

**water** *in* **motion**®  
*Platinum*

**wave** 8

**EVERY  
BODY  
HAPPY**

Sponsored By **rykō**

WATERinMOTION® Platinum is a shallow-water, low-impact aqua exercise experience that offers active aging adults and deconditioned participants a fun workout improving cardiovascular endurance, agility, balance, strength and flexibility. Our vcertified instructors can gently share the pure joy of exercise through this buoyant, heart-healthy program.

TRACK	TITLE	ORIGINAL ARTIST*	TYPE	TIME
1	New Attitude	Patti Labelle	Warm Up	5:29
2	You're The One That I Want	John Travolta & Olivia Newton John	Linear	5:19
3	Everlasting Love	Gloria Estefan, Robert Knight	Balance	5:21
4	A Groovy Kind Of Love	Phil Collins	Group	5:20
5	Sweet Home Alabama	Lynyrd Skynyrd	Anchored	5:19
6	Mandy	Barry Manilow	Toning	4:50
7	P.Y.T. (Pretty Young Thing)	Michael Jackson	Core	4:50
8	Stand By You	Rachel Platten	Flexibility	4:57
9	Take My Breath Away	Berlin	Bonus (Flotation)	4:48

\*Songs not performed by the original artist





Eleven diverse segments, with a specific song track for each, will utilize fresh, yet simple movement patterns to invigorate participants regardless of age, skill or fitness level. Instructors will learn to use every inch of the pool with well planned transitions and carefully organized sequencing for workouts you've dreamed of, that are a cinch to integrate. Our experts pull them together and remove the need to analyze and prepare choreography, find the perfect music and prepare the structure of the class—we leave you with room to focus on your students!

**Choreographer:** Ann Gilbert

**Education Author:** Ann Gilbert


**Education Presenter:** Ann Gilbert

**Music:** Yes! Fitness Music®

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# Abbreviation Key

**\*\*Use the following, if needed, to decode the choreography notes listed on the following pages:**

OPP ..... Opposite

B ..... Back

ALT ..... Alternating

DBL ..... Double

CC ..... Cross Country

SSD ..... Single – Single – Double

L ..... Left

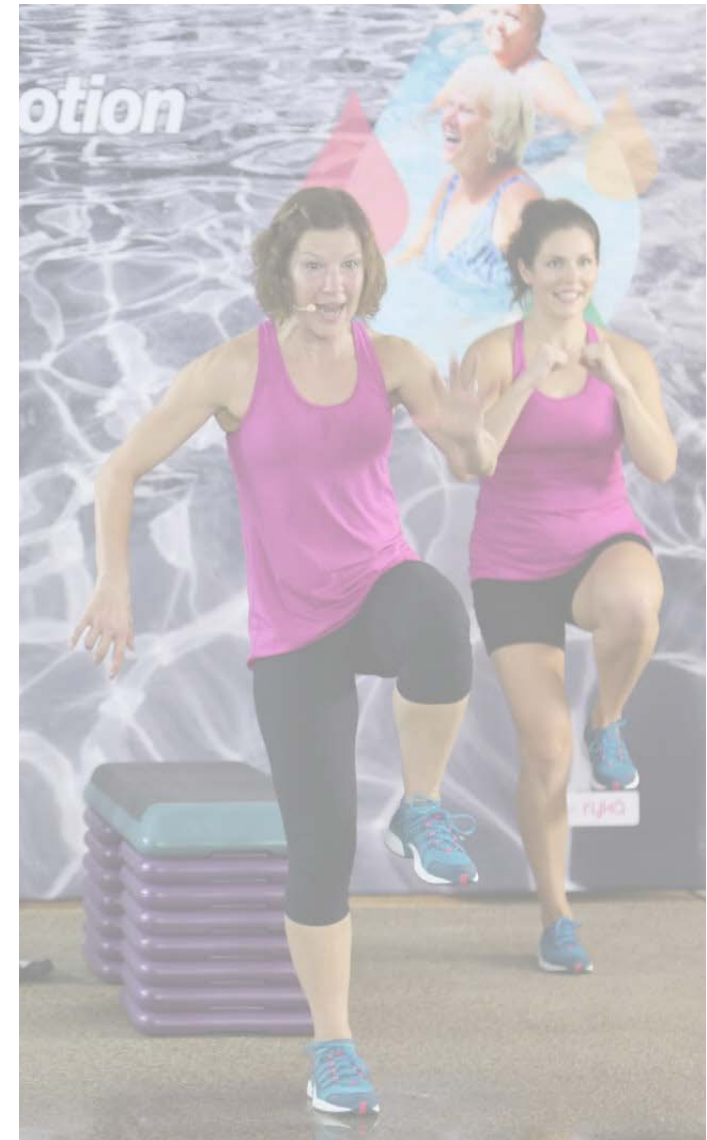
TVL ..... Travel

R ..... Right

F ..... Forward

JJ ..... Jumping Jack

**Color Code:**  Verse  Chorus  Bridge





WATERinMOTION® Platinum is a shallow-water, low-impact aqua exercise experience that offers active aging adults and deconditioned participants a fun workout improving cardiovascular endurance, agility, balance, strength and flexibility. This customized exercise system provides quarterly-released music, easy-to teach and learn choreography, fantastic marketing and scientifically designed programming and education. Our WATERinMOTION® Platinum certified instructors can gently share the pure joy of exercise through this buoyant, heart-healthy program.

WATERinMOTION® Platinum supplies safe, effective and fun classes that are guaranteed to bring excitement back into your pool; by offering a system that understands and addresses the specific needs of your 70+ an/or deconditioned client. Your clients will experience improvements in:

- Cardiovascular health
- Strength
- Endurance
- Range of motion
- Balance
- Coordination
- Flexibility

Take the guess-work out of your aqua classes with this program that has a combined educational background of over 100 years of field experience and educational leadership.

# Choreography Notes

Track # 1  
Track Focus Warm up  
Track Length 5:24  
Song Title New Attitude  
BPM 126

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue	
		Intro	2x8	Jog Heel	16	R			
0:19	A	Verse 1	2x8	JOG HEEL Jog Heel (Arms: Internal and external rotation)	16	R	Running hot, running cold	Sweep across and in like a figure eight	
			2x8	DBL Jog Heel (Arms: Cross heart/ palms out & down)	8	R	Somehow the wires uncrossed	Give me a double	
0:50	B	Chorus 1	2x8	JUMP JACK JJ (Arms: Biceps curl/fists, open fingers down)	8		Feeling good from my heads to my shoes	Give me a jack with bicep curl	
			2x8	DBL JJ (Arms: DBL Biceps curl/fists, open fingers down)	4		I am in control	Give me doubles, we are in	
1:22	C	Bridge 1	4x8	JOG 3 FLICK jog X3, Flick kick x1	8	R	Instrumental	Three jogs and a flick kick	
1:49	A	Verse 2	4x8	JOG HEEL	1	R	Wearing a new dress	Internal and external rotation	
2:19	B	Chorus 2	4x8	JUMP JACK	1		Feeling good from my	And a jump jack	
2:50	C	Bridge 2	4x8	JOG 3 FLICK	1	R	Instrumental	Feel your quads when you ext.	
3:20	A	Verse 3	4x8	JOG HEEL	1	R	It must have been	Jog heel internal external	
3:54	B	Chorus 3	4x8	JUMP JACK	1		Feeling good from my	Jumping jack right here	
4:22	C	Bridge 3	4x8	JOG 3 FLICK	1	R	Instrumental	Jog for three and extend	
4:56	B	Chorus 4	4x8	JUMP JACK	1		Feeling good from my	Here we go	
		Finish		Land wide					
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

# Choreography Notes

Track # 2  
Track Focus Linear  
Track Length 5:17  
Song Title You're the One That I Want  
BPM 130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue	
		Intro	2x8	CC	16	R			
0:16	A	Verse 1	4x8	DOUBLE CROSS COUNTRY DBL Cross Country (Arms: Breast Stroke)	16	R	I got chills	Arms sweep wide, legs nice and long	
0:47	B	Chorus 1	2x8	LEAP AND SCOOP Leap X7 TVL F, jump to change X2 (Arms: Scoop down and back)	1	R	You're the one that I	Turn to side leap 7 times, double jump to turn to other corner	
			2x8	Leap X7 TVL F, jump to change X2 (Arms: Scoop down and back)	1	L	You're the one that I	Keep traveling	
1:18	C	Bridge 1	4x8	RUN AND STICK Run X3 and hold (Arms: open to jazz hands on "3")	8	R	Instrumental	Run run stick, keep it coming	
1:48	A	Verse 2	4x8	DOUBLE CROSS COUNTRY	1	R	Feel the affection	Rebound with long levers	
2:20	B	Chorus 2	4x8	LEAP AND SCOOP	1	R	You're the one that I	Let's go seven leaps	
2:50	C	Bridge 2	4x8	RUN AND STICK	1	R	Instrumental	Run run stick	
3:21	A	Verse 3	4x8	DOUBLE CROSS COUNTRY	1	R	I've got chills	Double cross country	
3:52	B	Chorus 3	4x8	LEAP AND SCOOP	1	R	You're the one that I	Leap side, give me more	
4:22	C	Bridge 3	4x8	RUN AND STICK	1	R	Instrumental	Run run backwards	
4:54	B	Chorus 4	4x8	LEAP AND SCOOP	1	R	You're the one that I	Finish with the leap	
		Finish		Stand tall jazz hands					
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



# Choreography Notes

Track # 3  
 Track Focus Balance  
 Track Length 5:20  
 Song Title Everlasting Love  
 BPM 130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue			
		Intro	2x8	Kick	16	R		Start with a kick			
0:17	A	Verse 1	4x8	V KICK V kick (Arms: reach to OPP leg)	32	R	Hearts go astray	Cross the body with a high kick with rotation			
0:47	B	Chorus 1	4x8	JACK AND SKI DBL JJ X1, Cross Country X4	4	R	Open up your eyes	Double jack and cross country			
1:17	C	Bridge 1	1x8	KICK FRONT AND BACK Kick F/B X3, jump rope X2	1	R	You give me	Kick front and back 3 and jump for 2			
			1x8	Kick F/B X3, jump rope X2	1	L	You give me	Other side kick front and back			
			1x8	Kick F/B X3, jump rope X2	1	R	You give me	Get that rebound			
			1x8	Kick F/B X3, jump rope X2	1	L	You give me	Last time			
1:48	A	Verse 2	4x8	V KICK	1	R	Hearts go astray	V kick across the body			
2:19	B	Chorus 2	4x8	JACK AND SKI	1	R	Open up your eyes	Double jack combo			
2:50	C	Bridge 2	4x8	KICK FRONT AND BACK	1	R	You give me	Kick front back 3 times			
3:21	A	Verse 3	4x8	V KICK	1	R	Hearts go astray	Back to V kick			
3:53	B	Chorus 3	4x8	JACK AND SKI	1	R	Open up your eyes	Double jack combo			
4:22	C	Bridge 3	4x8	KICK FRONT AND BACK	1	R	You give me	That's it front back			
4:54	B	Chorus 4	4x8	JACK AND SKI	1	R	Open up your eyes	Double jack comb			
		Finish		Cross Country hold							
		V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



# Choreography Notes

Track # 4  
 Track Focus Group  
 Track Length 5:11  
 Song Title Groovy Kind of Love  
 BPM 130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue	
		Intro	2x8	JJ	8				
0:16	A	Verse 1	4x8	SLICING JACK ALT JJ (Arms: slice R and L)	4	R	When I am feeling blue	Neutral jack slicing right and left	
0:47	B	Chorus 1	2x8	KARATE KICK BACK Karate Kick B, TVL B (Arms: press)	16	R	Wouldn't you agree	Let's kick back and move back	
			2x8	Karate Kick F, TVL F (Arms: press)	16	R	Wouldn't you agree	Change kick to front	
1:18	C	Bridge 1	4x8	LEAP ACROSS Leap side X7, jump FB (Teams cross through the middle)	2		Instrumental	Leap across 7 times, jump FB	
1:49	A	Verse 2	4x8	SLICING JACK	1	R	Any time you want to	Stay with your team	
2:19	B	Chorus 2	4x8	KARATE KICK BACK	1	R	Wouldn't you agree	Let's kick back and move back	
2:50	C	Bridge 2	4x8	LEAP ACROSS	1	R	Instrumental	Leap across and jump FB	
3:20	A	Verse 3	4x8	SLICING JACK	1	R	When I'm feeling blue	Jack and slice	
3:51	B	Chorus 3	4x8	KARATE KICK BACK	1	R	Wouldn't you agree	Kick back and push	
4:22	C	Bridge 3	4x8	LEAP ACROSS	1	R	Instrumental	Let's do it now, travel across	
4:53	B	Chorus 4	4x8	KICK BACK	1	R	Wouldn't you agree	Kick and push, mow the lawn	
		Finish		Karate Kick F					
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

# Choreography Notes

Track # 5  
 Track Focus Anchored  
 Track Length 5:12  
 Song Title Sweet Home Alabama  
 BPM 130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue	
		Intro	2x8	Jog Heel	16	R			
0:16	A	Verse 1	1x8	ROCK AND JACK Rocking horse (Arms: Fist punch, Thumbs up pull)	4	R	Big wheels keep on Big wheels keep on	Hitch hiker hands	
			1x8	Neutral JJ	4		Singing songs	Neutral jack	
			1x8	Rocking horse	4	L	Now muscle	To the other side	
			1x8	Neutral JJ	4		Lord they get me	Neutral jack	
0:45	B	Chorus 1	1x8	CLOCK AND BACK Grounded clock kick F to B, B to F	1	R	Sweet Home	Jump stick and kick around	
			1x8	Grounded clock kick F to B, B to F	1	L	Sweet Home	Challenge your stability	
			1x8	Grounded clock kick F to B, B to F	1	R	Instrumental	Do it again	
			1x8	Grounded clock kick F to B, B to F	1	L	Instrumental	Clock around again	
1:18	C	Bridge 1	4x8	JACK AND SUSPEND JJ, SUSP tuck	8		Guitar solo	Rebound jack and tuck it and suspend	
1:48	A	Verse 2	4x8	ROCK AND JACK	1	R	Well I heard	Punch forward and rock horse	
2:20	B	Chorus 2	4x8	CLOCK AND BACK	1	R	Sweet Home	Clock around	
2:50	C	Bridge 2	4x8	JACK AND SUSPEND	1		Guitar solo	Jack tuck and suspend	
3:22	A	Verse 3	4x8	ROCK AND JACK	1	R	Big wheels keep on	Rocking horse	
3:52	B	Chorus 3	4x8	CLOCK AND BACK	1	R	Sweet Home	Big jump	
4:23	C	Bridge 3	4x8	JACK AND SUSPEND	1		Guitar solo	Big rebound two legs up	
4:53	B	Chorus 4	4x8	CLOCK AND BACK	1	R	Sweet Home	One more time	
		Finish		Land wide, fists on hips					
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

# Choreography Notes

Track # 6  
Track Focus Toning  
Track Length 4:41  
Song Title Mandy  
BPM 130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue									
		Intro	2x8	Hold noodle F, Lunge													
0:17	A	Verse 1	2x8	PUSH PULL Push pull SSD	4	R	I remember all my	Push forward back SSD									
			2x8	Push pull SSD	4	L	Morning just another	Lunge on other foot									
0:47	B	Chorus 1	2x8	ABDUCTION Standing Abduction R	8	R	Oh Mandy Oh Mandy	8 leg lifts to side									
			2x8	Standing Abduction L	8	L	Oh Mandy	8 on other side									
1:17	C	Bridge 1	4x8	JOG HEEL Neutral Jog heel SSD (Arms: SSD Triceps press down/up)	8	R	Mandy (piano)	SSD neutral									
1:49	A	Verse 2	4x8	PUSH PULL	1	R	I'm standing on the	Move number one push and pull									
2:19	B	Chorus 2	4x8	ABDUCTION	1	R	Mandy	8 leg lifts side									
2:50	C	Bridge 2	4x8	JOG HEEL	1	R	Mandy (piano)	Jog heel with triceps									
3:21	A	Verse 3	4x8	PUSH PULL	1	R	I remember all my	Step forward									
3:52	B	Chorus 3	4x8	ABDUCTION	1	R	Mandy	Left lift use noodle for balance									
4:23	C	Bridge 3	4x8	JOG HEEL	1	R	Mandy (piano)	Jog heel push down									
		Finish		Land wide, push noodle down													
V1		C1		B1		V2		C2		B2		V3		C3		B3	

# Choreography Notes

Track # 7  
Track Focus Core  
Track Length 4:30  
Song Title PYT  
BPM 130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue									
		Intro	2x8	Stand tall hold noodle in R													
0:16	A	Verse 1	2x8	LATERAL FLEXION Standing flexion R (Arms: Open door stretch at ear)	8	R	Where did you come from baby?	Drive noodle down the right side of the body									
			2x8	Standing flexion L (Arms: Open door stretch at ear)	8	L	Don't you know now	Open chest and shoulders									
0:47	B	Chorus 1	4x8	TUCK SHOOT Tuck, shoot, tuck, touch down R/L	4	R	Love you, pretty	Tuck shoot tuck touch down									
1:15	C	Bridge 1	2x8	PLANK AND CLIMB Plank	1		Pretty Young things	Lengthen the spine									
			2x8	Plank, ALT mountain climber	8	R	Pretty Young things	Let's add mountain climbers									
1:49	A	Verse 2	4x8	LATERAL FLEXION	1	RL	Nothing can stop	Drive the noodle down									
2:19	B	Chorus 2	4x8	TUCK SHOOT	1	R	Love you, pretty	Tuck shoot tuck touch down									
2:50	C	Bridge 2	4x8	PLANK AND CLIMB	1		Pretty young thing	Set up for plank									
3:21	A	Verse 3	4x8	LATERAL FLEXION	1	RL	Nothing can stop	Round three lateral flexion									
3:52	B	Chorus 3	4x8	TUCK SHOOT	1	R	Love you, pretty	Jump shoot now									
4:24	C	Bridge 3	4x8	PLANK AND CLIMB	1		Pretty young thing	Let's set it up									
4:48		Finish		Hold plank													
V1		C1		B1		V2		C2		B2		V3		C3		B3	



# Choreography Notes

Track # 8  
Track Focus Flexibility  
Track Length 4:18  
Song Title Stand By You  
BPM n/a

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue					
		Intro	2x8	Sway	16	R							
0:22	A	Verse 1	2x8	MOUNTAIN Mountain pose (Arms: Reach up, Paint brush open and down)	4		Hands, put your empty	Step together and prayer pose					
			1x8	Quad stretch, Warrior 3 (Arms: Reach up, Paint brush open)	1	R	And hey if your wings	Same arms to right					
			1x8	Quad stretch, Warrior 3 (Arms: Reach up, Paint brush open)	1	L	Tears make	Take it to the left					
1:02	B	Chorus 1	1x8	SHOULDER & ABDUCTION Lunge/shoulder stretch, Leg ABD, toe point in, kick out	1	R	You, even if we're	Open the pec and cross to deltoid					
			1x8	Lunge/shoulder stretch, Leg ABD, toe point in, kick out	1	L	You, love you're not	Lets go the other side					
			1x8	Lunge/shoulder stretch, Leg ABD, toe point in, kick out	1	R	You, even if we can't	Reach over					
			1x8	Lunge/shoulder stretch, Leg ABD, toe point in, kick out	1	L	You, love you're not	Extend across square off					
1:44	C	Bridge 1	1x8	JOG & HAMSTRING Step X3, swing up hamstring stretch, flex/pt X2	1	R	I'll be your eyes	Three steps with extension					
			1x8	Step X3, swing up hamstring stretch, flex/pt X2	1	L	When you can't rise	Take it down					
			1x8	Step X3, swing up hamstring stretch, flex/pt X2	1	R	You, even if we're	Let's do this again					
			1x8	Step X3, swing up hamstring stretch, flex/pt X2	1	L	You, love you're not	Pull it up					
2:24	A	Verse 2	4x8	MOUNTAIN	1		You're all I never	Breath up prayer pose					
3:05	B	Chorus 2	4x8	SHOULDER & ABDUCTION	1	R	You, even if we're	Sweep the shoulder					
3:46	C	Bridge 2	4x8	JOG & HAMSTRING	1	R	I'll be your eyes	Can you give me three steps					
4:26	B	Chorus 3	4x8	SHOULDER & ABDUCTION	1	R	You, even if we're	Give me your shoulder again					
		Finish		Prayer pose									
V1		C1		B1		V2		C2		B2		C3	

# Choreography Notes

Track # BONUS  
Track Focus Flotation  
Track Length 4:59  
Song Title Take My Breath Away  
BPM 130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue									
		Intro	2x8	Position noodle in straddle													
0:16	A	Verse 1	4x8	CROSS COUNTRY CC X3, Tuck	8	R	Watching every	Cross country 3 and tuck									
0:47	B	Chorus 1	4x8	TANDEM CYCLE Tandem cycle (Arms: Scoop)	16		Take my breath away	Ready to travel with a tandem									
1:18	C	Bridge 1	4x8	BACKSTROKE Extended legs (Arms: Backstroke)	16		Instrumental	Put your legs out straight and travel back									
1:48	A	Verse 2	4x8	CROSS COUNTRY	1	R	Walking like a	Cross country ski and tuck									
2:19	B	Chorus 2	4x8	TANDEM CYCLE	1		Take my breath away	Face right and travel									
2:50	C	Bridge 2	4x8	BACKSTROKE	1		Instrumental	Back stroke travel back									
3:22	A	Verse 3	4x8	CROSS COUNTRY	1	R	Watching every	Cross country ski with a tuck									
3:52	B	Chorus 3	4x8	TANDEM CYCLE	1		Take my breath away	Turn to the right and tandem									
4:23	C	Bridge 3	4x8	BACKSTROKE	1		Instrumental	Move backwards									
		Finish		Open arms													
V1		C1		B1		V2		C2		B2		V3		C3		B3	

# Music Credits



**WATERinMOTION® Platinum 8 - YES2140-2**  
Yes! Fitness Music

## Songs Courtesy Of:

New Attitude ~ Written by: Robinson, Gilutin, Hull ; Published by: Mca Music Inc., Buchu Music

You're The One That I Want ~ Written by: Farrar ; Published by: Famous Music

Everlasting Love ~ Written by: Cason, Gayden ; Published by: Copyright Control

A Groovy Kind Of Love ~ Written by: Bayer, Wine ; Published by: Screen Gems, Emi Music Publ.

Sweet Home Alabama ~ Written by: King - Rossington - Vanzant ; Published by: Universal Music - Emi Music Publ.

Mandy ~ Written by: S. English, Kerr ; Published by: Morris Music, Screen Gems, Emi Songs

P.Y.T. (Pretty Young Thing) ~ Written by: Ingram, Jones ; Published by: Warner Tamerlane

Stand By You ~ Written by: Levine, Morris, Williams, Antonoff, Platten ; Published by: Platten Music Publishing, Sony Atv Songs Llc, Emi Blackwood Music Inc.

Take My Breath Away ~ Written by: G. Moroder ; Published by: S.I.A.E.

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