tall & Sweep Arms In Figure 8								4x
Verse	LUNGE BACK / KNEE LIFT & EXTEND 2 Step Back To Lunge / Lift Knee - Extend & Bend 2 (Arms: Figure 8 sweep 2 / Reach under knee)								2x
Chorus	MOUNTAIN POSE / QUAD STRETCH Mountain Pose / Quad Stretch – Heel To Glutes (Arms: Reach overhead / Open elbows / Clasp behind)								2x
Bridge	FIGURE 4 / LUNGE & SWAY 4 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	

©2025 WATERinMOTION®

waterinmotion.com