

Deep 124 CHOREOGRAPHY NOTES

MUSIC: SILVERSNEAKERS 7 LATIN by MUSCLE MIXES MUSIC

COMPONENT	MOVEMENT MOTIF/COMBINATIONS	MINS
TRACK ONE	<p>Jog to 124 bpm – check posture (must be able to stay in one place and show body control)</p> <p>Jog with alternating hand press down, 8 counts</p> <p>Jog with alternating shoulder rolls (singles backwards), 8 counts</p> <p>Jog and elevate and depress shoulders, 8 counts</p> <p>Jog with both arms straight at sides of body – flutter fingers (palms back), 8 counts</p> <p>Jog wide, jog narrow. Cue “out out, in in” Repeat for 8 sets</p> <p>Repeat all this jogging series again</p> <p>Flutter kick in place with arm waves, 8 counts</p> <p>Flutter kick in place, arms down at sides – flutter fingers (palms forward), 8 counts</p> <p>Flutter kick in place with arm waves, 8 counts</p> <p>Flutter kick in place and play maracas, 8 counts (end with arms out at sides)</p> <p>Flutter kick, reach R arm across to left hand, and then do a 180 degree slicing sweep back to open arms.</p> <p>Repeat with L arm reaching across to right hand. Do this reach and slicing sweep 8 times.</p> <p>Star flutter kick and shimmy shoulders, 8 counts</p> <p>Flutter kick in place with arm waves, 8 counts</p> <p>Scull, slightly bend knees, legs together, and do hip isolations</p> <p>Repeat everything from the beginning</p>	5:24
TRACK TWO	<p>(A) ½ time straddle jog in place with rib isolations (tick, tock)</p> <p>(B) Inner thigh lifts with sculling hands. Then 3 inner thigh lifts and hold leg lifted. The lifted leg then does extend & flex at the knee 4 times. Cue “1, 2, 3 & hold; out in, out in, out in, out in” Repeat for four sets.</p> <p>Repeat (A)</p> <p>(C) ½ time knee high jog (use large ROM) with bow & arrow arms (has shoulder rotations)</p> <p>(D) Three jogs and hold + vertical hip rolls 3 times and end with knee in center. Hands are sculling. Cue “1, 2, 3 & hold; roll, roll, roll, center.” Repeat for 4 sets.</p> <p>(E) Flutter kick for the transition – add clapping hands underwater</p> <p>(F) Bent leg cross-country ski in place at 124 bpm. Travel the ski at 124 bpm</p> <p>Repeat (E)</p> <p>Then repeat whole routine – A, B, C, D, E, F, E</p>	6:10

TRACK THREE	<p>(A) Cross-country ski with a hold. Cue “ski tuck, ski tuck, ski tuck, hold.” Count 1 & 2 & 3 & hold. Repeat for 8 sets. Arms are held up on the hold. Repeat this move with travel on the ski, and hold in place.</p> <p>(B) Rotating ski 8 times; tuck and do 8 spinal rotations Repeat B for four sets</p> <p>(C) End B in a tucked position and click fingers with hands above the water – 8 counts</p> <p>(D) Combination of: ½ time straddle run forwards for 8 Tuck and double press hands at sides of body for 8 Sit kicks backwards – hands above water and clicking fingers, for 8</p> <p>Do 4 sets of (D) Then repeat A, B, C, D</p>	6:00
TRACK FOUR	<p>(A) Running at 124 bpm with directional changes</p> <p>(B) Combination of: tuck star flutter x 4 tuck with 4 arm pulls forward using thumbs up breast-stroke 8 V kicks Star flutter travel backwards for 8 counts</p> <p>(C) Running with straddle legs, and alternating back of the hand sweeps Repeat (B)</p> <p>(D) Cossack kicks for 8 counts</p> <p>(E) Scissor legs/jack legs.....alternate rapidly, with matching arms Repeat A, B, C, D, E</p>	4:53
TRACK FIVE	<p>(A) Cross-over step & turn. Do 3 cross-over steps; ½ turn on #4 & star flutter for 4 counts. Repeat (A) for 4 sets</p> <p>(B) Crab run laterally R, with arms above water doing a tick-tock wave (or windshield wipers) Tuck legs, R hand on hip, use L arm to pull body back to the Left. Repeat (B) to the R again Then repeat (A) Then repeat (B) but go to the Left</p> <p>(C) Four point legs = ski, tuck, jack, tuck, ski, tuck, jack, tuck.....continuous for 8 sets The repeat A, B, C Finish with flutter kick and hands rising overhead with Latin style</p>	4:54
TRACK SIX	<p>(A) Running forwards, with both hands on abdomen. Then impede the run by sweeping arms from side-to-side across the body</p> <p>(B) Front kicks in place, with double arm flicks out in front (back of hand lead)</p> <p>(C) Baby front kicks, small and fast</p>	5:40

	<p>Repeat A, B, C (D) Tucked – open and close knees, arms scull (E) Single arabesque hold – arm gesture is a wrap over head and extend arm out to side. Alternate. (F) Single Cossack kicks, gradually lowering legs to a regular jog (G) Single leg jog: 8 R leg, 8 L leg, 8 R leg, 8 L leg (hands are on hips) Repeat A, B, C, D, E, F, G</p>	
TRACK SEVEN	<p>Intro of 32 counts – jog in place (A) Aqua bicycle leaning to one side, 8 counts, with one hand on hip, and the other doing a ‘giving’ hand gesture (palm up). Bicycle the other way, using other arm. Repeat (A) (B) Side-to-side mermaids.....16 of these (C) Tuck & hold.....pelvic circles with hips & spine; hands scull: 16 of these (D) Bent leg cross-country ski with power pops (elevation). Long set of 32 reps! (E) Flutter kick & make a ¼ turn every 4 counts. Every 4 counts the arms also change: arms overhead, arms out in front, arms open to sides, arms across chest (total of 16 counts) Repeat (E) for four sets Then repeat A, B, C, D, E, three more times!</p>	6:11
TRACK EIGHT	<p>Intro of 32 counts – jog in place and prep for XC ski (A) Ski, ski, ski, ½ turn – then hold in ski position for 4 counts, using arm waves Repeat (A) for four sets (B) Flutter kick in place – arms open. Then left hand reaches across body to the opposite hand, followed by a full 180 degree arm sweep with the back of the hand, back to starting position. Cue “reach to the opposite hand as if you were putting a glove on” Repeat (B) for four sets (C) Deep jack, 2nd jack and then ½ turn. Cue “jack out, jack in, jack out, ½ turn” Repeat (C) for four sets (D) Take 8 counts to bring body to a held tucked position, then lean (rotate) knees side to side 24 times, reaching both hands to the opposite side from the knees (E) Holding the tuck, travel forwards with 4 thumbs up arm sweeps. Travel backwards with 4 reverse arms sweeps. Repeat forward and backward again. (F) Holding the tuck, place both arms straight down at sides. Then “flutter” arms rapidly for a bracing exercise. This will be a count of 16. Now repeat A, B, C, D, E, F all through again.....ending with the bracing tuck</p>	4:23

TOTAL TIME = 44 MINUTES