

WATERinMOTION®

Wave 30

Quick Choreo reference

1	Warm-Up	Can't Stop the Feeling
I	Jog	
V	JOG AND SWEEP: Jog (Arms: Breast stroke x2, Back stroke x2)	
C	LOW FLICK KICK: Flick Kick x8, Karate B x8, Kick F/B run x4 (x4)	
B	WIDE JOG 4: Wide jog x4, Jump x2 (RLRL)	
F	Land wide	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

2	Linear	Better When I'm Dancing
I	Kick	
V	KICK OUT: DIAG kick x8, Kick F x8 (Arms: Parallel Figure 8, Canoe 8)	
C	CONGA Run x3 Kick B, TVL F-4, Run x3 Kick F, TVL B-4	
B	CROSS COUNTRY 3 SLIDE ALT CC x3, Ground and slide	
F	Lunge, shake the maracas	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

3	Lateral	Hand Clap
I	Wide Jog	
V	WIDE JOG HANDS OUT Wide Jog x16 (Arms: Elbow to knee) Wide Run x5, Hold and clap x4	
B	LEG SWING ROCKET Half Water-tempo Pendulum, Rocket	
C	FAST ½ JACK Half JJ Fast x3, Rocket x1	
F	Land wide	
V1	B1	C1 V2 B2 C2 V3 B3 C3 C4

4	Speed Track	Paradise
I	CC	
V	CROSS COUNTRY CC(neutral 8/rebound 8/high rebound 8/ Power 8)	
B	KARATE KICK BACK & AROUND Karate Kick B, gradually bring leg around to F x8	
C	RUN FORWARD Run F x8, Fast JJ R x4, Run B x8, Fast JJ L x4	
F	Land wide	
V1	B1	C1 V2 B2 C2 V3 B3 C3 C4

5	Group Track	Only the Young
I	Jog heel	
V	HEEL AND SWEEP Jog heel x8, Kick B x8 (Arms: push forward)	
B	KICK INTO A CIRCLE Kick x8, TVL into circle, Kick x8, TVL B	
C	RUN AROUND RIGHT: Run x16, TVL RLRL	
F	Land wide	
V1	B1	C1 V2 B2 C2 V3 B3 C3 C4

6	Suspended	Try Everything
I	Neutral ALT wide kick	
V	SIT & KICK WIDE Seated ALT V-Kick (SLOW x8, FAST x16)	
B	LEG SWEEP BACK ALT GRD Leg sweep B/knee/Karate kick B x2	
C	SUSPENDED JACK 5 & HOLD SUSP JJ out/in/out/in/out hold and scull SUSP JJ in/out/in/out/in hold and scull	
F	Land wide	
V1	B1	C1 V2 B2 C2 V3 B3 C3 C4

7	Upper Body	One Dance
I	Lunge R, noodle in hands	
V	Lunge R, noodle in hands	
C	1-ARM FLY: ALT 1-arm fly	
B	PRESS & ROW IN 3:Lunge L,Chest press/row x3	
F	Press down	
V1	C1	B1 V2 C2 B2 V3 C3 B3

8	Lower Body	Ain't Too Cool
I	Position noodle around back	
V	WIDE SWING BACK ALT DIAG B sweeps	
C	DANCE THE JACK GRND Fast JJ (Lean R x4, Lean L x4) x16 GRND Fast JJ (ALT DIAG) x16	
B	FLICK IT FRONT Flick kick F x4, wide x4, curl x4, run heel x8	
F	Stand	
V1	C1	B1 V2 C2 B2 V3 C3 B3

9	Core	Army
I	Wide Stance, noodle in hands F	
V	WIDE TWIST ACROSS KNEE GRD Spinal Rotation (R x8, L x8)	
C	WOODCHOPPERS Lunge, Sweep across to OPP hip (R x8, L x8)	
B	PLANK TUCK: SUSP Plank/Tuck	
F	Stand up	
V1	C1	B1 V2 C2 B2 V3 C3 B3

10	Flexibility	Crazy Love
I	Form a circle	
V	LEG SWING (Step on R, lift L) Hamstring stretch x4, Warrior 3 x4, Hamstring stretch x4, Ankle rotation x4	
C	MACARENA HUG: Lunge R/L (Reach F, F, cross, cross, lift, sweep arms B)	
B	STARS: Turn R, Mountain x4, Star R (Switch)	
F	Step together, face center, prayer pose	
V1	C1	B1 V2 C2 B2 V3 C3 B3

11	Bonus - Flotation	New Romantics
I	Position noodle in straddle, legs out straight F	
V	SEATED SWIM: Free-style swim TVL F x8, Biceps scoop TVL B x8	
C	FLYING LEAP SUSP Leap TVL R, Pedal Pushers F TVL B x16, SUSP Leap TVL L x4, Bicycle curls TVL F x16	
B	TUCKS ROCK Tuck shoot down F/Tuck shoot down B	
F	Stand Up	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4