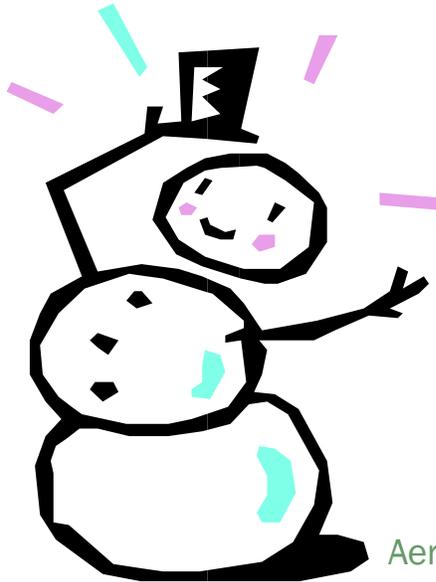




In this issue you will find a gift from the President of A-PAI Cynthia Holcomb-Krafft, PhD She has given you some of her favorite choreography. So have fun and enjoy this special Holiday edition of the Connecting Point! And as always we want you to be involved with your Membership to A-PAI so feel free to write us or email us your awesome moves or stories for us to place in the next newsletter. Happy New Year! We wish you packed fitness classes and never ending energy in 2014!

All choreography is original from Cindy Krafft. You do have to practice it so you know how it goes with the music. Each block is for either a verse, chorus, bridge... Each time you hear that section it should be the same moves.

Happy Holidays! From A-PAI



Warm Up Songs & Choreography

Dynamite by Tai Cruz Album Rockstar 3:23

16 mogul hops side to side

A - (8 hook punches, 8 upper cuts, 8 front punch, 8 elbows, 4 right knee pull across, 4 left)

B - (2 Power Jacks, 2 pull arms across front, 2 Power Jacks, 2 pull arms across front)

C- (4 right instep 4 right heel back, 4 left instep 4 left heel back)

A, B, C

4x(8 mule kick ¼ turn)

4 mule kick front

8 Side Karate kicks

B, C

Price Tag (Feat BoB) – Jessie J 3:42

A 16 pony

B (16 jog 3 hold)

C(Big arm sweep left pull in push out repeat right)

D 4 jogs arms come up to surface at side

E 4 big wide hops forward arms out, 4 walk back pushing away, 4 right stomp open arms up and out at surface, 4 left stomp open arms up and out at surface, turn right shimey top, turn left shake butt, 4 right stomp open arms up and out at surface, 4 left stomp open arms up and out at surface)

B, C, D, E, 8 pull knee across, 8 side lunge 2 punches down 2 pull backs with each lunge, 8 side lunge spunch down hold big open with each lunges.

2E, Sweep arms back and forth.

It's Raining Men by the Weather Girls 2 tons of fun 5:24

2A (marching hands go hip hip out out shoulder , shoulder up up fast feet roll hands 8 counts)

2B(8 side kick push down in water 1 arm)

2C(4 count vine right 4 left)

D(4 hop circle right 8 pump 4 left circle 8 roll)

E (4 double stomp kick right and left 4 double pony 8 single)

2D, 8 double kicks , 8 counts fast feet, 2A, 8 moguls, 2D, jog,

4C, D, 12 double stomp kicks, 4 double pony 8 single, D

California Girls – Katy Perry feat. Snoop Dog 3:56

Jog 2A (4 1 leg jacks right 4 cross jacks, 4 1 legged jacks left 4 cross jacks)

2B (4 skip forward 4 mogul back)

2C (6 pendulum rock rock hold/pulse up 8 hip circle turn)

A, 2B, 2C, 4 instep touch front heel back right 4 left, 8 stomp back back right, 8 left, 8 alternating, 2C, 4 1 legged jacks right, 4 left, 4 right, 4 left open out 1 arm at a time slow.

Aerobic Songs

We Found Love – Rhianna (Feat Calvin Harris) Single version 3:35

A(8 skate push across at angle)

B(4 hip pops right with ½ circle arms close-far arms at surface, 4 left, 4 right, 4 left)

C(4 right leg kick front then back, 4 left leg kick front then back)

D(4 leaps right, 4 left, 4 right, 4 left)

E(8 double chest pop alternating sides, 8 single alternating side 8 fast feet roll arms)

A,B,C,D

8 small jacks weave arms in and out

B,D,E,A,D open out

A-PAI

547 WCR 18
Longmont, CO 80504

E-Mail: aquafitpro@aquacert.org
Website: aquacert.org

**Waves of learning heading your way!
Happy Holidays from A-PAI!**



Choreography Corner Continued

Waka Waka (Esto Es Africa) – Shakira Sale El Sol 3:04

Jog ½ time hands –Plams together shoulder shoulder
hip hip heart heart open arms out out

A(4 right split jumps right 4 Cross country repeat left
repeat right)

B(8 pony

C(moguls full speed Plams together shoulder
shoulder hip hip heart heart open arms out out
repeat moguls part)

D (8 right one arm up one trailing behind hop on
one foot flit kick the other around in a Circle,
Repeat left side.)

A,B,2C,D

16 fast feet swim arms

Jog ½ time hands –Palms together shoulder
shoulder hip hip

½ C, C, 2B, D Breathe

Show Me How You Burlesque-Original Motion Picture Soundtrack 2:59

3 sexy slow sweep arms up and pull down. Walk around small 360 sexy.

A (16 small kick while smacking the water at the surface instead of snaps)

B(8 kicks forward 8 hops back)

C(16 moguls)

2D (2 cross over jacks 4 slow hip circles)

2E(6 double heel jumps 8 fast hip circles)

A, B, C, 2D, 2E, A C ½ C Suspended, 2E jump back

Holiday Song

Jingle Bell Rock – Booby Rydell 2:31

A (4 kick across)

2B (4 back rock salsa 4 skip right 4 skip left)

C (double vine right (8 counts) double vine left)

2B

D(4 kick step back right 4 left)

2B, C, B

2 hitch kicks (2 front, 2 back)

4 Side cha cha cha

