

water in motion®

Platinum



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WHAT'S INCLUDED IN YOUR CERTIFICATION



Lectures



Music



Videos



Notes



Assessment



App

1 WARM UP LET'S GET LOUD		WAVE 41							
		water@ondor Platinum							
Intro	Jog								16x
Verse	FLICK KICK 16 / FLICK KICK SSD 4 Alternate Flick Kicks 16 / Flick Kick SSD (Arms: Scoop)								1x
Chorus	JUMP ROPE 2, JACK (Arms: Circle fists / Open, close)								8x
Bridge	JOG HEEL 16 / JOG 2, JOG HEEL 2 Jog Heel 16 / Jog 2, Jog Heel 2 (Arms: Scoop / Open hand, Elbows back)								1x
FINISH	Land wide, Arms Overhead								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

4 COMMUNITY LET THE MUSIC PLAY		WAVE 41							
		water@ondor Platinum							
Intro	Get into Small Groups								
Verse	JACK & TWIST Jack & Twist R/L (Arms: Open to side / Sweep across body in opposition to legs)								8x
Bridge	DIAMOND JUMPS 16 Diamond Jump 8 – Travel (8-R, 8-L) (Arms: Push down to feet)								2x
Chorus	JOG 16 / RUN 32 Jog 16 Travel Away / Run 32 Come Back To Group (Arms: Paddle / Running)								1x
FINISH	Stand Tall - fist in the air								
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4

7 MOBILITY WAITING FOR TONIGHT		WAVE 41							
		water@ondor Platinum							
Intro	Noodle, In Hands								
Verse	KICKS BACK SSD Alternate Rebound Kicks Back Single Single Double (Arms: Push noodle front 2, push down 2)								8x
Chorus	STIR THE POT 7 Grounded Stance (Arms: Move end of noodle in a circle 7)								2x
Bridge	STRAIGHT LEG ROCKING HORSE SIDE 7 Rebound Straight Leg Rocking Horse Side 7, Knee Up (Arms: Push noodle down side 7)								2x
FINISH	Stand Tall, Push Noodle Down								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

10 FLEXIBILITY WHOS CRYING NOW		WAVE 41							
		water@ondor Platinum							
Intro	Roll Shoulders								
Verse	WARRIOR 1 / KNEE / HANSTRING Lunge Back / Lift Knee / Extend Leg Front (Arms: Reach overhead / Reach under leg)								2x
Chorus	TREE POSE / LUNGE 3 Lift Knee – External Hip / Lunge Side (Arms: Open chest / Sweep side to wrap)								2x
Bridge	HIP ROTATION / WARRIOR 3 Hip Rotation 2 / Warrior 3 (Arms: Sweep in opposition / Reach forward)								2x
FINISH	Land Wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

2 POSTURE FOX ON THE RUN		WAVE 41							
		water@ondor Platinum							
Intro	Run								16x
Verse	JOG HEEL 16 / ANGLED KICK BACK 16 Jog Heel – Lengthen Hip Flexors / Angled Kicks Back (Arms: Push front with strong pull back / Angled reach)								1x
Chorus	RUN SQUARE 16 Run 16 Travel Forward – ¼ Turn (Arms: STRONG running posture)								4x
Bridge	KICKS WITH POSTURE Alternate Kick Front 8 / Alternate Angled Kick 8 (Arms: Extend down, palms forward / Angled to toes)								2x
FINISH	Land wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

5 MEMORY MR. TAMBOURNE MAN		WAVE 41							
		water@ondor Platinum							
Intro	Get into Position								
Verse	LEG SWING 4 / LEG SWEEP SIDE 4 Grounded Stance, Swing Leg F/B 4 / Leg Sweep Side 4 (Arms: Swing F/B / Sweep, Cross)								2x
Chorus	INSTEP TOUCH 8 / HOPSCOTCH 8 Rebound Instep Touch Front 8 / Touch Heel Back 8 Explain Drill – Hear the Word & Spell The Word (Arms: Reach for opposite heel)								2x
Bridge	JACKS Jacks – Spell Words Spoken By Instructor – Round 3 – Spell Backwards (Arms: Push Front)								16x
FINISH	Land wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

8 ADL'S MESSAGE IN A BOTTLE		WAVE 41							
		water@ondor Platinum							
Intro	Noodle In Hands								
Verse	FALLING STAR & CATCH 4 Grounded Stance, Lean & Extend Leg 4 – Reset (Arms: Extend noodle front)								2x
Chorus	AROUND THE WORLD 4 Grounded Stance, Tap Back/Side/Front/Knee 4 - Option To Drag Around (Arms: Extend noodle front)								2x
Bridge	CRUNCH SSD Knee, Knee, Tuck (Arms: Push to knees)								8x
FINISH	Stand Tall								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

3 BALANCE CHIRON FEEL THE NOISE		WAVE 41							
		water@ondor Platinum							
Intro	Jog								16x
Verse	JOG 4 / JOG HEEL Jog 4 / Jog Heel 4 – Explain Rock Block (Arms: Scoop)								4x
Chorus	ROCK 2 / HIP CIRCLE Rocking Horse 2 / Hip Circle – Knee To Front (Arms: Figure 8 / Scull)								4x
Bridge	LEAP SIDE 2 / RUN 3 HOLD Leap Side 2 – Travel / Triple Run Hold 2 (Arms: Open side / Running)								4x
FINISH	Land wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

6 SPEED (FAST TWITCH) WATERLOO		WAVE 41							
		water@ondor Platinum							
Intro	Run								32x
Verse	RUN 3 HOLD Run 3 Hold (Arms: Fingers at temples 4, Surrender 4)								8x
Chorus	JUMP ROPE 2 / HUG JUMP Jump Rope 2 / Hug Jump Side (Arms: Circle 2 / Cross at chest)								8x
Bridge	KICK BACK Alternate Kick Back (Arms: Push front / Single Arm)								16x
FINISH	Surrender								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

9 CORE RUBY TUESDAY		WAVE 41							
		water@ondor Platinum							
Intro	Noodle, Place Behind Back, Under Arms								
Verse	SINGLE LEG AIRPLANE 7 Grounded Stance, Extend Leg Back, Lean Forward (Arms: On noodle - squeeze)								2x
Chorus	WINDMILLS Grounded Stance, Twist R/L (Arms: Drag noodle side to side – rotation)								16x
Bridge	SUNTAN SHOOT THROUGH Tuck, Shoot Legs Front, Tuck, Stand Up (Arms: Maintain posture & control)								8x
FINISH	Stand Tall								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

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PLATINUM WAVE 41
CHOREOGRAPHY