

AQUA CHOREOGRAPHY

by Chantal Laporte, CALA Certified Trainer, additions by Charlene Kopansky

Block One: 32 counts (Hip Abductor and Hip Adductor focus). Be creative and add arms to this block of choreography!

- 1/2 T L Light Bounce (L) trs pendulum x 4 (right (rt), left (lt), rt, lt) (counts 1 - 8)
- 1/2 T L rpt pdl leg swing side (rt leg out, x over in front, out & down) (counts 9 -16)
- 1/2 T L trs pendulum x 4 (lt, rt, lt, rt) (counts 16 - 24)
- 1/2 T L rpt pdl Leg swing side (lt leg out, x over in front, out & down) (counts 25 -32)

Block Two: 32 counts (Hip Flexor & Shoulder Diagonal Adductor Focus)

- 1/4 T Anchored (A) rpt rt sartorius j'om with "Sartorius" arms x 4 (counts 1 -16)
- 1/4 T A jj with reverse breast arms, travel rt x 4 (counts 17 - 32)

Block Three: 32 counts (Spinal Rotator Focus)

- on T L rt flamingo sw x 4 (counts 1- 8)
- on T L rt kicking flamingo sw x 4 (counts 9 - 16)
- 1/2 T L rt x over j'om with kayak arms x 4 (counts 17-25)
- 1/2 T L rt x over quad kick with kayak arms x 4 (counts 26-32)



Block Four (repeat block two starting on other leg):

- 1/4 T Anchored (A) rpt lt sartorius j'om with "Sartorius" arms x 4 (counts 1 -16)
- 1/4 T A jj with reverse breast arms, travel lt x 4 (counts 17 - 32)

Block Five (repeat block three starting on other leg):

- on T L lt leg flamingo sw x 4 (counts 1- 8)
- on T L lt kicking flamingo sw x 4 (counts 9 - 16)
- 1/2 T L lt x over j'om with kayak arms x 4 (counts 17-25)
- 1/2 T L lt x over quad kick with kayak arms x 4 (counts 26-32)

Block Six: 32 counts (Hip Flexor/Extensor & Knee Flexor focus)

- 1/2 T L rt lead rh x 4, travel forward (counts 1-16)
- 1/2 T L rt lead kicking rh x 3, on the spot (counts 17-28)
- 1/2 T L rt lead ski x 2, on the spot (counts 29-32)

Block Seven: 32 counts (Hip Flexor/Extensor & Knee Flexor focus)

- 1/2 T L rt lead wide x ski x 8, travel back (counts 1-16)
- 1/2 T L rt lead Wide ski tap x 8 (counts 17-32)



Block Eight: (repeat block six starting on other leg):

- 1/2 T L lt lead rh x 4, travel forward (counts 1- 16)
- 1/2 T L lt lead kicking rh x 3, on the spot (counts 17-28)
- 1/2 T L lt lead ski x 2, on the spot (counts 29-32)

Block Nine: (repeat block seven starting on other leg):

- 1/2 T L lt lead wide x ski x 8, travel back (counts 1-16)
- 1/2 T L lt lead Wide ski tap x 8 (counts 17-32)

Block Ten: 32 counts (Hip Flexor/Extensor & Knee Flexor/Extensor focus)

- on T Suspended (S) rt lead, alt narrow cycle, travel fwd, alt br str arms (counts 1 - 16)
- on T S rt lead quad kick, alt reverse breast stroke arms (counts 17 - 32)

Block Eleven: 32 counts (Hip Flexor/Extensor focus)

- 1/2 T S narrow tk with uni x ski arms x 4 (counts 1 - 16)
- 1/2 T S ski turn 180 degrees x 2 (counts 17 -32)

Block Twelve: 32 counts (Hip Flexor/Extensor focus)

- 1/2 T S wide tk with uni hammer hand arms x 4 (counts 1 - 16)
- 1/2 T S w ski tk with uni hh arms (counts 17 -32)

