

## **Innovative Choreography IV**

### *Creating Shallow-Water Combinations*

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Creative combinations for shallow water training that target impact and rhythm to achieve intensity options. Expand your programming with five segments of choreography that can stand alone or fuse with other formats, such as high intensity intervals or circuit training. Challenge everyone in the pool with patterns that are fun and functional at all training intensities.

#### **CREATING CHOREOGRAPHY**

- Numerous techniques – Tempo & Rhythm, Impact, Travel & Turns, Arm Patterns, Range of Motion
- Today's pool practical uses all, but especially rhythm (in 3s or s-s-d) and impact

#### **ADJUST TO YOUR NEEDS**

- Consider YOUR Pool – Modify as needed for depth, slope, space & acoustics.
- Consider YOUR Participants – What moves, teaching style, cueing techniques, music, tempo, etc. do they enjoy?
- Consider YOUR Personality – My ideas, your style! Own it.

#### **FUSING FORMATS**

- Choreographed Class – start to finish
  - Pros / Cons
  - Implementing
- Interval Training – choreography as high intensity vs low intensity
  - Pros / Cons
  - Implementing
- Circuit Training – instructor guided vs self-guided method
  - Pros / Cons
  - Implementing

#### **FUN & FUNCTIONAL**

- Fitness should be FUN
  - Moves
  - Music
  - Social Interaction
- Fitness should be FUNCTIONAL
  - Perform more efficiently
  - Promoted Program Goals
  - Participant Needs & Interests

## UNLIMITED OPTIONS

- Base Moves
  - **Ski 4x & Jack 2x**
  - **Rock in 3s & Jog 4x**
  
- How Would YOU Adjust? ....BRAINSTORM
  
- MY Innovations – **COMPLEXITY**
  - **Ski 4x & Jack 2x becomes.....**  
Level II Ski 3 & Tuck – R lead  
*ARMS: Trans abd/add bilateral reciprocal, thumbs up – pull to legs on tuck*  
Jack – R Warrior 2 – Jack & Tuck  
*ARMS: palms front – palms down – palms front & “surrender” out of water*  
Repeat with L lead & turn
  - **Rock in 3s & Jog 4x becomes.....**  
Rock 3 w/ Back Kick & Side Kick – begin R diagonal, end front  
*ARMS: sweep F – sweep B – push F – open wide*  
Side Step – 2x R  
*ARMS: opposition*  
Repeat with L lead & turn
  
- MY Innovations – **INTENSITY**
  - **Ski 4x & Jack 2x becomes.....**  
Level II Ski-Tuck 4x  
*ARMS: “surrender” out of water*  
Level III Jack 2x & ½ Turn  
*ARMS: as needed to suspend and stabilize core*
  - **Rock in 3s & Jog 4x becomes.....**  
Rock 3 w/ long lever legs – begin R diagonal, end front  
*ARMS: sweep F – sweep B – sweep F – sweep B*  
Power Leg Pulldown (focus on body propulsion out of water)  
*ARMS: reach for toes & pull elbow back (single arm high row)*  
Repeat with L lead
  
- MY Innovations - **SIMPLICITY**
  - **Ski 4x & Jack 2x becomes.....**  
Ski 3x & Bounce Center  
*ARMS: double arm swing (shoulder flexion & extension)*  
Jack 2x  
*ARMS: abduct & adduct with cross: 1 F & 1 B*
  - **Rock in 3s & Jog 4x becomes.....**  
Rock 7 & Knee Swing – face forward  
*ARMS: cross front & open wide (focusing on posture)*  
Football Jog 8x (out-out-in-in)  
*ARMS: pumping*  
Lead will alternate if performed correctly, don't worry about R & L cue

## CHOREOGRAPHY NOTES FOR TODAY'S WORKOUT

**DVD Available at AEA Website, [www.aeawave.com](http://www.aeawave.com)**

### SEGMENT ONE

**Level II: REP Double Side Kick 3x & Double Front Kick**

(side, tap, side, tap, side, TUCK, front, tap...progress to ALL tucks))

**Level II ALT Ski - Tuck 3x & Level III Jack 1x**

### SEGMENT TWO

**ALT Twisting Jack 3x & ½ WT Ski Center Bounce 1x**

(flasher arms on jack, arm swing ski)

**Ski 3x & Ankle Click Jump**

### SEGMENT THREE

**Alt. Karate Kick Back 3x & Karate Kick Front 1x**

(same leg as 3<sup>rd</sup> back kick – R, L, R, R L, R, L, L)

**Karate Side-Back Diagonal-Side & Bounce Center**

### SEGMENT FOUR

**Skate in 3s w/ Knee Front**

**Reverse Rock – B-F-B-F**

(arms sweep F-B-F-B)

### SEGMENT FIVE

**Shuffle 3x & Heel Click Jump**

(arms neutral – hands out of water)

**Outside Leg: Back Kick – Flip – Flip - Together**

(arms push, wrap, wrap, down)

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If you have questions following the workshop, you may email me at [julie@aeawave.com](mailto:julie@aeawave.com)

***Thank you for attending!***