

Waterbreath Dance

1 A  
Watsu 2

Slow Offering

Free Spine

Waterbreath Dance

One Leg Offering

Two Leg Offering

Accordion

Rotating Accordion

Near Leg Rotation

Far Leg Rotation

**Back Opening**

Arm Breath Squeeze

Hand Hold

Over arm RIGHT

<b>RIGHT</b>	<b>Pull Around</b>	1 B
	<b>Swing</b>	
	<b>Push Around</b>	
<b>Head Cradle</b>	<b>Arm Leg Rock</b>	
	<b>Arm Leg Rock II</b>	
	<b>Shoulder Rotation</b>	
	<b>Arm Play and Lift</b>	
	<b>Chest Opening</b>	
	<b>Back Lift Roll Hook</b>	
	<b>Thigh Press</b>	
	<b>Corner Spread</b>	
	<b>Hand Opening</b>	
	<b>Arm Back Around</b>	

<b>Over-arm LEFT</b>	<b>Waterbreath Dance</b>	2 A
	<b>Strong Offering</b>	
	<b>Spiral Offering</b>	
	<b>Turn and Pull</b>	
<b>Under arm RIGHT</b>	<b>Sweep Under Shoulder</b>	
	<b>Lengthen Spine</b>	
	<b>Twist Over</b>	
	<b>Sweep Around</b>	
	<b>Side Stroke</b>	
	<b>Spine Pull</b>	
	<b>Undulating Spine</b>	
	<b>Hip Tug</b>	

<b>RIGHT</b>	Stillness	2 B
	Follow Movement	
<b>Under head RIGHT</b>	Seaweed	
	<b>Hara Rise</b>	
	<b>Buttock Rock</b>	
	<b>Slide Up Back</b>	
	<b>Sweep Under Shoulder</b>	
<b>Under arm LEFT</b>	<b>Twist Over</b>	
	<b>Sweep Around</b>	
	<b>Side Stroke</b>	
	<b>Hip Tug</b>	

	Side Saddle	3 A
<b>Saddle LEFT</b>	Sandwich	
	<b>Face Neck Shoulder Arm</b>	
	<b>Pulling Back</b>	
	<b>Leg Roll &amp; Lunge</b>	
	<b>Knee &amp; Foot</b>	
	<b>Heel to Buttock</b>	
	<b>Head Move Lift Wave</b>	
<b>Saddle</b>	<b>Twists</b>	
	Sandwich	
<b>Saddle RIGHT</b>	<b>Leg Roll &amp; Lunge</b>	
	<b>Knee &amp; Foot</b>	
	<b>Heel to Buttock</b>	

**Explore Movement**

**3 B**

**Figure 4**

**Dolphin Wave**

**Overgrip Hold**

**Waterbreath Dance**

**Head on Heart**

**Heart Rock**

**Hara Rock**

**Hara Spiral**

**Heart Rock**

**Completion**

**Over arm RIGHT**

*Head Foot*

*Foot Foot*