

Mobility versus Stability

GOAL is to explore the hip area: one side stabilizing, other side mobilizing. Results in balance training and good for core. Add the inertia principles of water to get a full workout!

Warm Up: The Runner - The Three Degrees

Jog in WaterTempo with hands pushing-pulling / arms push over to the side / hands scoop front / circle inwards over knee / and pull side (digging backwards) Vary by legs flexed and extended, or front and to the side (in a V-shape)

Cardio Warm Up: Da Door Ron Ron – the Crystals

Jog in Landtempo and stop at a certain point, or keep jogging, but go to the side.

Run with knees high up, right with heels to buttocks

Walking: Wade in the Water – Eva Cassidy

GAIT training: step front – front / back – back, step front front and jump back (arms go along symmetrically), side steps to the side, arms pull along, then switch up all, add diagonals

Strength Hips: Clap your Hands – Parov Stellar

Jumping jacks in watertempo, clap your hands, then jumps front open, close back (V-Jack), then fast jumping jacks, add anchored jacks (Jumping Jill) to combo-blocks

Anchored in 2 different planes: De Zon op: Diggy Dex

Step back and bring back to narrow stance, first alternating, then 2-2, add a knee up in between.

Do everything in sagittal plane back first, then front, the side for frontal plane.

Then switch it up by only using non-verbal cueing (reaction time is added)

Strength and balance: Killer Queen – Queen

First walk 'normal alternating', then extend legs to go to a more 'robot style walk'

Stand on one leg, other leg is walking flexed and extended (tap down), and add a cycling move

Mobilizing from core:Codigo de barra – Bajofondo

Jump side to side 7 times and hold, then go down to a frog stance, tap inner side of foot, alternating.

This helps to work from the core and stabilize the hip, adds flexibility and inner thigh strength

Walking versus running: Tu Vuo fa Láamericano – Renato Carosone

Just regular walk, to a front walk in 3, tap front (heel), walk back in 3, back tap (toes), then go to one and one (step – tap – step – tap)

Then add a laying 8, nose stays front and walk that figure 8, left and right

Make sure they walk and NOT run, ankle moment is rolling from toes to heel (while standing) and heel to toe (with the travel)

Walking versus running: We No Speak Americao – Yolanda Be Cool, DCUP

Run, only by tippy toes, then rock front and back with a kick right leg front, left leg back (and switch it up) Add a travel side with cross over in the legs (if possible)

Side stepping with crossing over: Step by Step – Al Jarreau

Cross right over left, step left with left, right leg cross back, step left with left and tap with right 3 times and step down, then repeat other side

Same with other leg leading and then also repeat both sides with crossing back first.

In between: hussle to one side, step back with BIG steps or SMALL steps (second time repeat other side) Then only hussle left and right and add a stop with a balance hold!

Cardio strength endurance: Broken heels – Alexandra Burke

8 big jump runs, then take a sprint! In between run back and forward against waters resistance

(At the end we do it diagonally as well, or criss cross to make it fun and more daily activity related)

Warm down: Wild Child – Enya

Breathing patterns with balance holds

Warm Down Final: Sunny Mornings – Peter B. Helland

Figure 8's with one leg, both sides and both directions

Happy You have been with us in Hamburg! Thanks!!! Katrien (Kataqua) Lemahieu

