Brain teaser #7: Word ladders

Convert the word at the tops of the ladders to the word at the bottom, using all the rungs in between. On each rung, you must put a valid word that has the same letters as the word above it, apart from one letter change. There may be more than one way of achieving this.

Ladder 1:
- LASER
- (blank rungs)
- BEAMS

Ladder 2:
- WATER
- (blank rungs)
- FALLS