

WATERinMOTION®

Wave 44

Quick Choreo reference

1	Warm-Up	Nice To Meet Ya
I	Jog x16	
V	JOG 4 KICK 4: Jog x4, Flick kick x4	
B	HOPSCOTCH JACK: JJ out, ALT Jog heel	
C	JOG HEEL SHAKE: Jog heel x4, Jog wide x4 (Arms: Reach F "Shake", touch OPP foot on wide)	
F	Land wide	
V1	B1	C1
	V2	B2
	C2	V3
	B3	C3
	C4	

2	Linear	Love Runs Out
I	Kick x16	
V	KICK 4 FRONT: Kick x4, Kick B x4	
C	JOG FORWARD: Jog TVL F x8, Run TVL B x16 (Arms: Point to temples/F/sweep down)	
B	SUSPENDED CROSS COUNTRY SUSP CC x16, Rocket CC x16	
F	Land wide, point to temples	
V1	C1	B1
	V2	C2
	B2	V3
	C3	B3
	C4	

3	Lateral	Senorita
I	Jog heel	
V	SIDE SOCCER ALT Side soccer kick x2, ALT Skater heel x4 (Arms: Sweep open x2, swing)	
C	JACK TRAVEL: JJ x4 TVL R, Repeat L (Arms: Out/in x2, L circle sweep, R reach)	
B	MAMBO: Jog x12 (feet RF, LB, RB, LF), Run x7	
F	Land wide, sweep arm across	
V1	C1	B1
	V2	C2
	B2	V3
	C3	B3
	C4	

4	Speed Track	The Power
I	Run	
V	RUN OUT & IN: Run out out in in x2, JJ x2	
C	POWER JACK IN Power JJ in x2, JJ out/ALT cross kick x2	
B	KARATE BACK Karate kick B x4, DBL Karate B face R/L	
F	Land wide	
V1	C1	B1
	V2	C2
	B2	V3
	C3	B3
	C4	

5	Group Track	All Over the World
I	Jog, identify 2 targets	
V	TAG THE TARGET: Run	
B	PENDULUM 3: ALT Pendulum x3 F, Power hop	
C	LEAP SQUARE: ALT Leap hop F x4, turn R	
F	Land wide	
V1	B1	C1
	V2	B2
	C2	V3
	B3	C3
	C4	

6	Suspension	Lucky Strike
I	Lunge, brace core, practice facing corners	
V	LUNGE AND PUSH: Lunge R corner x2 L x2 Karate B R x2, Karate B L x2	
C	CROSS COUNTRY CORNER 3 SUSP CC R to R corner x3/tuck, Repeat L	
B	TUCK EGGBEATER: Touch/tuck, Eggbeaters x6	
F	V-sit	
V1	C1	B1
	V2	C2
	B2	V3
	C3	B3
	C4	

7	Upper Body	Teeth
I	Lunge R, noodle in hands	
V	PUSH PULL: Lunge R (Arms: Push/Pull slow x1, fast x2)	
B	BICEPS CURL Biceps curl R x4, L x4, Triceps press x8	
C	LAT PULL DOWN: Tuck/touch (Arms: Pull straight arm down sides to feet)	
F	Push forward	
V1	B1	C1
	V2	B2
	C2	V3
	B3	C3

8	Lower Body	One Thing Right
I	Position noodle in back under arms	
V	SWEEP OUT SLOW & FAST ALT ABD/ADD slow x1, fast x2	
C	1-LEG KICK CURL Kick/Curl x3, Kick x1, Run heel x2	
B	JACKIE CHAN Tuck/Karate side R x8	
F	Land wide, karate chop side	
V1	C1	B1
	V2	C2
	B2	V3
	C3	B3

9	Core	Sayonara
I	Noodle stays around back	
V	TWIST & KNEE CIRCLE Standing Knee twist/circle (up/out/down) x8	
C	RECLINE & TUCK: ALT EXT/FLEX w/Tuck (Arms: reach R/L Ankle on tuck)	
B	STRAIGHT LEG REACH SUSP ALT Straight leg crunch	
F	Stand	
V1	C1	B1
	V2	C2
	B2	V3
	C3	B3

10	Flexibility	Spirit
I	Chest press x2, sweep open	
V	CURL 3: Knee flexion x3, Airplane (Arms: Scoop)	
B	SIT BACK HAMSTRING STRETCH Heel down hamstring stretch 1-2, rise up 3-4 (Arms: DBL chest press/EXT ROT sweep open)	
C	ARM UP: Arm circle 1-4, Step wide sway R/L 5-8, Lunge, upper body ROT R (1-4), ROT F step in, L	
F	Sweep forward	
V1	B1	C1
	V2	B2
	C2	V3
	B3	C3

11	Bonus-Flotation	Naturally
I	Noodle around back, lower to SUSP	
V	CROSS COUNTRY FORWARD SUSP CC TVL F x8, Seated kick fast TVL B x16	
C	SHOOT THROUGH: Tuck/ALT Shoot through x8 ALT CC shoot through/tuck x8	
B	V-SIT: V-sit x8, Fast v-sit x16	
F	Stand	
V1	C1	B1
	V2	C2
	B2	V3
	C3	B3