

CALA

Canadian Aquafitness Leaders Alliance Inc.

Handout

Choreography Corner – Men In Black

Article by C. Weerdenburg published in CALA Wavelink newsletter
Summer 1998



Following is sample choreography from the famous "Men in Black" Charity class for Breast Cancer presented at the CALA convention `98. These energetic `everyday' leaders generously volunteered their time and enthusiasm for the event. Thanks guys and thanks to Carol Weerdenburg for being their choreography coach!

Try these moves in chest to shoulder depth water with your aqua crowd:

Men in Black: Brain Cook, Francois Gagnon, Rick Gwalchmai, Garrette Rice

Block # 1

- 4, 1/2 t squat, travel rt, arms both reach in the direction of travel then sweep the water past the body, (16 counts - cts.)
- 8, t jj, arms unison high tarzan, (16 cts.)
- 4, 1/2 t squat travel It, arms both reach in the direction of travel and sweep the water past the body, (16 cts.)
- 8, t jj, arms uni hi tzn, (16 cts.)

Block #2

- 4, 1/2 t squat travel rt, repeat same arms as above, (16 cts.)
- layer in 2, "Latin Jacks": 2, t jj, 1, abd jj to the following rhythm - abd jj (count 1,2), hold, then return to feet together, start position (count 3,4), use whatever arms feel comfortable and compliment the leg moves, (16 cts.)
- 4, 1/2 t **squat** travel It, repeat same arms as above, (16 cts.)
- 2, Latin Jacks, repeat same arms as above, (16 cts.)

Block #3, same arms as above, or make your own variation

- 2, 1/2 t squat travel rt., (8 cts.)
- 2, "Latin Jacks", (16 cts.)
- layer in 2, 1/2 t jj, chest hug, blade squeeze arms, (8 cts.)
- 2, 1/2 t squat travel It., (8 cts.)
- 2, "Latin Jacks", (16 cts.)
- 2, 1/2 t jj, chest hug, blade squeeze arms, (8 cts.)

Block #4, keep the same arms or allow your creative juices to flow with different arms, same counts as block #3

- 2, 1/2 t squat travel rt., (8 cts.)
- 2, "Latin Jacks", (16 cts.)
- layer in a 1/8 turn to the diagonal, 2 ,1/2 t jj to the It. diagonal, (8 cts.)
- 2,1/2 t squat travel It., (8 cts.)
- 2, "Latin Jacks", (16 cts.)
- 2, 1/2 t jj on the rt. diagonal, (8 cts.)

Block #5

- 2, 1/2 t squat travel rt., (8 cts.)
- 2, "Latin Jacks", (16 cts.)
- layer in turn first 1/2 t jj to the rt. dia.; second 1/2 t jj to It. diagonal, (8 cts..)
- 2, 1/2 t squat travel It., (8 cts.)
- 2, "Latin" Jacks, (16 cts.)

CALA. 125 Lillian Dr., Toronto, ON M1R 3W6.
Tel: (416) 751- 9823 . 1 888-751-9823. Fax: (416) 755-1832 cala@interlog.com . www.calainc.org

Page 1 of 2

This material is copyright to CALA and may not be reproduced for sale or personal gain without the written permission of CALA. It may be reproduced for distribution to your participants or post on a facility bulletin board, but must remain intact with the CALA name, address and logo appearing as it does in this document.

CALA

Canadian Aquafitness Leaders Alliance Inc.

Handout

Choreography Corner – Men In Black

Article by C. Weerdenburg published in CALA Wavelink newsletter

Summer 1998



- 2, 1/2 t jj to alt. diagonals (as above), (8 cts.)

Block #6

- 2, 1/2 t squat travel rt., (8 cts.)
- 2, "Latin Jacks", (16 cts.)
- 2, 1/2 t jj to alt. diagonals, (8 cts.)
- layer in 1, 1/2 t ski stop (formerly called ski jump or split ski) facing forward after the alt. diagonals, (8 cts.)
- 2, 1/2 t squat travel lt., (8 cts.)
- 2, "Latin Jacks", (16 cts.)
- 2, 1/2 t jj to alt. diagonals (as above), (8 cts.)
- 2, 1/2 t ski stop facing forward, (8 cts.)

Block #7

- 2, 1/2 t squat travel rt., (8 cts.)
- 2, "Latin Jacks", (16 cts.)
- 2, 1/2 t jj to alt. diagonals, (8 cts.)
- 1, 1/2 t ski stop facing forward, (8 cts.) layer in funky double punch arms with the ski stop, (2 unison punches with arms/hands at shoulder height of body, then unison punch with both hands in front of thighs, punching to pool bottom, rhythm as follows: punch 2x to side on count 1, 2 then punch towards pool bottom on ct. 3 and hold hands twd. pool bottom on ct. 4
- 2, 1/2 t squat travel lt., (8 cts.)
- 2, "Latin Jacks", (16 cts.)
- 2, 1/2 t jj to alt. diagonals (as above), (8 cts.)
- 1, 1/2 t ski stop facing forward with funky double punch arms, (8 cts.)

Block #8

- 2, 1/2 t squat travel rt.
- 2, "Latin Jacks"
- 2, 1/2 t jj to alt. diagonals
- 1, 1/2 t ski stop facing forward with funky double punch arms
- layer in 2, "Rebagliati Tucks": High tucks - make believe that you are reaching over to one side, while suspended, to grab the bottom of the snow board as you 'catch some air'! With each tuck, grab to alt. sides to promote muscle balance.
- 2, 1/2 t squat travel lt.
- 2, "Latin Jacks"
- 2, 1/2 t jj to alt. diagonals (as above)
- 1, 1/2 t ski stop facing fwd. with funky double punch arms
- 2, "Rebagliati Tucks"

CALA. 125 Lillian Dr., Toronto, ON M1R 3W6.

Tel: (416) 751- 9823 . 1 888-751-9823. Fax: (416) 755-1832 cala@interlog.com . www.calainc.org

Page 2 of 2

This material is copyright to CALA and may not be reproduced for sale or personal gain without the written permission of CALA. It may be reproduced for distribution to your participants or post on a facility bulletin board, but must remain intact with the CALA name, address and logo appearing as it does in this document.