

WATERinMOTION® Strength

Wave 4

Quick Choreo reference

1	Warmup	All Over the World
I	Jog Heel	
V	SKATER Skater x8, Moguls x8 (Arms: Reach side L/R, sweep in to chest)	
C	HEEL STRIKE AROUND Karate kick FSBS, Repeat L (Arms: In Karate fists)	
B	JOG RUN RUN Jog x1, slight TVL side, Run x2, Repeat L	
F	Land wide	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

2	Lower Body 1	Same Old Love
I	2 aqua dumbbells, at chest	
V	TARGET KICKS ALT Kick F (Punch aqua dumbbell to OPP foot)	
C	KARATE BACK REPEATER Karate kick B x16, punch F, Repeat L	
B	TUCK & TURN Tuck jump x4, ¼ R, Tuck jump x4, ¼ turn L Tuck jump x4, ¼ turn L, Tuck jump x4, ¼ turn R	
F	Stand tall	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

3	Upper Body 1	Deeper Love
I	2 aqua dumbbells	
V	ROW & BOW Lunge L, Bow & arrow arms R x8, Repeat L	
C	LAT TUCK Jack Tuck x16 (Arms: Lateral pulldown under the hamstrings)	
B	JOG & ROTATE Jog X32 (Bend elbows & ALT row, torso rotation)	
F	Land wide	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

4	Core 1	Get Down On It
I	Wide plank position, aqua dumbbells in hands	
V	MOUNTAIN CLIMBER CROSS Neutral wide ALT mountain climb to OPP aqua dumbbell	
C	GET DOWN CRUNCH Standing side crunch, R knee lift, push aqua dumbbell down, Repeat L	
B	PLANK SWEEP Anchored plank, Sweep aqua dumbbells B/F	
F	Land wide, punch front	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

5	Lower Body 2	Only Love
I	2 aqua dumbbells, at shoulders	
V	POWER Vs Neutral power V kicks, dumbbells at shoulders	
C	CROSS COUNTRY SLIDE Neutral CC x7, slide together, dumbbells F Repeat LRL	
B	KARATE KICK FRONT BACK Karate kick F/B x2 R, karate kick F/B x2 L (Arms DBL punch front and down)	
F	Land wide, relax hands	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

6	Upper Body 2	Levels
I	2 aqua dumbbells, lower to neutral	
V	TRIPLE TRI PRESS Triceps press x3, up x1, (x4), R heel F, Repeat L	
C	LUNGE & FRONT RAISE Lunge L, sweep R arm down x8, Repeat L	
B	BICEPS/TRICEPS SWEEP Neutral wide stance ALT Biceps/triceps at shoulder level	
F	Stand wide	
V1	C1	B1 V2 C2 B2 V3 C3 B3

7	Core 2	Don't Be So Hard on Yourself
I	1 aqua dumbbell, position between thighs	
V	FLOATING CHAIR Floating chair, ALT lean R to L	
C	REVERSE TUCK Tuck/touch toes behind x8	
B	TOUCH MOGULS Touch down mogul/tuck	
F	Tuck	
V1	C1	B1 V2 C2 B2 V3 C3 B3

8	Flexibility	When We Were Young
I	Open and close arms	
V	QUAD STRETCH Quad stretch, lift arm, Warrior 3, reach arms F Repeat other side	
C	HAMSTRING & ROTATE Hamstring stretch, rotate hip out and in x2 Repeat other side	
B	MOUNTAIN POSE Sweep arms up, then muscle arms, calf stretch L, twist R, Repeat other side	
F	Heart center	
V1	C1	B1 V2 C2 B2 V3 C3 B3