

WATERinMOTION®

Wave 38

Quick Choreo reference

1	Warm-Up	Dancing Queen
I	Jog	
V	JOG REACH DOWN Jog (Arms: Reach down x4, Shoulder roll B x2)	
C	JACK TURN LEFT: JJ x2 facing L, x2 facing R (Arms: R point F x2, L point F x2)	
B	JOG HEEL NARROW: Jog heel in x4, wide x4 (Arms: Reach F/in x2, ALT reach RLRL)	
F	Land wide, Dance pose	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

2	Linear	Meant To Be
I	Kick low	
V	KICK HIGH LOW: Kick F x2 high, x2 low	
C	SWIM FORWARD: Jog x8 TVL F (Arms: swim) Jog x8 TVL B (Arms: scoop)	
B	CROSS COUNTRY PUSH BACK CC (Arms: ALT triceps push back)	
F	Land wide, biceps curl	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

3	Lateral	Never Be The Same
I	JJ	
V	JACK KNEE: JJ out, Jump in ALT knee lift x8 JJ out, Jump in ALT kick F x8	
C	JACK RIGHT RUN: JJ x1 TVL R, Run x4, x4 JJ x1 TVL L, Run x4, x4	
B	LEAP HOP RIGHT: ALT Leap hop	
F	Land wide	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

4	Speed Track	Proud Mary
I	Run	
V	RUN KNEES UP: Run x8, Fast JJ x4 (Arms: fists 8, reach down, out, up, up)	
C	RUN HEEL TURN: Run heel x16, ¼ turn R (Arms: fist roll)	
B	CROSS COUNTRY KICK BACK CC x4, Kick B x4	
F	Freeze and roll arms	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

5	Group Track	Come Back and Stay
I	Jog, find a partner	
V	KNEE STRIKE Leg swing B, Knee strike F x8 R, x8 L (Arms; both arms swing F/B)	
C	CROSS COUNTRY FIGHT: CC x8 Hold Lunge (Arms: punch fast x4, upper cut x2) Repeat L	
B	KICK SWITCH PLACES: Kick	
F	Lunge, punch	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

6	Suspended	In My Blood
I	Neutral CC (heel F/Toe B)	
V	CROSS COUNTRY TOUCH TUCK Neutral CC touch, SUSP tuck x8, SUSP CC x16	
B	JACK TOUCH TUCK JJ out touch, SUSP tuck x8, SUSP JJ x16	
C	FLUTTER KICKS: Flutter kick F x6 tuck, R x6 tuck B x6 tuck, L x6 tuck	
F	Stand	
V1	B1	C1 V2 B2 C2 V3 B3 C3 C4

7	Upper Body	It's My Life
I	Position noodle in straddle	
V	DOUBLE PUNCH: SUSP seated position (Arms: DBL punch fast x2, push BFB)	
C	BOXING TIME: Lunge R x4, L x4, x4 Punch/Hook/Upper cut/punch&cross R/L x4,	
B	CROSS COUNTRY ARMS SUSP seated position (Arms: CC arms)	
F	Sweep right arm forward	
V1	C1	B1 V2 C2 B2 V3 C3 B3

8	Lower Body	Urgent
I	Noodle held in hands in front	
V	RIGHT KICK Flick kick x8, Hamstring curl x8 R, Repeat L	
C	TOUCH SIDE ABD touch side/in x8 R, x8 L, Fast JJ x16	
B	SWEEP BACK AND DIAGONAL ALT Leg sweep B/DIAG x4 R, Repeat L	
F	Stand, push noodle down	
V1	C1	B1 V2 C2 B2 V3 C3 B3

9	Core	I've Got the Music In Me
I	Noodle behind and under arms, lower to neutral	
V	TWIST TUCKS: ALT Tuck and twist	
B	BICYCLE IN 3: ALT knee in x3 and hold	
C	1-LEG TEASER: ALT Leg lift and tuck x8 Fast ALT leg lift and tuck x16	
F	Stand	
V1	B1	C1 V2 B2 C2 V3 B3 C3

10	Flexibility	Unstoppable
I	Tai Chi opening	
V	CALM THE WATERS: Lunge R DIAG, knee/ext. Lunge R DIAG, Back stance w/ knee, Repeat L	
C	SUPERMAN: Wide stance (Arms: Sweep in 1-4, open to Hero Pose 5-8, x2 X block/ALT shoulder roll x4)	
B	WARRIOR: Warrior 1 (1-4), Warrior 2 (5-8) Warrior 3 (1-4), Quad stretch (5-8), Repeat L	
F	Superman Pose	
V1	C1	B1 V2 C2 B2 V3 C3 B3

11	Bonus-Flotation	Love Will Save the Day
I	Place noodle behind back, under arms, lay on R	
V	BICYCLE: Side-lying bicycle (slow) x8 Side-lying bicycle (fast circle) x16, Repeat L	
B	SHOOT THROUGHGS: ALT Shoot throughs	
C	CROSS COUNTRY TUCK CC/tuck (touch heel F/Toe B)	
F	Land in cross country	
V1	B1	C1 V2 B2 C2 V3 B3 C3