

WATERinMOTION®

Wave 39

Quick Choreo reference

1	Warm-Up	Bad
I	Jog heel	
V	JOG HEEL (Arms: Reach F, pull in)	
C	JACK OUT CROSS: JJ out, cross center	
B	RUN WIDE 2: Run wide x2, Run in x2	
F	Land wide	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

2	Linear	Burnin' Up
I	Jog heel	
V	SOCCER KICK 2: Soccer Kick x2 R/L	
B	CROSS COUNTRY: CC x16, Neutral CC x16 (Arms: DBL Scoop, extend B)	
C	HIIT: 4 BIG KICKS Kick F TVL F x4, Kick B TVL B x4	
F	Land wide, arms forward	
V1	B1	C1 V2 B2 C2 V3 B3 C3 C4

3	Lateral	Night Fever
I	Wide Jog	
V	KARATE SIDE JACK ALT Karate kick side, stomp down, JJ	
B	LUNGE PULL RIGHT Lunge JJ R x8, L x8, (Arms: Reach, pull across F)	
C	HIIT: LEG SWING SIDE Pendulum x5, Karate kick repeater x3	
F	Land wide	
V1	B1	C1 V2 B2 C2 V3 B3 C3 C4

4	Speed Track	Lessons In Love (All Day, All Night)
I	CC	
V	CROSS COUNTRY FORWARD CC F x16, B x16, (Arms: ALT punch/elbow strike)	
B	RUN 4 WIDE 4 Run x4, Run wide x4 (Arms: push F x2, S x2)	
C	HIIT: 1 LEG POWER PENDULUM Pendulum out R/jump up ADD x4 R, x4 L	
F	Land wide	
V1	B1	C1 V2 B2 C2 V3 B3 C3 C4

5	Group Track	Nothing's Gonna Stop Us Now
I	Jog, Introduce the activity: Black Jack – 3 stations, aim for 21 repetitions at each station (Squat Jumps/Rocket Jacks/High Knee Run) run to travel to the next station.	
V	Squat Jumps/Rocket Jacks/High Knee Run	
C	Squat Jumps/Rocket Jacks/High Knee Run	
B	Squat Jumps/Rocket Jacks/High Knee Run	
F	Land wide, hands overhead	
V1	C1	B1 V2 C2 B2 V3 C3 B3 B4

6	Suspended	Don't Stop the Music
I	Lower to neutral, CC	
V	CROSS COUNTRY & LEAN Neutral CC x8, Lean SUSP CC x8	
B	KICK AND REACH: ALT Seat. kick x16, Wide x16	
C	HIIT: WIDE KICK COMBO DBL seated wide kick, ADD, ABD, touch down	
F	Kick and punch	
V1	B1	C1 V2 B2 C2 V3 B3 C3 C4

7	Upper Body	Rewrite the Stars
I	Position noodle in straddle, lower to suspend	
V	PUSH AND PULL ALT 1-arm Chest press F/Triceps ext. B	
C	BREAST STROKE 2 & TURN: Face R/L Breast stroke x2, R-arm breast stroke x2 turn	
B	BICEPS CURL SLOW FAST 2	
F	Land wide, reach forward	
V1	C1	B1 V2 C2 B2 V3 C3 B3

8	Lower Body	Girls Like You
I	Noodle in hands, lean slightly F	
V	KICK BACK 2 & ANGLE 2 Straight kick B x2, DIAG kick B x2	
B	KARATE BACK REPEATER: B x8 R, x8 L	
C	BIG KICK RUN 2: High flick kick, Run heel x2	
F	Land wide, push front	
V1	B1	C1 V2 B2 C2 V3 B3 C3

9	Core	Delicate
I	Noodle behind the back, ends in hands	
V	CRUNCH SIDE TO FOOT: Alt Side crunch	
C	TUCK KICK: Tuck, Karate kick B, R x8, L x8	
B	ELBOW TWIST GND OPP elbow to knee x8, fast x16	
F	Stand	
V1	C1	B1 V2 C2 B2 V3 C3 B3

10	Flexibility	Rise Up
I	Ai Chi Opening	
V	STEP RIGHT LUNGE Lunge R 1-4, palms up, face R 5-8, palms down, Sweep L leg F 1-4, Sweep L Leg B 5-8	
C	LUNGE & SIDE STRETCH Lunge R F, R/L arms reach up, Mountain on toes, Standing down dog on heels	
B	TWIST: Standing Spinal Twist (hand to knee), Lunge behind (hand to OPP foot in B) R/L	
F	Lunge side, open arms	
V1	C1	B1 V2 C2 B2 V3 C3 B3

11	Bonus - Cardio	2U
I	JJ	
V	BOW AND ARROW JACK (Arms: ALT Elbow strike B, Sweep F)	
B	SWING FRONT BACK ALT Leg swing F/B	
C	HIIT: 3 LEAPS RIGHT Face R, Leap F x3, JJ x1	
F	Bow and Arrow, Land wide	
V1	B1	C1 V2 B2 C2 V3 B3 C3 C4