

IAFC 2010 ORLANDO, FLORIDA

CHOREOGRAPHY FOR THE CORE

by Pauline Ivens, MS

Notes for Instructors: this choreography has been specifically designed for the pool at the Wyndham Hotel. It includes shallow water moves, and deep water moves.

Due to the numbers in the pool, some moves have been modified. In a regular class setting I would want a lot more travel moves incorporated.

The only piece of equipment used for this specific version of the workout is the noodle.

SHALLOW CHOREOGRAPHY

Any special instructions are noted in **RED**.

Good neutral posture is a constant!

Repeat combinations several times.

1. Running forwards, dodging and weaving amongst each other.
2. Multi-directional walking (**in your own space**)
3. Multi-directional running.
4. The "Bump" – bump the water, 'bump' a partner (optional)
5. Hi/lo walking – walk on tip toe, walk with deep knee bends (2 counts of each, repeated)
6. Crossover walks & ½ turn = 3 crossovers + ½ turn; repeat combo.
7. Bounce & pose – 3 bounces (**in different directions**) + single leg pose
8. Two side steps + single leg pose. Add leg play (**the lifted leg does free flow**)
9. Combination of standing spinal rotation sweeps to ¼ turn & single leg kick with lunge (**arms folded at chest level**)
10. Combination of single leg hop with int/ext rotations + 1 leap to the side. Repeat with other leg.
11. Standing spinal rotation sweeps.....getting smaller and faster, building to a brace (**bracing is rapid movements with the arms while torso is holding still**)
12. Front kicks with hands on hips – stop & hold – then add leg extensions single leg. The sequence goes kick, kick, kick & flick, hold stance, 4 leg flicks.
13. Front kicks - #8 is a kick lunge. Then powerful double arm pulls in the lunge stance (**in sagittal plane**)
14. Transition bounces in place.
15. Two big mogul jumps + 4 mini moguls. Repeat. (**keep one arm on each side of body. I don't want a twist in the spine for this move**)
16. Combination of twisty jumps & deep lunge brace. 4 twists + lunge and hold 4 counts, arms up (**drop the lunge as deep as possible**)
17. Three rotating cross-country skis + one bounce. Repeat.
18. Four rotating skis + 2 back-of-hand sweeps. Repeat (**athletic stance for sweeps**)
19. Transition bounces in place.
20. Two front/back rocking horse + hold stance on one leg & add 'climbing flame' arms

DEEP CHOREOGRAPHY – Using Noodles

1. Placing the noodle between the legs:

- Hold noodle with one hand in front, one hand behind, and do traveling cross-country ski
- Straddle run, one hand on back of noodle, other hand pushes front end of noodle under water and wiggles it from side-to-side while straddle running forwards
- Sideways straddle run (crab style) RIGHT with windshield wiper arms. Tuck front end of noodle between thighs, right hand on hip, and pull body to LEFT using left arm only
- Front end of noodle between thighs – travel with arms only – 4 reverse sweeps backwards, 4 thumbs up pulls forward
- Repeat sideways straddle run LEFT, and pull back RIGHT
- Spinal rotations of lower body, then center position and add bracing (to brace reach both arms down at sides of body and create turbulence)
- Vertical flutter kick – add elevation
- Vertical flutter kick with arm reach across body + back of hand sweep
- For asymmetry – Paddle both hands on one side of the body; 4 on R, 4 on L, 2 on R, 2 on L, singles (can be done with running legs, or tucked legs)

2. Placing the noodle under the legs – like sitting on a swing:

- Balancing – hold the balanced position with good trunk extension
- Lateral lumbar flexion swinging
- Sit kicks forward and backward (use a heel dig to come forwards; pointed toes to kick backwards). Add arms overhead with snapping fingers.
- Knees knocking (ankles stay in contact)
- Knees and ankles knocking
- Spinal rotation

3. Placing the noodle around the torso:

- Watch shoulders – keep noodle down the back
- The noodle will allow for flowing movements from side-to-side
 - Mermaids side-to-side
 - Hold tucked shape and move hips from side-to-side
 - Lumbar lateral flexion diamonds – add progression with one leg straight
 - Aqua bicycles