

WATERinMOTION®

Wave 41

Quick Choreo reference

1	Warm-Up	Everybody
I	Jog	
V	JOG KICK: Jog/Kick, Jog x2	
C	ROCK YOUR BODY Rocking horse x6 (ALT facing F/R), jump rope x4 Repeat L	
B	JACK 1 FAST 2: JJ x1, Fast JJ x2	
F	Land wide	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

2	Linear	Better Now
I	Kick	
V	2 KICKS & KARATE: ALT kick x2, Karate kick F/B	
C	2 CROSS COUNTRY & KARATE ALT CC x2, Karate kick B/F	
B	JOG HEEL BREASTSTROKE Jog heel TVL F x4, Jog TVL B x4 (Arms: Breaststroke x2, Backstroke x2)	
F	Land wide, punch F	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

3	Lateral	Papa Was a Rolling Stone
I	JJ	
V	PENDULUM Pendulum x4, Pendulum hop knee R/L	
C	RUN TRAVEL Run TVL R x4, Karate kick repeater R x2, JJ x2	
B	JACK 3 POWER IN JJ/JJ Power tuck in	
F	Land wide	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

4	Speed Track	Lose Control
I	JJ	
V	POWER JACK & FAST 2 Power JJ x1, Fast JJ x2	
C	RUN 8 SWING & JUMP Run x8, ALT Pendulum x2, Jump rope x2	
B	CURL RUN 2: Jog Heel x1, Run x2	
F	Land wide	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

5	Group Track	Every Breath You Take
I	Jog, find a partner	
V	JACK SWEEP TOGETHER: JJ (Arms: open/sweep F/open/sweep down)	
C	JOG HEEL TOGETHER: Jog heel move together (Arms: Curl x2, High 5 R/L, Shoulder touch R/L, Elbow touch R/L)	
B	CROSS COUNTRY SWITCH CC x4, Run x8 switch places	
F	Land wide, High 5	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

6	Suspension	Your Love
I	JJ, transition to neutral	
V	JACK 1 MOGUL: NTL JJ/tuck x1, Mogul tucks R/L	
C	SEATED KICK Seated kick x8, SUSP fast kick TVL B x16 Seated curl x8, SUSP fast curl TVL F x16	
B	SWEEP OPEN CLOSE ABD sweep open/tuck, ADD sweep closed/tuck	
F	Step F, thumbs up	
V1	C1	B1 V2 C2 B2 V3 C3 B3

7	Upper Body	Die Young
I	NO NOODLE, Practice facing R & L	
V	LUNGE AND PUSH Lunge R (face R) x4, Wide stance (face F) (Arms: Chest press x4, ALT chest sweep in x4)	
C	TUCK SWEEP BACK Tuck x2 (Face R, TVL F), Wide stance (face F) (Arms: DBL sweep B x2, ALT Breaststroke x4)	
B	CIRCLE CURL 4 Wide stance (Arms: Biceps curl deep Rx4, Lx4)	
F	Stand, DBL biceps curl	
V1	C1	B1 V2 C2 B2 V3 C3 B3

8	Lower Body	I Like It Heavy
I	NO NOODLE, Brace core, lift R knee	
V	FLICK KICK: GRD Flick kick R x8, L x8, R x4, L x4, R x2, L x2, ALT x4	
C	KARATE FRONT BACK Karate kick F/B x2, Step wide/Squat/Power Tuck	
B	HEELS UP: Run Heel x8, DBL Jump curl jump x2	
F	Lunge, guitar strum	
V1	C1	B1 V2 C2 B2 V3 C3 B3

9	Core	Joy
I	Position noodle in hands, shoulder width	
V	JACK TUCK PLANK: NTL JJ out/tuck/plank/tuck	
C	DIAGONAL TUCK: ALT DIAG Tuck to noodle end	
B	ROW OVER YOUR KNEE: ALT Knee crunch	
F	Land wide, push forward	
V1	C1	B1 V2 C2 B2 V3 C3 B3

10	Flexibility	I'll Be There
I	Sweep open/close	
V	STAR: Star R, Warrior 3 R, step down on 8	
C	CURL ACROSS BACK Curl across B x8, EXT leg side x8	
B	ARM SWEEP ACROSS Wide stance x8, Figure 4 x8 (Arms: Arm sweep across F R x8, Scull x8)	
F	Step wide	
V1	C1	B1 V2 C2 B2 V3 C3 B3

11	Bonus - Cardio	Can't Dance
I	Jump rope	
V	JUMP TUCK FRONT 2 Jump tuck TVL F x2, Power Jump rope x2	
C	JACK 4 RIGHT JJ TVL R x4, L x4, R x2, L x2, Rocket JJ x8	
B	CURL & BREASTSTROKE Jog heel x4, ALT DIAG soccer kick x2	
F	Land wide	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4