

WATERinMOTION®

Wave 35

Quick Choreo reference

1	Warm-Up	Shake Your Groove Thang
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	Linear	Look What You Made Me Do
I	Flick Kick	
V	KICK UP: Kick F x16, Kick F TVL F x16	
B	KICK BACK: Kick B x16, Kick B TVL B x16	
C	HIGH SWING: Leg swing F/B x4 (RLRL)	
F	Land wide	
V1	B1 C1 V2 B2 C2 V3 B3 C3 C4	

3	Lateral	Witness
I	JJ	
V	JACK TRAVEL JJ TVL R x4, Rocket JJ x8 (Repeat L)	
B	DOUBLE PENDULUM DBL Pendulum x8, Pendulum x16	
C	POWER KARATE SIDE ALT Karate Kick side x8, Power Mogul x8	
F	Land center	
V1	B1 C1 V2 B2 C2 V3 B3 C3 C4	

4	Speed Track	Believer
I	Run	
V	LEAP SIDE RUN Leap x1, Run x4, TVL R (last one x3 runs) Repeat L	
B	FAST JACK Fast JJ (Arms: press down/biceps curl x16 Triceps press side/biceps curl x16)	
C	JACK AND ROCKET: JJ x1, Rocket JJ x2 (All Rockets on C4)	
F	Land wide	
V1	B1 C1 V2 B2 C2 V3 B3 C3 C4	

5	Group Track	Malibu
I	Jog, travel to make an even number of lines	
V	CROSS COUNTRY PASS: CC (Arms: pass water B x16, Pass water F x16)	
B	WIDE KICK: Wide Kick (Arms: sweep open, aim to touch toes)	
C	RUN SWITCH LINES Run x8, TVL to switch lines, Jump rope x4 (Change jump rope to basketball shoot on C4)	
F	Land wide	
V1	B1 C1 V2 B2 C2 V3 B3 C3 C4	

6	Suspended	Weak
I	Neutral JJ	
V	JACK TUCK: Neutral JJ out/tuck (Arms: Wide/touch ankles)	
C	CROSS COUNTRY 4 WALLS SUSP CC, face R (1/4 turn every 8 counts)	
B	MOGULS Jumps R/L x4, Neutral jumps R/L x4 Neutral Moguls R/L x4, SUSP shoots R/L x2	
F	Stand tall	
V1	C1 B1 V2 C2 B2 V3 C3 B3 B4	

7	Upper Body	True Feeling
I	Noodle held with hands 1 ft. from ends, R Lunge	
V	CHEST FLY: R Lunge, Chest sweep F/ Fly open	
B	BICEPS CURL IN: L Lunge HZL Biceps curl in x8, Triceps push down x8	
C	KAYAK PULLS: Feet together, ALT Row B	
F	Stand tall, push out	
V1	B1 C1 V2 B2 C2 V3 B3 C3	

8	Lower Body	What About Us
I	Noodle around back, under arms	
V	KICK AND CURL: ALT SUSP Seated Kick/Curl	
B	SWEEP OUT: V sit out x1, criss-cross fast x2	
C	SWEEP DOWN: Float leg up, sweep down	
F	Stand tall	
V1	B1 C1 V2 B2 C2 V3 B3 C3	

9	Core	Your Love Keeps Lifting Me Higher
I	Noodle in hands, SUSP plank position	
V	SUPERMAN CRUNCH SUSP Prone Tuck/ EXT, toe touch	
C	PLYO AB TUCKS Plyometric tuck jump, aim knees for noodle	
B	TEASER TOE TOUCH: SUSP Hip EXT/FLEX	
F	Stand	
V1	C1 B1 V2 C2 B2 V3 C3 B3	

10	Flexibility	You Look Good
I	ALT tap F	
V	LEG FRONT & AROUND Hamstring stretch x4, Inner thigh stretch side x4, Warrior 3 x4, Quad stretch x4	
B	SWEEP ACROSS Lunge (Arms: sweeps across to meet hands 1-2, Hand to heart 3, open to T 4)	
C	THUMBS UP Thumbs up/Reach F & Up 1-2, "W" stretch 3-4, Back stretch 5-7, Point 8	
F	Thumbs up	
V1	B1 C1 V2 B2 C2 V3 B3 C3	

11	Bonus - Cardio	Castle on the Hill
I	Pendulum	
V	SWING OUT CROSS Leg swing side/cross (R x8, L x8)	
B	3 KICKS JUMP THE BARREL ALT Karate kick FBF, Jump the Barrel	
C	RUN, LEAP, OR SWIM	
F	Land wide	
V1	B1 C1 V2 B2 C2 V3 B3 C3 C4	