

Wave 34

Quick Choreo reference

1	Warm-Up	Fighter
I	Jog	
V	JOG HEEL REBOUND Jog heel x8, Jog x8, Rocking Horse R x7, jump, repeat L	
C	JACK JUMP OUT JJ jump R/CTR, jump rope x2 Repeat L	
B	WIDE JOG PUNCH: Wide Jog, Face L x7, hop knee ½ turn	
F	Land wide	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

2	Linear	That's What I Like
I	Jump rope	
V	JUMP FRONT JACK Tuck F, NTL Power JJ/Tuck B, NTL Power JJ	
B	KICK UP: Kick F x8 (Arms: EXT rotation) Kick B x8 (Arms: Wide chest press)	
C	FLYING LEAP Leap F x4/Bow & Arrow, JJ B x4 (face L) Repeat R	
F	Wide stance, arrow	
V1	B1 C1	V2 B2 C2 V3 B3 C3 C4

3	Lateral	China Grove
I	Jog heel	
V	ROUNDHOUSE ALT Knee lift side/flick kick	
C	CROSS OVER JOG Jog x8 (ALT cross F/B), JJ cross x4	
B	DOUBLE WIDE DBL Wide Jog Leap R/L, wide jog x4	
F	Land wide	
V1	C1 B1	V2 C2 B2 V3 C3 B3 C4

4	Speed Track	We Run the Night
I	CC	
V	CROSS COUNTRY SHUFFLE CC x4, CC fast shuffle x8	
C	RUN WIDE Run wide x4, Run in x4, Run heel x4, jump shoot	
B	FAST JACK: Land-speed JJ x16 (Arms: Speed bag Rx8, Lx8, ALT F x16)	
F	Land wide, punch forward	
V1	C1 B1	V2 C2 B2 V3 C3 B3 C4

5	Group Track	Waterloo
I	JJ, Split students into two groups, R/L sides	
V	JACK HANDS UP: JJ (Arms: Biceps curl, hands to head/up/circle out)	
C	RUN TOGETHER: Run towards other group x16, Back x16, towards x16, around x16	
B	BATTLE KICKS: ALT Kick F/B	
F	Land wide, splash side	
V1	C1 B1	V2 C2 B2 V3 C3 B3 C4

6	Suspended	Something Just Like This
I	Jog	
V	RUN CHARGE FWD: Run, TVL F x8, V-Sweep x2	
C	KARATE REPEATER Karate Kick F x4, B x4 Repeat L Karate Kick R F x2, B x2, L F x2, B x2, Repeat	
B	JACK SUSPEND SUSP JJ out, tuck 2-4, ALT touch down x4	
F	Stand tall	
V1	C1 B1	V2 C2 B2 V3 C3 B3 C4

7	Upper Body	Issues
I	Position noodle in straddle	
V	CHEST PRESS OPEN: Chest press/Breast Stroke	
C	CLOSE SWEEP DOWN Back stroke/Shoulder EXT down & B	
B	BICEPS PULL BACK Biceps curls, TVL B x16, Triceps, TVL F x16	
F	Stand up, wide stance	
V1	C1 B1	V2 C2 B2 V3 C3 B3

8	Lower Body	Chained to the Rhythm
I	Noodle held in hands in front, Karate kick demo	
V	KARATE BACK Karate kick/chamber x8, Repeat L	
B	SIDE SWEEP UP ABD, pt./ADD flex. Leg x8 R, Repeat L	
C	KICK CURL: Standing 1-leg kick/curl, Slow x1/fast x2 X8 R, Repeat L	
F	Stand tall, push down	
V1	B1 C1	V2 B2 C2 V3 B3 C3

9	Core	Stay
I	Noodle around back, under arms, SUSP	
V	DIAMOND TOUCH ALT Knee to Elbow touch, Oblique contraction	
C	SPLIT CRUNCH: Hold splits, AB crunch x8 R Repeat L	
B	TUCK HOLD Hold tuck, ALT leg down/tuck	
F	Tuck	
V1	C1 B1	V2 C2 B2 V3 C3 B3

10	Flexibility	Scars to Your Beautiful
I	Mountain/Goddess	
V	MOUNTAIN: Mountain/Goddess Knee to chest, Hamstring stretch, Repeat L	
C	LUNGE SIDE: Lunge side (Arms: R sweeps out/L reach overhead)	
B	STEP RIGHT QUAD STRETCH Step and ¼ turn R, hold quad stretch, Dancer	
F	Step together, hands to heart center	
V1	C1 B1	V2 C2 B2 V3 C3 B3

11	Bonus-Flotation	Shake It Up
I	Position noodle in straddle	
V	CROSS COUNTRY CC x8, Staff-ALT 1-leg back to splits x4	
C	EGGBEATERS: ALT EXT ROT, fast, fast, slow	
B	KICK IT UP: ALT Seated kick x16, DIAG x16	
F	Tuck	
V1	C1 B1	V2 C2 B2 V3 C3 B3