

WATERinMOTION® Strength

Wave 1

Quick Choreo reference

| 1 | Warm-Up | Shake Your Groove Thing |
|----|--------------------------------------|-------------------------|
| I | Jump (teach rebound) | |
| V | JOG: Jog x16, Run x32 | |
| C | JOG HEEL: Jog heel x16, Run heel x32 | |
| B | JACK: JJ x8, Fast JJ x16 | |
| F | Land wide | |
| V1 | C1 | B1 V2 C2 B2 V3 C3 B3 C4 |

| 2 | Lower Body 1 | Believer |
|----|---|----------|
| I | Flick Kick, ADBs at sides | |
| V | FLICK KICK: ALT flick kicks x32 | |
| B | KICKSTANDS: GRD hamstring curl x16, Punch | |
| C | SLIDING JACK: GRD Jack x1, fast jack x2 | |
| F | Land wide | |
| V1 | B1 C1 V2 B2 C2 V3 B3 C3 C4 | |

| 3 | Upper Body 1 | True Feeling |
|----|---|--------------|
| I | ADBs in hands, wide stance | |
| V | CHEST PRESS: Both arms, single arm x8 | |
| B | BOW & ARROW JACKS Neutral JJ, elbow strike x8, R/L | |
| C | PIKE & BACKSTROKE: Pike TVL B x4, ¼ R | |
| F | Stand tall | |
| V1 | B1 C1 V2 B2 C2 V3 B3 C3 | |

| 4 | Core 1 | Your Love Keeps Lifting Me Higher |
|----|--|-----------------------------------|
| I | ADBs under arms | |
| V | SKATEBOARD RIGHT: Skateboard tuck x8, R/L | |
| C | SUPERMAN: Tuck, plank, tuck, stand | |
| B | TUCK & JACK KNIFE Tuck, hug knees x1, jack knife, hug one knee x1 | |
| F | Tuck | |
| V1 | C1 B1 V2 C2 B2 V3 C3 B3 | |

| 5 | Lower Body 2 | Weak |
|----|--|------|
| I | ADB in a cross | |
| V | DIAMOND JUMPS Rebound jumps x16 (Arms: Push ADBs down to feet) | |
| C | ROCKING HORSE Rocking horse x7, hop knee to change (Arms: Push ADBs F/B) | |
| B | SWEEP SIDE Leg Abd/adduction x8, R/L (Arms: Hold ADBs in F) | |
| F | Stand tall | |
| V1 | C1 B1 V2 C2 B2 V3 C3 B3 B4 | |

| 6 | Upper Body 2 | What About Us |
|----|--|---------------|
| I | ADBs under knees, seated flotation | |
| V | CURL & PRESS ALT triceps press (slow, quick, quick) x16 | |
| B | REACH & CURL: Reach R and curl in x8, R then L (TVL R then L) | |
| C | SCOOP & SPIN: Biceps curl x8, spin BWD | |
| F | Hold seated flotation | |
| V1 | B1 C1 V2 B2 C2 V3 B3 C3 | |

| 7 | Core 2 | Witness |
|----|---|---------|
| I | ADB under arms, seated position | |
| V | TWIST: ALT twist x32 | |
| B | RUNNING MAN ALT knee crunch, pedal push, ALT knee crunch, mountain climber x8 | |
| C | TUCK CROSS UNDER ALT tuck/1 leg cross under | |
| F | Land wide | |
| V1 | B1 C1 V2 B2 C2 V3 B3 C3 C4 | |

| 8 | Flexibility | You Look Good |
|----|---|---------------|
| I | Roll shoulders, stretch hands | |
| V | HAMSTRING STRETCH Hamstring stretch, point/flex x8, Quad stretch, chest stretch, x8 | |
| B | FIGURE 4 Figure 4 to calf stretch | |
| C | BACK STRETCH CROSS R arm crosses to L thigh, L arm crosses to R thigh 1-8, L arm circles to stretch shoulder 8-16 | |
| F | Arms cross to thighs | |
| V1 | B1 C1 V2 B2 C2 V3 B3 C3 | |