

BACK OF THE NET! FREESTYLE FOOTBALL CHAMPION LIV COOKE BREAKS WORLD RECORD ON ROYAL CARIBBEAN SHIP

- *Liv Cooke marks her latest **GUINNESS WORLD RECORDS™** title on Royal Caribbean's Symphony of the Seas.*
- *The freestyle champion landed 76 alternating crossovers, smashing the "Most Sit-down Alternating Crossovers with a Football in 30 seconds (female)" record.*
- *The record took place following new research that showed 64% of Brits say holidays are the best place to try something outside your comfort zone.*



June 2023 – Freestyle football world champion Liv Cooke teams up with Royal Caribbean for her latest world record attempt. Taking place against the awe-inspiring backdrop of the signature AquaTheater on Symphony of the Seas, Liv successfully achieved her seventh title – the "Most Sit-down Alternating Crossovers with a Football in 30 seconds (female)."

LONDON, 19 June 2023 – Kicking off a record-breaking year of bookings for **Royal Caribbean International**, the cruise line teamed up with **freestyle football world champion Liv Cooke** for an extraordinary **world record attempt on board** the game-changing [*Symphony of the Seas*](#). The freestyler successfully landed **76 alternating crossovers**, smashing the "Most Sit-down Alternating Crossovers with a Football in 30 seconds (female)" record against the awe-inspiring backdrop of the signature **AquaTheater** on *Symphony*.

The new record is Liv's **seventh world title** and **her first completed on board a cruise ship**. The Union of European Football Associations (UEFA) ambassador and social media personality is best known for her jaw-dropping online videos that have racked up more than 100 million views.

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“*Symphony of the Seas* was incredible, and there’s so much to do, so I couldn’t think of a more unique place to achieve my latest record,” said Liv Cooke. “I’m always pushing myself outside of my comfort zone and trying new things, so I’m hyped to have completed this challenge! When you’re on a ship like this or on holiday and have access to activities you normally don’t, give it a go!”

A special way to spend her first time on board, Liv is encouraging everyone to step outside their comfort zone. This follows a recent survey* commissioned by the cruise line that found **64% of Brits say they feel braver to try new things while on holiday** and that **44% use travel to experience new things**, with the top five personal travel goals this year coming in as:

- **Visiting a new country** (29%)
- **Trying new and exotic foods** (28%)
- **Improving fitness** (23%)
- **Experiencing a new culture or language** (22%)
- **Seeing a theatre show** (22%)

When it comes to people’s **bucket-list destinations**, the **Northern Lights** topped wish lists (37%), and the **Caribbean** (19%) and **Greek islands** (19%) tied for second place – all of which can be explored on [holiday](#) with Royal Caribbean.

Ben Bouldin, vice president of Europe, Middle East and Africa, Royal Caribbean International said: “As a cruise line known for introducing many firsts in the vacation industry, it was an honour to host Liv Cooke for her most recent and successful world record attempt. We know our guests and the British public are just as excited about breaking their own personal records on holiday, and there are many ways they can do that with Royal Caribbean. Whether it’s managing to stand up on the FlowRider, taking on the Ultimate Abyss or trying a new sport, there are experiences for every type of adventurer.”

Royal Caribbean has plenty to offer for travellers looking for ‘firsts’ this year. Highlights include:

- **FlowRider** – Guests can catch a wave surrounded by ocean views on the surf simulators featured on multiple ships, including [Anthem](#) and [Odyssey of the Seas](#).
- **Zip line** – Thrill seekers can soar decks high above the signature Boardwalk, which is on multiple ships like *Symphony* and [Wonder of the Seas](#).
- **The Ultimate Abyss** – Holidaymakers can take the plunge down the test of courage that is 10 stories high and on ships like [Allure](#), *Symphony* and *Wonder of the Seas*.
- **RipCord by iFly** – On the world’s first skydiving experience at sea, adventurers can feel the freedom of freefall without ever leaving the deck on multiple ships, including *Anthem* and *Odyssey*.

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- **North Star** – Holding the **GUINNESS WORLD RECORDS™ title for the tallest observation deck on a cruise ship**, the all-glass observation capsule offers unrivalled 360-degree views of the ocean and some of the world's most striking shores as it extends 91 metres (300 feet) above sea level. It's featured on multiple ships, including *Anthem* and *Odyssey*.

Royal Caribbean International

[Royal Caribbean International](#), owned by Royal Caribbean Group (NYSE: RCL), has been delivering innovation at sea for more than 50 years. Each successive class of ships is an architectural marvel that features the latest technology and guest experiences for today's adventurous traveller. The cruise line continues to revolutionise holidays with itineraries to 240 destinations in 61 countries on six continents, including Royal Caribbean's private island destination in The Bahamas, [Perfect Day at CocoCay](#), the first in the Perfect Day Island Collection.

Media can stay up to date by following [@RoyalCaribPR](#) on Twitter and visiting [RoyalCaribbeanPressCenter.com](#). For additional information or to make reservations, holiday-markers can call their travel advisor; visit [RoyalCaribbean.co.uk](#); or call 0344 493 4005.

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Notes to editor:

Imagery for all ships can be found [here](#).

*Research was conducted in partnership with OnePoll and surveyed 2,000 UK adults, 18-65+.