

WATERinMOTION®

Wave 40

Quick Choreo reference

1	Warm-Up	Can't Take My Eyes Off Of You
I	Jog x3, Run x2	
V	JOG COMBO: Jog x8, Jog wide x8, Jog heel x8, low kick 8	
C	DIAGONAL JACKS: DIAG JJ, R x4, L x4, R x2, L x2, ALT singles	
B	JOG 3 RUN 2	
F	Land wide, fingers frame eyes	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

2	Linear	Born To Be Wild
I	Jog	
V	JOG TRAVEL BACK Jog TVL B x8, DBL Leap TVL F x4 (Arms: biceps curl 1-4, ALT Hitchhiker 5-8)	
C	CROSS COUNTRY COMBO Neutral CC x8, Rebound CC x8, CC w/punch up x8, DBL Power CC x4	
B	SPEED RUN: Run x 8, Run Wide x 8 Speed Run x16, Speed Run Wide x16	
F	Lunge, punch up	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

3	Lateral	What's Up
I	Jog heel	
V	ROCK 'N KICK: Rocking horse w/ kick F x4, Karate kick repeater B x4, F x4	
C	JACK 'N SPLASH JJ x8: (Arms: Surface slap x 2, clap overhead x 1) JJ TVL R x4, JJ TVL L x4	
B	WIDE RUN SIDE Wide run TVL R x8, Karate side R x4, LRL	
F	Land wide	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

4	Speed Track	Maniac
I	Flick kick	
V	FLICK: Flick Kick SSD x4, Side x4	
B	ROCKING HORSE TURN Rocking Horse R x1, Rock x1, kick turn x1, LRL	
C	MANIAC RUN: Run x16, Rocket JJ x8	
F	Land wide, lay out	
V1	B1	C1 V2 B2 C2 V3 B3 C3 C4

5	Group Track	So Many Men
I	Jog into line, hands behind neighbors' backs	
V	CAN-CAN: R Jog, Jump, Kick, Jump, LRL	
C	KICK 3 RUN 2: Alt Kick x3, Run heel x2	
B	BACK KICK: Kick B x8, F x8, B x4, F x4, B x2, F x2 twice	
F	Kick and touch down	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

6	Suspension	Bleeding Love/ Let It Snow
I	JJ, transition from rebound to neutral	
V	LOW JACK: Neutral JJ x4, turn R Neutral CC x8	
B	TUCK TOUCH PLUS SIGN Tuck touch F/B/R/L (OPT to SUSP)	
C	2-STEP Neutral Side Step R x2, ALT Karate side x4, LRL	
F	Land wide, fighter arms	
V1	B1	C1 V2 B2 C2 V3 B3 C3 C4

7	Upper Body	You Belong With Me
I	Lunge R, lower to neutral	
V	BICEPS: ALT biceps curl x8, feet together x8 R leg crosses x8, Land speed x16	
B	TRICEPS: ALT triceps ext, L Lunge x8, feet together x8, L leg crosses x8, Land speed x16	
C	AIRPLANE : Warrior 3 R (Arms: Shoulder ABD/ADD x4, fly x4) Repeat L	
F	Stand	
V1	B1	C1 V2 B2 C2 V3 B3 C3

8	Lower Body	She's a Bad Mama Jama
I	Position noodle in back under arms	
V	SEATED KICK TO V ALT Seated kick, V-sit, ALT curl, SUSP JJ	
C	BICYCLE: Bicycle x 4, bicycle fast x 8, circle R, Repeat LRL	
B	CROSS COUNTRY TO THE CORNERS ALT CC DIAG/tuck	
F	Stand	
V1	C1	B1 V2 C2 B2 V3 C3 B3

9	Core	You Make Me Feel (Mighty Real)
I	Position noodle in straddle, lower to SUSP seated posture, brace core	
V	FEET FRONT FEET BACK: Tuck/ Feet F/B	
C	SEATED TWIST: OPP Arm sweep/ body twist	
B	SIDE CIRCLE: Tuck, Arm reach side & circle down to feet R x8, L x8	
F	Double Scoop	
V1	C1	B1 V2 C2 B2 V3 C3 B3

10	Flexibility	Thank You
I	Sway	
V	KNEE UP: Knee to chest 1-4, EXT/FLEX 5-8, Hamstring stretch, circle foot OUT x2, IN x2, L	
C	QUAD STRETCH: Quad stretch 1-4, Dancer 5-8, Warrior 3 (Arms: open/close x2), L	
B	LUNGE SIDE: Lunge R x2, shoulder stretch L, Step together, triceps stretch L, L	
F	Side lunge, arms sweep open	
V1	C1	B1 V2 C2 B2 V3 C3 B3

11	Bonus-Flotation	Like a Prayer
I	Position noodle in straddle, seated flotation	
C	BACK STROKE ARMS AND LEGS Sweep in-TVL B x4, Bicycle TVL F x8	
V	CROSS COUNTRY 7 & TURN Face R, CC TVL F x7, ½ turn	
B	RUN 4 & LEAN SUSP Run center x4, Run lean R x4, Run center x 4, Run lean L x4	
F	Tuck in and hold	
C1	V1	B1 C1 V2 B2 C2 V3 B3