

Maxing Out - Deep Aqua Choreography

Presented by Gaye Barter

Combo #1 Jog & Cycle

Narrow Jog'O March	Pump Arms	Forward
Wide Jog'O March	Pump Arms	Forward
Wide Jog'O March	Alternate Arm Sweeps	Forward/Backward
Narrow Jog'O March	Breast Stroke Arms	Forward
Cycle	Breast Stroke Arms	Forward
Squeeze Cycle	Breast Stroke Arms	Forward
Narrow Hamstring Jog O'March	Breast Stroke Arms	Forward
Narrow Hamstring Jog O'March	Elbow Wide Flexions	Backward
Wide Hamstring Jog O'March	Elbow Wide Flexions	Backward
Wide Tuck	Elbow Wide Flexions	Stationary
Narrow Tuck	Sweeps	Stationary
Shrimp/Dolphin (Kick/Pull)	Sweeps	Stationary
Alternate Legs (Kick/Pull) Point (Full Rom)	Sweeps	Stationary
Alternate Legs (Kick/Pull) Point (Half Rom)	Sweeps	Stationary
Alternate Legs (Kick/Pull) Point (Tiny Rom)	Sweeps	Stationary
Alternate Legs (Kick/Pull) Flex (Repeat above)	Sweeps	Stationary
Cycle	Breast Stroke Arms	Forward
Bulldozers	Breast Stroke Arms	Forward

Combo #2 Cross Country

Toe Touches Narrow	Alternate arm reaches	Stationary
Toe Touches Wide	Alternate arm reaches	Stationary
Toe Touches Narrow	Alternate arm reaches	Stationary
Cross Country Ski	XC Arms	Stationary
Power Pumps	XC Arms	Stationary
Cross Country Ski	XC Arms	Stationary
Cross Country Ski	XC Arms	Left Horizontal
Cross Country Ski	XC Arms	Right Horizontal
Power Pumps	XC Arms	Stationary
Cross Country Ski	XC Arms	Stationary
Double Time Cross Country (Point/Flex)	XC Arms	Stationary
Cross Country Ski	XC Arms	Backwards
Cross Country Ski	XC Arms	Forwards
Toe Touches	Alternate Reaches	Stationary

Combo #3 Flutter

Vertical flutter	Low Scull	Stationary
Horizontal flutter	Low Scull	Stationary
Horizontal flutter	Low Scull	Backwards
Horizontal flutter	Breastroke Arms	Forwards
Vertical flutter	Scull	Stationary
Lateral flutter	Alternate Reaches	Sideways

Combo #4 Tucks

Narrow Tuck	Sweeps	Stationary
Wide Tuck	Sweeps	Stationary
High Wide Tuck	Sweeps	Stationary
High Narrow Tuck	Sweeps	Stationary
Repeaters	Sweeps	Stationary
Narrow Tuck	Sweeps	Stationary
Lateral Left	Sweeps	Stationary
Lateral Right	Sweeps	Stationary
Repeaters	Sweeps	Travel Sideways
Tuck Ski	Sweeps	Stationary
Tuck Cross Country Jumping Jacks	Sweeps	Stationary

Combo #5 Doggie

Narrow Doggie	Alternate scoops	Forward
Narrow Doggie	Alternate backhand punch	Forward
Narrow Doggie	Punch/Press to bottom Elbow	Forward
Narrow Doggie	Press Palms front - Elbows wide	Stationary
Jog'O March Flex Foot	Press Palms front - Elbows wide	Stationary
Horizontal Jog'O March Flex Foot	Press Palms front - Elbows wide	Backwards

Combo #6 Jumping Jacks

Jumping Jacks	Sweep Arms	Stationary
Jumping Jacks Adduction	Sweep Arms	Stationary
Dbl Time Jumping Jacks Adduction	Sweep Arms	Stationary
Jumping Jacks	Sweep Arms	Stationary
Jumping Jacks Adduction	Sweep Arms	Stationary
Dbl Time Jumping Jacks Adduction	Sweep Arms	Stationary
Hip Flexor Chair (Add/Abd)	Sweep Arms	Stationary
Hamstring Chair	Sweep Arms	Stationary

Combo #7 Swivels

Narrow Swivel	Sweeps	Stationary
Hip Flexor Swivel	Sweeps	Forward
Hip Flexor Swivel	Sweeps	Backward
Kayak Swivel	Sweeps	Forwards
Sexy Legs Swivel	Sweeps	Backwards
Narrow Swivel	High Tarzan	Stationary
Narrow Swivel	Low Tarzan	Stationary
Narrow Swivel	Shoulder Rotators	Stationary
Wide Swivel	Tarzan	Stationary
Sartorious Jog'O March	Sweeps	Stationary