

WATERinMOTION®

Wave 46

Quick Choreo reference

1	Warm-Up	Borderline
I	Jog	
V	JOG CURL IN Jog x32 (Arms: DBL biceps curl F, DIAG/DIAG,S)	
C	JACK SLICE OUT JJ x16 (Arms: Slice side, in, down, in)	
B	JOG HEEL PUSH Jog heel x32	
F	Land wide	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

2	Linear	Physical
I	Low Kick	
V	FLICK KICK 4 Flick kick R x4, ALT straight kick x4 (gradually higher Repeat L	
C	CROSS COUNTRY 6 CC x6, CC shuffle x4 TVL F	
B	KARATE FRONT BACK Karate kick F/B, Touch tuck x2, TVL B	
F	Land wide	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

3	Lateral	It's Not Right, But It's Ok
I	Pendulum	
V	SWING CROSS Side leg swing/ALT cross F/B, Repeat L x2	
C	JACK CROSS JJ x4, Pendulum x8 TVL R, Repeat L x2	
B	SIDE JUMP KARATE 2 Side tuck jump R x1/karate kick L x2 Repeat L x4	
F	Land wide, cross punch	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

4	Speed Track	On Top of the World
I	Run	
V	RUN FRONT JACKS Run TVL F x8, fast JJ x4 (Repeat TVL B) x4	
C	POWER ROCKETS JJ wide low/Power ADD jump x8, Rocket JJ x16	
B	JOG HEEL CIRCLE RIGHT Jog Heel x8, TVL in R circle w/Breaststroke arms) Repeat L	
F	Land wide	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

5	Group Track	Simply Irresistible
I	Jog, form 2 lines, facing each other	
V	LINE 1 COMBO Line 1: JJ (Arms: Play guitar) x16 Line 2: Jog through Line 1 and around x32	
C	LINES SWITCH COMBO Line 1: Jog through Line 2 and around x32 Line 2: JJ (Arms: Play guitar) x16	
B	CROSS COUNTRY TOGETHER CC x7 ½ turn, face, CC x7 ½ turn, face away	
F	Land wide, play guitar	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

6	Suspension	Burning Love
I	Kick F	
V	GROUNDED KICKS: GND straight kick F x8 (Arms: OPP reach to foot) Neutral straight kick F x16	
C	GROUNDED SIDE SWEEP ALT GND Leg sweep side x8 Neutral sliding JJ x8	
B	NEUTRAL CROSS COUNTRY Neutral CC x16, then SUSP CC x16	
F	Stand tall	
V1	C1	B1 V2 C2 B2 V3 C3 B3

7	Upper Body	What A Man Gotta Do
I	Wide stance, noodle held shoulder width	
V	CHEST PRESS FAST: Chest press fast x4, slow x2 (Feet: Wide, narrow, R up, both up kneeling	
C	TRICEPS PRESS FAST: Triceps press fast x4, slow x2 (Feet: Wide, narrow, R up, both up kneel	
B	NOODLE CROSS PUSH ALT sweep B, push noodle across to OPP side	
F	Grab noodle, push across	
V1	C1	B1 V2 C2 B2 V3 C3 B3

8	Lower Body	Invincible
I	NO NOODLE, Brace core, lift R knee	
V	FAST KICKSTANDS Hamstring curl R x4, ALT Hamstring curl x4 LRLR	
C	SEATED KICK & STAND: ALT seated kick x4, ALT kick x4	
B	LOW JACK POW POW Neutral JJ out x1, touch together to the bottom x2	
F	Stand tall	
V1	C1	B1 V2 C2 B2 V3 C3 B3

9	Core	Better Be Good To Me
I	Position noodle under R knee, hold	
V	RIGHT LEG CRUNCH: Crunch F to lifted knee x8 Lateral crunch to lifted knee x7, change sides	
C	LEFT LEG CRUNCH: Crunch F to lifted knee x8 Lateral crunch to lifted knee x7, lower to SUSP	
B	TWIST & KICK: ALT Twist x3/Karate kick B Reposition noodle under R knee	
F	Stand tall	
V1	C1	B1 V2 C2 B2 V3 C3 B3

10	Flexibility	Lean On Me
I	ALT Step, Cross touch	
V	STEP CROSS SIT: Step R, cross L, hips back, slide leg up to Figure 4 Repeat L	
C	LUNGE RIGHT SWEEP: ALT Lunge R/L, ALT Reach up & over, OPP knee up Repeat L	
B	SHOULDER POP: Wide stance, shoulder pop SSD, curl B L Kick F, hold hamstring stretch	
F	Strike a jammin' pose	
V1	C1	B1 V2 C2 B2 V3 C3 B3

11	Bonus - Cardio	Can't Dance
I	JJ	
V	JACK SWEEP RIGHT: JJ x8 (BS), JJ x8 (pull F)	
C	WIDE JOG: Wide jog x7, TVL R, hop x1 Repeat L Side leap x4, TVL R, hop x1 Repeat L	
B	KICK 3 CURL: ALT Kick x3, hop curl Repeat L	
F	Land wide	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4