## AOUA CIIOREDGRAPII

## by Chantal Laporte, CALA Certifed 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 Light Bounce (L) trs pendulum $\times 4$ (right (rt), left (lt), rt, It) (counts 1-8)
- $1 / 2 \mathrm{~T}$ L rpt pdl leg swing side (rt leg out, $x$ over in front, out \& down) (counts $9-16$ )
- $1 / 2 \mathrm{TL}$ trs pendulum $\times 4$ ( $\mathrm{lt}, \mathrm{rt}, \mathrm{It}, \mathrm{rt}$ ) (counts 16 - 24)
- $1 / 2$ T L rpt pdl Leg swing side (It 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 $\times 4$ (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 $\times 4$ (counts 1-8)
- on T L rt kicking flamingo sw $\times 4$ (counts 9-16)
- $1 / 2 \mathrm{~T}$ L rt $\times$ over j'om with kayak arms $\times 4$ (counts 17-25)
- $1 / 2 \mathrm{~T}$ L rt x over quad kick with kayak arms $\times 4$ (counts 26-32)


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

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

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

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

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

- $1 / 2 \mathrm{~T}$ L rt lead rh $\times 4$, travel forward (counts 1-16)
- $1 / 2 \mathrm{~T}$ Lrt lead kicking rh $\times 3$, on the spot (counts 17-28)
- $1 / 2 \mathrm{~T}$ L rt lead ski $\times 2$, on the spot (counts 29-32)

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

- $1 / 2 \mathrm{~T}$ L rt lead wide $\times$ ski $\times 8$, travel back (counts 1-16)
- $1 / 2$ T L rt lead Wide ski tap $\times 8$ (counts 17-32)


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

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

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

- $1 / 2$ T L It lead wide $\times$ ski $\times 8$, travel back (counts 1-16)
- $1 / 2$ T L It lead Wide ski tap $\times 8$ (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 $\times$ ski arms $\times 4$ (counts 1-16)
- $1 / 2$ T S ski turn 180 degrees $\times 2$ (counts $17-32$ )

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

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


