

WATERinMOTION®

Wave 36

Quick Choreo reference

1	Warm-Up	Invisible Touch
I	Jog heel	
V	JOG HEEL NARROW AND WIDE Jog heel narrow x4, wide x4	
C	JOG PUSH SIDE AND FRONT: Jog (Arms: Curl 1/Push side 2/Sweep F 3-4)	
B	JUMP ROPE: Jump rope x8, Side jumps x8	
F	Land wide	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

2	Linear	Feel It Still
I	JJ	
V	JACK PUSH SIDE: JJ x1, Jump F/B (Arms: Open, Sweep F, B, F)	
C	KICK AND TRAVEL FRONT Kick F, TVL F x8, Wide Jog, TVL B x8	
B	KICK BACK SCOOP ALT Back kick, TVL F x16 (Arms: ALT scoop) ALT Back kick, TVL B x16 (Arms: ALT freestyle)	
F	Land wide, push side	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

3	Lateral	Hot Blooded
I	Run	
C	RUN SIDEWAYS Run x8 TVL R, Fast Flick Kicks x7 (Repeat LRL)	
V	JACK 3 POWER IN: JJ/JJ Power in	
B	KARATE KICK SIDE ALT Karate kick side x8 Fast x16	
F	Land wide	
C1	V1	B1 C2 V2 B2 C3 V3 B3 C4

4	Speed Track	Let's Go
I	JJ	
V	JACK 4 COUNT DOWN JJ x4, Power in x1 / JJ x3, Rocket JJ x2 JJ x2, Rocket JJ x4 / JJ x1, Rocket JJ x6	
B	CROSS COUNTRY 3 POWER UP CC x 3, Power jump in	
C	FAST JACK TRAVEL Fast JJ, TVL R x8, TVL L x8 Fast CC shuffle, TVL F x16, TVL B x16	
F	Lunge	
V1	B1	C1 V2 B2 C2 V3 B3 C3 C4

5	Group Track	Good Old Days
I	Jog, join a partner	
V	LONDON BRIDGE KICK BACK Kick B x24 (Arms: Palms press together) Kick B, TVL B x8 (Arms: push off of partner))	
C	JOG TRAVEL SHAKE Jog, TVL F x8 (Arms: Shake R hands and dosido) Jog, TVL to HOME x8 / Repeat L	
B	2 KICKS 2 V: ALT Kicks x2, V Kicks x2	
F	London Bridge, land wide	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

6	Suspended	Hold My Hand
I	Lower to Neutral, JJ	
V	NEUTRAL STEP TOUCH: Neutral Step side/touch	
B	TUCK HEEL TOUCH FRONT Tuck hold x4, ALT heel touch F x4 Tuck hold x4, ALT toe touch B x4	
C	NEUTRAL CROSS COUNTRY: NEUTRAL CC x8, ¼ turn R (heel F, Toe B, clasp hands)	
F	Lunge	
V1	B1	C1 V2 B2 C2 V3 B3 C3 C4

7	Upper Body	Love So Soft
I	Position noodle in straddle, SUSP seated	
V	BICEPS CURLS: ALT Biceps curls x16, DBL x8	
C	REACH SIDE PULL DOWN ALT Side stroke/down (Legs: Straight leg L-sit)	
B	BREAST STROKE 4 Breast stroke TVL F x4, Back stroke TVL B x4 Reduce reps x2, singles (Legs: Straight leg L-sit)	
F	Open arms	
V1	C1	B1 V2 C2 B2 V3 C3 B3

8	Lower Body	Wait
I	Position noodle around back, extend noodle	
V	KICK SWEEP BACK Kick F x1, Sweep B x3 (4R, 4L)	
C	POINT SIDE HEEL SQUEEZE 3 ALT Leg ABD w/point x1, Leg ADD w/dorsi flex x3	
B	SIDE KICK CURL GRND Side kick/curl (toe to knee, 8R, 8L)	
F	1 st position	
V1	C1	B1 V2 C2 B2 V3 C3 B3

9	Core	Attention
I	Position noodle in hands	
V	RUN HIT THE NOODLE Run x4, 1-leg crunch L/1-leg crunch R	
C	CROSSED-LEG TWIST R leg crosses, Rotate upper body R x8, L x8	
B	WIDE SLIDE SWEEP DOWN: Legs ABD/ADD	
F	Wide stance, noodle front	
V1	C1	B1 V2 C2 B2 V3 C3 B3

10	Flexibility	Signed, Sealed, Delivered
I	Heel taps F	
V	FLEX & POINT LIFT: Leg sweep up, flex/pt foot x4 Hold Hamstring stretch, flex foot	
C	FIGURE 4: Figure 4 hold (Arms: Sweep in/out x2, hold F for back stretch)	
B	KICK UP YOUR HEEL Hamstring curl 1-2, down 3-4, Quad stretch hold	
F	Step wide, arms sweep open	
V1	C1	B1 V2 C2 B2 V3 C3 B3

11	Bonus-Flotation	Dance to the Music
I	Position noodle around back, SUSP seat, face R	
V	KICK AND TRAVEL BACK Seated kick, TVL B facing R x7, spin, Repeat L Fast kick, TVL B facing R x14, spin, Repeat L	
C	LEAN RIGHT CROSS COUNTRY CC x2, Flutter kick x4 (x2), CC x2, shoot through	
B	V & FROG: L-sit ABD/ADD x1, Frog in/out	
F	Hold wide	
V1	C1	B1 V2 C2 B2 V3 C3 B3