

WATERinMOTION®

Wave 48

Quick Choreo reference

1	Warm-Up	Break My Heart
I	Run	
V	JACKS: JJ x8, DBL JJ x4 (Arms: Open to sides, DBL push F, DBL open and pull to heart)	
C	RUN HOME FLICKS: SSD run x6, ALT Flick kicks x4	
B	HEART BREAK HEELS: DBL jog heel x8, jog heel x16 (Arms: DBL push F, pull to heart, lat ADD)	
F	Land wide, form heart with hands	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

2	Linear	Kings & Queens
I	Run	
V	ROCKING HORSE & JOG HEEL SWORD Rocking horse R x2, jog heel x3 (Arms: Sword) (RLRL)	
C	RUN & POP: Run x4, jump x1 (Arms: Reach O/H)	
B	TUCK JUMPS: ¼ turn R, TVL F x4, TVL B x4, 180 turn, Repeat	
F	Stand with sword raised	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

3	Lateral	Crazy Train
I	Wide Jog	
V	WIDE JOG 2 FLICK 2: Wide jog x2, DBL wide flick kick x2, (Arms: Push over knees) Repeat L	
C	CRAZY JACKS: JJ x3, TVL R, then shuffle x4 (Arms: Fingers to temples on jacks) Repeat L	
B	PENDULUMS: DSS (Arms: Sweep to OPP side)	
F	Land wide, fingers to head	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

4	Speed Track	Crossfire
I	CC	
V	CC COMBO: CC ski SSD x2, power CC x8 (Arms: SSD punch F, slice on power CC) Repeat	
C	RUN & TUCK: Run x8, TVL F, tuck jump x2 Run x8, TVL B, power jack x2	
B	CROSSFIRE KARATE: Karate kick side R, ¼ turn F, KK R, (x4) Repeat L (Arms: Cross in F)	
F	Land wide, crossfire arms	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

5	Group Track	(Everything I Do) Do It For You
I	From two lines, facing each other	
V	JACK TUCKS: Jack ALT knee lifts x8, jack tucks x8 (Arms: tuck under legs)	
C	FIGHT COMBO: DBL Karate kick B x8, then Battle ropes x16 (Arms: DBL punch, battle ropes)	
B	LEAP SIDE & MOGULS: Leap side x4, moguls x8	
F	High five your partner	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

6	Suspended	Walking On Broken Glass
I	Get into neutral position	
V	DIAMOND CRUNCH COMBO: Diamond lift x2, then tuck shoot F/B x1 (NTL or SUSP)	
C	TOUCH & SEATED KICKS: Tuck touch down R/L, tuck, SUSP seated kicks x8 (Repeat 4x)	
B	NEUTRAL JACK & SKI: NTL jack x4, diagonal CC SUSP x8 (Repeat L)	
F	Touch feet down lightly	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

7	Upper Body	I Dare You
I	Noodle in hands, get into position	
V	PUSH UP: Push up x8, SSD x4 (Feet on bottom or floating)	
C	BICEPS 2: ALT DBL biceps pull, wide stance x8 ALT single biceps pull, narrow stance x16	
B	TRICEPS 2: ALT DBL triceps press, wide stance x8, ALT single triceps press, narrow stance x16	
F	Stand tall, push noodle F	
V1	C1	B1 V2 C2 B2 V3 C3 B3

8	Lower Body	Permission To Dance
I	Noodle in hands in front	
V	SIDE KNEE TOUCH: Lift knee R & touch S/B x4, NTL step side x4 (Repeat L)	
C	SWEEPS DIAGONAL & FRONT: Leg lift R D/F to noodle x1, drag leg to bottom (Repeat 4x)	
B	KICKS BACK: Diagonal kick B x4, skateboard curl x8 (Repeat L)	
F	Stand tall	
V1	C1	B1 V2 C2 B2 V3 C3 B3

9	Core	Glowing
I	Noodle in front, under arms	
V	TIPPING CANOE: Sit w/legs extended F, figure 8 X16, lower legs x4, lift x4	
C	DIAMOND CRUNCH: Diamond crunch x16	
B	SUPERMAN CLIMBER: Tuck, then shoot R leg back, tuck, stand (Repeat w/L leg back) x8	
F	Stand tall	
V1	C1	B1 V2 C2 B2 V3 C3 B3

10	Flexibility	The Cure
I	Gentle sway, roll shoulders back	
V	HAMSTRING STRETCH: Lift leg 1-4, circle ankle 5-8, Eagle pose, (Arms: Hug) (Repeat R)	
B	WARRIOR 2: Warrior 2 pose R, then Sun Warrior, lift arm (Repeat L)	
C	LUNGE STRETCH: Lunge F, calf stretch on back leg, Warrior 3 (Arms: Scoop, sweep) (Repeat L)	
F	Lower arms and stand	
V1	B1	C1 V2 B2 C2 V3 B3 C3

11	Bonus - Cardio	Fireworks
I	Run	
V	TRIPLE RUN: Triple run, karate kick F/B x4, wide V kicks x16 (Arms: Wide to toes)	
C	FLICK KICKS: SSD Flicks x4, DBL Flicks x8	
B	KARATES: ALT Karate kicks side x8, DBL moguls x4 (Arms: circle) (Repeat)	
F	Land wide	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4