

Kids count

1*8+ 1-4 under the water

5-8 Body boost preparation

1 boost boost double

1*8 under the water

1-4 eggbeater

5-8 arms preparation close to the chest

2*8 double eggbeater

1-4 arms down

5-8 arms preparation

1-2 right arm up

3-4 right arm to the side straight / left arm up

5-6 right arm to the chest /left arm to the side

7-8 right arm up with the palm face in

1-2 head turn to the right side

3-4 left arm up

5-6 head turn to the left side and left arm straight in front

1-4 side eggbeater

5-8 pull down into pike position

1-4 pike position

5-8 vertical position

1-8 spin 360

1-8 ascending vertical bend knee

1-4 helicopter position (left leg bend right leg straight)

5-8 vertical bend knee (left leg straight right leg is bend)

1-2 Transition in crane (left leg is straight right horizontal)

3-4 Transition in vertical bend knee (left leg is straight right leg bend)

5-6 Transition to bend knee (right leg straight left leg bend)

7-8 Transition to bend knee (left leg is straight right leg is bend)

1-2 crane (left leg is straight right leg horizontal)

3-4bend knee (left leg is straight right is bend)

5-6 transition vertical bend knee (right leg is straight left is bend)

7-8Table tub position

5-6 vertical

7-8 180 twist

1-4 table tub

5-6 vertical

7-8 crash down

1-6 eggbeater

7-8 1/2 turn and front eggbeater

5-4 kick pull kick right

5-4 kick pull kick left

5-8 side eggbeater

1-4 right arm movement turning the head to the right side

5-6 eggbeater

7-8 side kick

1-4 back layout position

5-6 right bend knee

7-8 right Ballet leg

1-2 still

3-4 flamingo (right)

5-6 right Ballet leg

7-8 right bend knee

1-4 back layout position

5-8 right Ballet leg crossing the right leg to the other side and go to side eggbeater

1-4 eggbeater

5-8 body boost preparation

1-8 body Boost single

1-8 barracuda preparation under the water

1-8 barracuda

1-8 under the water turn 1/4 to go in knight position

1-8 ascending to knight position

1-4 hold knight position

5-8 table tub

1-4 right split

5-8 walkout front

2*8 back layout position

1-6 front kick bending the right leg and eggbeater

7-1 movement with the right arm turning the head to the left