



AQUA DISCO

Martine Flamen

counts	movement legs	movement arms	extra
BLOK A			
1 2 3 4	jog in front, start with right leg	breaststroke arms	"take"
5 6	kick right leg in front	stretch left arm	
7 8	symmetry, kick left leg in front	stretch right arm	
1 2	kick right leg to the right side		
3 4	symmetry		
5 6 7 8	shake shoulders, go down	arms side to side	
1 2	roll arms over each other	roll arms	"disco"
3 4	push both arms 2 times to the right	push arms	
5 6 7 8	symmetry roll and push		
1 2	kick right leg to the back	push arms front	
3 4	kick left leg to the back	push arms front	
1 2 3 4 5 6 7 8	4 x ski, ending with left leg back	arms assist move	
4 x 8	repeat last 32 counts in symmetry		
BLOK B			
1 2	side jump to the right	assisting arms	"pull"
3 4 5 6 7 8	repeat the jump side 3 times		
1 2 3 4	mambo with left leg		
5 6 7 8	mambo again with pivot turn		"pivot"
1 2 3 4	shake roll with hips	turning arms	"shake"
5 6 7 8	go down in the water, level 3	shoulder roll	
1 2 3 4	skis in level 3	sculling hands	
5 6	level 3 jumping jack	sculling hands	
7 8	level 2 jumping jack	open 7 close	
4 x 8	repeat last 32 counts in symmetry		
BLOK C			
1 2 3 4	shuffle side steps to the right front	arms breaststroke	"shuffle"
5 6 7 8	symmetry to the left		
1 2 3 4 5 6 7 8	repeat last 8 counts		
1 2	right knee tango to the left	arms assist	"tango"
3 4	right knee tango to the right		
5 6	right leg kick to the left		
7 8	right leg kick to the back		
1 2 3 4 5 6 7 8	right leg kick front back front and back	with 1/2 turn to the right	end with closed legs
4 x 8	repeat last 32 counts in symmetry		
NOW ITS TIME		2 groups in "canon"	2 groups facing