

water  **motion**®

RISE
ABOVE

wave  **23**

Dive in and experience the newest wave in water exercise. Based on the principles of SCW Fitness Education's AQUATIC FUNDAMENTALS program, WATERinMOTION® is a pre-choreographed, vertical exercise program that can meet the cardiovascular and muscular training needs of your participants in under an hour.

TRACK	TITLE	ORIGINAL ARTIST*	TYPE	TIME
1	100% Pure Love	Crystal Waters	Warm Up	5:08
2	A Sky Full of Stars	Coldplay	Linear	5:01
3	All Right Now	Free	Lateral Travel	4:59
4	Am I wrong	Nico & Vinz	Speed	4:58
5	Mickey	Toni Basil	Group	4:55
6	Ten Feet Tall	Afrojack Feat. Wrabel	Suspension	5:00
7	Hot Stuff	Donna Summer	Upper Body	4:51
8	Maps	Maroon 5	Lower Body	4:47
9	Gone, Gone, Gone	Phillip Phillips	Core	4:47
10	Stay With Me	Sam Smith	Flexibility	3:27
11	Boy	Little Mix	Bonus (Cardio)	4:53

*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: Connie Warasila

Education Authors: Connie Warasila
Sara Kooperman, JD

Education Presenter: Sara Kooperman, JD

Music: Muscle Mixes[®]

Presenters: Sara Kooperman
Minda Kjar
Christopher Henry
Jessica Pinkowski
Manuel Velazquez
Jen Keet
Ann Gilbert
Cheri Kulp
Cheryl Ciapetto

Support Team: Claudio Cornejo
Shawn Hamilton
Nathan Poremba

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Produced exclusively for Water in Motion[®] by Fitness Initiatives LLC, a Muscle Mixes Music company. This compilation 2014 © & Fitness Initiatives LLC.

****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

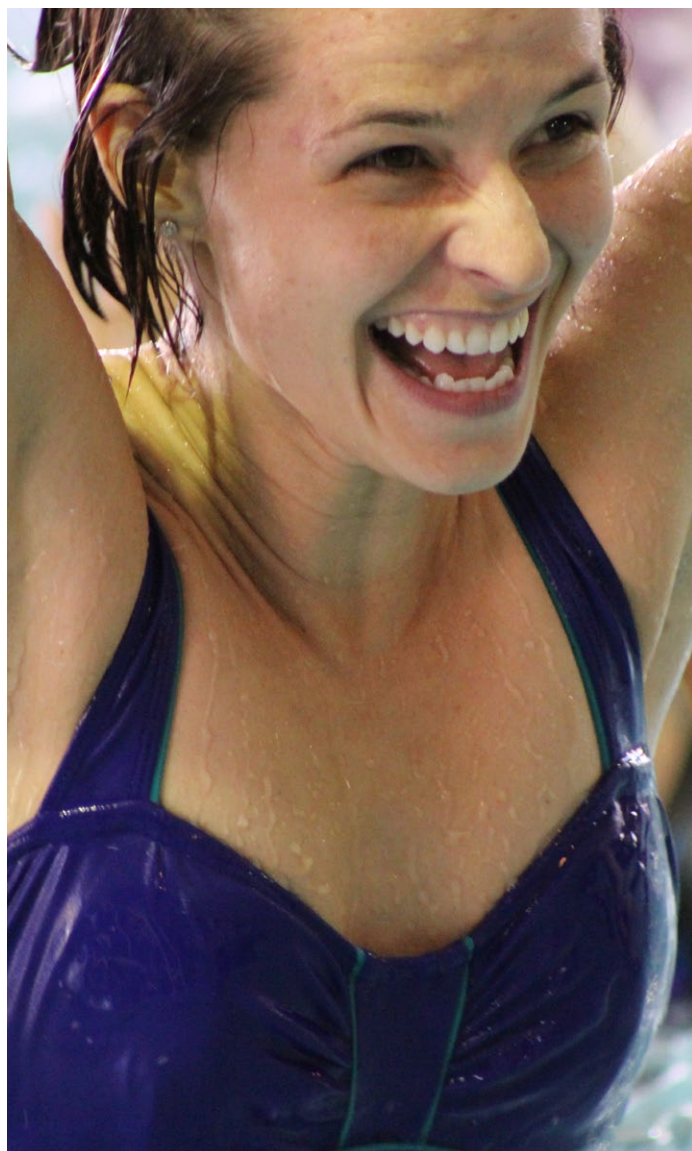
R Right

F Forward

JJ Jumping Jack

Color Code: Verse Chorus Bridge





WATERinMOTION® stays true to the fundamentals of aquatic fitness while incorporating choreography that is unique and pre-formatted to specifically match water tempo music. Even instructors find these more challenging tracks refreshing. The difference between WATERinMOTION® and other aqua fitness classes are innumerable. The integrity of this program, however, is maintained and respected over time with each new movement installment. WATERinMOTION® is at once similar to and different with from any other aqua class you have ever experience and it is renewed 4 times a year in licensed facilities! Intelligent, ingenious movement prescribed to inspiring music frees instructors to integrate WATERinMOTION® seamlessly and reach innumerable audiences.

Choreography Notes

Track #	1
Track Focus	Warm - up
Track Length	5:08
Song Title	100% Pure Love
BPM	136

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue		
		Intro	2 x 8	JJ	8			Begin with a jack		
0:16	A	Verse 1	2 x 8	JACK PUSH FRONT JJ (Arms: ALT push front/sweep open)	8		Its 12 past midnight	Jacks, arms go front and side		
			2 x 8	DBL JJ	4			Give me doubles		
0:44	B	Chorus 1	1 x 8	JOG SWEEP FRONT Jog (Arms: Sweep B to F)	8	R	From the back to the	Back to the middle with a jog		
			1 x 8	Jog (Arms: Sweep F to B)	8	R	From the back to the	Reverse it, 4 the other way		
			1 x 8	Jog (Arms: Sweep B to F)	8	R	From the back to the	Feel the rotators working		
			1 x 8	Jog (Arms: Sweep F to B)	8	R	From the back to the			
1:12	C	Bridge 1	1 x 8	ROCK 3 Rocking horse x3, run x3	1	R	You'll never have to	Rocking horse for 3, 3 runs		
			1 x 8	Rocking horse x3, run x3	1	L	Home, home	Pull up behind		
			1 x 8	Rocking horse x3, run x3	1	R	You'll never have to	Soft fist on the run		
			1 x 8	Rocking horse x3, run x3	1	L	Home, home			
1:40	A	Verse 2	4 x 8	JACK PUSH FRONT	1		You saw a brand new	Jumping jack		
2:08	B	Chorus 2	4 x 8	JOG SWEEP FRONT	1	R	From the back to the	Jog out and middle		
2:37	C	Bridge 2	4 x 8	ROCK 3	1	R	You'll never have to	Rocking horse		
3:05	A	Verse 3	4 x 8	JACK PUSH FRONT	1		Its 12 past midnight	Jack and push open		
3:33	B	Chorus 3	4 x 8	JOG SWEEP FRONT	1	R	From the back to the	Back to the middle		
4:01	C	Bridge 3	4 x 8	ROCK 3	1	R	You'll never have to	Rocking horse		
4:30	B	Chorus 4	4 x 8	JOG SWEEP FRONT	1	R	From the back to the	Jog, back to middle		
		Finish	1 x 1	Wide stance, push front						
V1		C1	B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Tip: Remember that this track is the warm up and will prepare the class for future movement, so keep your ROM on the Jack slightly smaller than later tracks. Emphasize the cues for warming up the upper body, not only the lower body.

Choreography Notes

Track #	2
Track Focus	Linear: forward/backward
Track Length	5:01
Song Title	A Sky Full of Stars
BPM	140

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue		
		Intro	2 x 8	CC	16	R		Cross country ski		
0:16	A	Verse 1	4 x 8	CROSS COUNTRY REACH UP CC (Arms: 2 arm punch up/front))	32	R	Cause you're a sky	Keep cross country, punch arms up		
0:42	B	Chorus 1	1 x 8	1-LEG BICYCLE FRONT Leg swings B/Bike pull, TVL F	4	R	I don't care, go on	Bicycle back and pull through		
			1 x 8	JJ B	4		I don't care if you	Jack back		
			1 x 8	Leg swings B/Bike pull, TVL F	4	L	Cause in a sky full	Change sides		
			1 x 8	JJ B	4		You	Jack back		
1:10	C	Bridge 1	4 x 8	RUN 3 PUNCH Run x3 (Arms: fists on run x3, punch up x1)	16	R	Instrumental	Run for 3, punch up		
1:37	A	Verse 2	4 x 8	CROSS COUNTRY REACH UP	1	R	Cause you're a sky	Cross country ski		
2:05	B	Chorus 2	4 x 8	1-LEG BICYCLE FRONT	1	R	I don't care, go on	Bicycling		
2:33	C	Bridge 2	4 x 8	RUN 3 PUNCH	1	R	Instrumental	Come into your run		
3:00	A	Verse 3	4 x 8	CROSS COUNTRY REACH UP	1	R	Cause you're a sky	Last round, cross country		
3:27	B	Chorus 3	4 x 8	1-LEG BICYCLE FRONT	1	R	I don't care, go on	Swing back, pull it		
3:55	C	Bridge 3	4 x 8	RUN 3 PUNCH	1	R	Instrumental	Run 3 and punch		
4:22	B	Chorus 4	4 x 8	1-LEG BICYCLE FRONT	1	R	I don't care	End with linear, swing back and pull it		
		Finish	1 x 1	Land wide, push front						
V1		C1	B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Tip: Cue core stability during the overhead press and chest press with the cross country. The arm movements are not only to challenge coordination but also core strength. Repeatedly check in with your own posture and physical demonstration on the runs. Knees will lift up in front while maintaining upright spinal posture.

Choreography Notes

Track #	3
Track Focus	Lateral Travel
Track Length	4:59
Song Title	All Right Now
BPM	140

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue	
		Intro	2 x 8	JJ	8			Start with a jack	
0:15	A	Verse 1	4 x 8	JACK 2 SWING 2 JJ x2, Leg swing/Jump in x2	4	R	There she stood in	2 jacks, 2 jumps out	
0:43	B	Chorus 1	1 x 8	SOCCER 2 ALT Soccer Kick S x2, Flick Kick R x4	1	R	All right now, baby its alright now	Lateral soccer kicks	
			1 x 8	ALT Soccer Kick S x2, Flick Kick L x4	1	L	All right now	And again	
			1 x 8	ALT Soccer Kick S x2, Flick Kick R x4	1	R	All right now	Soccer side	
			1 x 8	ALT Soccer Kick S x2, Flick Kick L x4	1	L	All right now	Left	
1:10	C	Bridge 1	4 x 8	WIDE JOG 2 Wide Jog x2 (Power rebound), Run x3 TVL R Wide Jog x2 (Power rebound), Run x3 TVL L	4	R/L	Instrumental	Single power jog, run for 3	
1:37	A	Verse 2	4 x 8	JACK 2 SWING 2	1	R	I took her home to my	Jack and side jacks	
2:05	B	Chorus 2	4 x 8	SOCCER 2	1	RL	All right now	Soccer kicks	
2:32	C	Bridge 2	4 x 8	WIDE JOG 2	1	RL	Instrumental	Wide jog and 3 runs	
3:00	A	Verse 3	4 x 8	JACK 2 SWING 2	1	R	There she stood in	From the top, Jacks	
3:26	B	Chorus 3	4 x 8	SOCCER 2	1	RL	All right now	Soccer kick	
3:54	C	Bridge 3	4 x 8	WIDE JOG 2	1	RL	Instrumental	Wide jogs, 3 runs	
4:21	B	Chorus 4	4 x 8	SOCCER 2	1	RL	All right now	Back to soccer kicks	
		Finish	1 x 1	Land wide, splash across					
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Tip: All of the movement sequences of this track focus on side moves. Cue the moves by identifying the muscles responsible for lateral movement: Medius gluteus (buttocks), Medial deltoid (shoulder), etc. Traveling on this track is minimal, so make the most of the WIDE JOG 2 block. Instruct using a large ROM and strong arm sweep.

Choreography Notes

Track #	4
Track Focus	Speed
Track Length	4:58
Song Title	Am I Wrong
BPM	140

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue	
		Intro	2 x 8	Run	32	R		Begin with a run	
0:15	A	Verse 1	1 x 8	RUN FORWARD Run TVL F (Arms: ALT Triceps push back)	16	R	Am I wrong thinking	Run forward, triceps press back	
	1 x 8		Run TVL B (Arms: Chest press F)	16	R	Am I wrong saying	Back it up, chest press		
	1 x 8		Run TVL F (Arms: ALT Triceps push back)	16	R	I ain't trying to do	Come back to us, triceps press back		
	1 x 8		Run TVL B (Arms: Chest press F)	16	R	If one thing I know	Knees keep going, chest press back		
0:42	B	Chorus 1	1 x 8	FAST JACK RIGHT Land tempo JJ x4 TVL R, JJ out x1/jump in x2	1		Am I wrong thinking we could be some	4 fast jacks right	
	1 x 8		Land tempo JJ x4 TVL L, JJ out x1/jump in x2	1		Am I wrong trying	Now left		
	1 x 8		Land tempo JJ x4 TVL R, JJ out x1/jump in x2	1		That's just how I feel	Take it to the right		
	1 x 8		Land tempo JJ x4 TVL L, JJ out x1/jump in x2	1		That's just how I feel	Jack left		
1:10	C	Bridge 1	1 x 8	CROSS COUNTRY COMBO CC (small)	8	R	If you tell me I'm wrong, wrong	Small cross country	
	1 x 8		CC (increase ROM)	8	R	If you tell me I'm	Make it bigger		
	1 x 8		Straight kick B	8	R	If you tell me I'm	Kick straight back		
	1 x 8		CC Shuffle (Land tempo)	16	R	If you tell me I'm	Shuffle		
1:37	A	Verse 2	4 x 8	RUN FORWARD	1	R	Am I tripping for	Run forward, push it	
2:04	B	Chorus 2	4 x 8	FAST JACK RIGHT	1		Am I wrong thinking	4 jacks to the right	
2:31	C	Bridge 2	4 x 8	CROSS COUNTRY COMBO	1	R	If you tell me I'm	Small cross country	
3:00	A	Verse 3	4 x 8	RUN FORWARD	1	R	Am I tripping for	Run it front	
3:26	B	Chorus 3	4 x 8	FAST JACK RIGHT	1		Am I wrong thinking	To the right, jack	
3:54	C	Bridge 3	4 x 8	CROSS COUNTRY COMBO	1	R	If you tell me I'm	Small cross country	
4:21	B	Chorus 4	4 x 8	FAST JACK RIGHT	1		Am I wrong	Finish with the jack	
		Finish	1 x 1	Funky jack out					
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Tip: From the beginning of the track, teach high knees on the run. Adding the arm movement may demand students' focus to shift from the lower body to the upper body, so a reminder about lifting the knees high will be important. On FAST JACK RIGHT, take care to keep your knees aligned with your hips and toes, avoiding internal rotation.

Choreography Notes

Track #	5
Track Focus	Group
Track Length	4:55
Song Title	Mickey
BPM	140

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue	
		Intro	2 x 8	Run, designate a partner far away	32	R		First move is a run	
0:15	A	Verse 1	1 x 8	RUN PULL SIDE Run x3 R, Run x3 L (Arms: ALT sweep LR)	2	R	You've been around all night	Run 3, sweep across	
			1 x 8	Run x3 R, Run x3 L (Arms: ALT sweep LR) Run x8 (Arms: slice up)	1	R		Keep the run, arms up	
			1 x 8	Run x3 R, Run x3 L (Arms: ALT sweep LR)	2	R	When you say you	Run in 3	
			1 x 8	Run x3 R, Run x3 L (Arms: ALT sweep LR) Run x8 (Arms: slice up)	1	R	Every night you still	Keep running, arms reach up	
0:43	B	Chorus 1	1 x 8	LEAP TO YOUR PARTNER Leap, TVL F (partners come together) (Arms; freestyle swim)	8	R	Oh Mickey, what a	Leap to your partner	
			1 x 8	Kick F (with your partner)	8	R	Oh Mickey, what a	Kick w/ your partner	
			1 x 8	Leap, TVL F (return home) (Arms; freestyle swim)	8	R	Oh Mickey, what a	Leap home	
			1 x 8	Kick F	8	R	Oh Mickey, what a	Kick to me	
1:10	C	Bridge 1	4 x 8	JUMP ROPE Jump rope x4, Power tuck x2 (Jump/tuck/jump)	4		Oh Mickey you're so	Jump rope 4, jump tuck 2 times	
1:37	A	Verse 2	4 x 8	RUN PULL SIDE	1	R	Now when you take	From the top, run	
2:05	B	Chorus 2	4 x 8	LEAP TO YOUR PARTNER	1	R	Oh Mickey, what a	Leap to your partner	
2:32	C	Bridge 2	4 x 8	JUMP ROPE	1		Oh Mickey you're so	Hit that jump rope	
2:59	A	Verse 3	4 x 8	RUN PULL SIDE	1	R	You've been around	Let's run 3	
3:27	B	Chorus 3	4 x 8	LEAP TO YOUR PARTNER	1	R	Oh Mickey, what a	Leap and travel	
3:54	C	Bridge 3	4 x 8	JUMP ROPE	1		Oh Mickey you're so	Here's the jump rope	
4:22	B	Chorus 4	4 x 8	LEAP TO YOUR PARTNER	1	R	Oh Mickey, what a	Leap to your partner	
		Finish	1 x 1	Wide stance, fists on hips					
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Tip: Encourage students to travel as far as possible on the leap, increasing their cardiovascular intensity. The kick is also an opportunity to increase intensity by directing students to push water up towards the surface. The group track should encourage students to interact with each other while still offering a path to cardiovascular intensity.

Choreography Notes

Track #	6
Track Focus	Suspension
Track Length	5:00
Song Title	Ten Feet Tall
BPM	140

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue											
		Intro	2 x 8	Tuck, touch down	8			Lower to neutral, tuck											
0:15	A	Verse 1	2 x 8	TUCK AND SKULL Tuck hold x3 (Arms: Skull), touch down	4		I'm clumsy	Tuck, hold for 3											
			2 x 8	Tuck, straddle, tuck, touch down	4		Been trying so hard	Tuck, extend out, tuck and down											
0:42	B	Chorus 1	2 x 8	JACK STRETCH Neutral JJ, tuck (Arms: Reach up)	8		Oh I'm ten feet tall	Jack stretch											
			2 x 8	SUSP JJ, tuck	8		Oh, I'm ten feel tall	Fully suspended											
1:10	C	Bridge 1	1 x 8	NEUTRAL CROSS COUNTRY Neutral CC	8	R	Been trying so hard	Neutral cross country											
			1 x 8	Scissors, lean R SUSP	8	R	Stepping on buildings	Lean right											
			1 x 8	Neutral CC	8	R	Been trying so hard	Back to neutral											
			1 x 8	Scissors, lean L SUSP	8	R	Stepping on buildings	Going to the left											
1:37	A	Verse 2	4 x 8	TUCK AND SKULL	1		I'll be careful, so don't	Tuck and hold											
2:04	B	Chorus 2	4 x 8	JACK STRETCH	1		Oh I'm ten feet tall	Stretch the jack											
2:32	C	Bridge 2	4 x 8	NEUTRAL CROSS COUNTRY	1	R	Been trying so hard	Cross country											
3:00	A	Verse 3	4 x 8	TUCK AND SKULL	1		You build me up	Back to the top, tuck											
3:27	B	Chorus 3	4 x 8	JACK STRETCH	1		Oh I'm ten feet tall	Jack stretch											
3:55	C	Bridge 3	4 x 8	NEUTRAL CROSS COUNTRY	1	R	Been trying to hard	Cross country											
4:22	B	Chorus 4	4 x 8	JACK STRETCH	1		Oh I'm ten feel tall	Finish with the reach											
		Finish	1 x 1	Wide stance, reach up															
V1		C1		B1		V2		C2		B2		V3		C3		B3		C4	

Trainer's Tip: Cue students to stretch their legs to the side on the straddle (2nd half of the Verse block) as opposed to a "V-sit" position to engage more of the gluteal muscle group. Use the same cue for the suspended jack in the Chorus block.

Choreography Notes

Track #	7
Equipment	Noodle
Track Focus	Upper Body
Track Length	4:51
Song Title	Hot Stuff
BPM	132

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue									
		Intro	2 x 8	Lunge R, brace core, noodle in R hand in F				Noodle in right hand									
0:16	A	Verse 1	4 x 8	SWING BACK RIGHT 1-arm lat pull down 1-2, Biceps curl 3, push F 4	8	R	Sittin' here eatin' my	Sweep back									
0:45	B	Chorus 1	4 x 8	SWING BACK LEFT Lunge L 1-arm lat pull down 1-2, Biceps curl 3, push F 4	8	L	Lookin' for some hot	Switch sides, sweep back									
1:14	C	Bridge 1	4 x 8	TRICEPS PRESS DOWN Triceps Press Down x3, slow lift x1	8		Instrumental	Step together, triceps press 3, up slow									
1:43	A	Verse 2	4 x 8	SWING BACK RIGHT	1	R	Lookin' for a lover	All again, right arm									
2:12	B	Chorus 2	4 x 8	SWING BACK LEFT	1	L	Lookin' for some hot	Switch arms, pull									
2:42	C	Bridge 2	4 x 8	TRICEPS PRESS DOWN	1		Instrumental	Step in, triceps push									
3:10	A	Verse 3	4 x 8	SWING BACK RIGHT	1	R	Sittin' here eatin' my	1 more round, right									
3:40	B	Chorus 3	4 x 8	SWING BACK LEFT	1	L	Lookin' for some hot	Switch									
4:09	C	Bridge 3	4 x 8	TRICEPS PRESS DOWN	1		Instrumental	Step in, press down									
		Finish	1 x 1	Press down													
V1		C1		B1		V2		C2		B2		V3		C3		B3	

Trainer's Tip: Cue students to position the noodle alongside their bodies to avoid getting hit by the noodle and to use force on the biceps curl and push forward. Check that the elbows are held tightly to the side of the body while performing the Bridge block.

Choreography Notes

Track #	8
Equipment	Noodle
Track Focus	Lower Body
Track Length	4:47
Song Title	Maps
BPM	132

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue									
		Intro	2 x 8	Noodle in hands in F, push down, plank, brace				Neutral plank									
0:16	A	Verse 1	4 x 8	PLANK SNOW ANGEL Plank, Leg ABD/ADDuction	16		I miss the taste of a	Jack the legs apart and together									
0:45	B	Bridge 1	4 x 8	JOG HEEL Neutral Jog heel x2, land tempo x4 (Arms: press noodle down in F of hips)	8	R	Yeah, Oh	Heels, 2 water tempo, 4 fast									
1:13	C	Chorus 1	1 x 8	KICK THE NOODLE Seated Kick (1/2 water tempo) (Arms: hold noodle in F at shoulder level)	4	R	But I wonder where	Seated kicks to the noodle									
			1 x 8	Seated Kick (water tempo)	8	R	Where were you	Speed it up									
			1 x 8	Seated Kick (1/2 water tempo)	4	R	You, the map that	Slow kicks									
			1 x 8	Seated Kick (water tempo)	8	R	You, the map that	Now faster									
1:43	A	Verse 2	4 x 8	PLANK SNOW ANGEL	1		I hear your voice in	Plank and jacks									
2:12	B	Bridge 2	4 x 8	JOG HEEL	1	R	Yeah, Oh	Heel kicks, 2 slow									
2:41	C	Chorus 2	4 x 8	KICK THE NOODLE	1	RL	But I wonder where	Seated kicks									
3:10	A	Verse 3	4 x 8	PLANK SNOW ANGEL	1		I miss the taste of a	Planks, snow angel									
3:39	B	Bridge 3	4 x 8	JOG HEEL	1	R	Yeah, Oh	Heels, 2 slow, 4 fast									
4:08	C	Chorus 3	4 x 8	KICK THE NOODLE	1	RL	But I wonder where	Biggest kicks yet									
		Finish	1 x 1	Kick													
V1		B1		C1		V2		B2		C2		V3		B3		C3	

Trainer's Tip: Brace the core to make the leg movements effective. Watch the video for options on the PLANK SNOW ANGEL (feet can touch the bottom or suspend in the water). The JOG HEEL is a neutral move and is performed with the shoulders under the water's surface. Encourage upright posture on the KICK THE NOODLE.

Choreography Notes

Track #	9
Equipment	Noodle
Track Focus	Muscle 3 (Core)
Track Length	4:47
Song Title	Gone Gone Gone
BPM	132

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue									
		Intro	2 x 8	Wide Stance, noodle in hands				Step wide									
0:15	A	Verse 1	4 x 8	CIRCLE FRONT AND DOWN Noodle push F, sweep down	16		When life leaves you	Push circle down									
0:44	B	Chorus 1	1 x 8	FROG JUMP FORWARD Frog jump F	4		You, baby I'm not	Leap frog move									
			1 x 8	Pike jump B	4		You, you'll never	Pike, travel back									
			1 x 8	Frog jump F	4		You, baby I'm not	4 frog jumps									
			1 x 8	Pike jump B	4		You, you'll never	Go back									
1:13	C	Bridge 1	4 x 8	LEG SWEEP BACK Neutral ALT Straight leg back (back ext.) (Arms: chest press)	16	R	Like a drum	Leg back in hip extension									
1:43	A	Verse 2	4 x 8	CIRCLE FRONT AND DOWN			When you fall like a	Wide step, circle out									
2:12	B	Chorus 2	4 x 8	FROG JUMP FORWARD			You, baby I'm not	Leap frog jump 4									
2:41	C	Bridge 2	4 x 8	LEG SWEEP BACK		R	Like a drum	Leg extension									
3:10	A	Verse 3	4 x 8	CIRCLE FRONT AND DOWN			When life leaves you	Let's circle down									
3:39	B	Chorus 3	4 x 8	FROG JUMP FORWARD			You, baby I'm not	Leap frog front 4									
4:08	C	Bridge 3	4 x 8	LEG SWEEP BACK		R	You, baby I'm not	Last set, leg back									
		Finish	1 x 1	Stand tall, hands down													
V1		C1		B1		V2		C2		B2		V3		C3		B3	

Trainer's Tip: Teach students to perform a slight "C" curve for CIRCLE FRONT AND DOWN. Keep the back aligned in neutral spinal alignment when performing the LEG SWEEP BACK.

Choreography Notes

Track #	10
Track Focus	Flexibility Training
Track Length	3:27
Song Title	Stay With Me
BPM	112

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue
		Intro	2 x 8	ALT knee lift (Arms: pull knee up and in)	2	R		Knee lift
0:10	A	Verse 1	1 x 8	RIGHT KNEE LIFT Lift R knee to chest, rotate ankle x2	1	R	Guess it's true I'm not good with a one night	Right leg up and hold
			1 x 8	Extend knee to hamstring stretch OPT: Hand to extended foot	1	R	But I still need love	Extend forward, hold toe is an option
			1 x 8	Lift L knee to chest, rotate ankle x2	1	L	These nights	Other knee
			1 x 8	Extend knee to hamstring stretch OPT: Hand to extended foot	1	L	I don't want you to	Extend up and hold
0:29	B	Chorus 1	1 x 8	STEP RIGHT SIDE STRETCH Step R foot R, cross L foot behind (Arms: L arm reaches overhead, OPP cross)	1	R	Stay with me, cause	Step back and reach up and across
			1 x 8	Step L foot L, cross R foot behind (Arms: R arm reaches overhead, OPP cross)	1	L	you're all I need	Switch feet
			1 x 8	Step R foot R, Figure-4 stretch (Twisting transition)	1	R	They say love	Figure 4, sweep arms out
			1 x 8	Figure-4 stretch	1	L	Stay with me	Circle, other side
0:49	C	Bridge 1	1 x 8	WARRIOR 3 Warrior 3	1	R	Oh	Warrior 3
			1 x 8	Lift chest, bend lifted knee to quad stretch (Arms: sweep wide to back, OPT hold foot)	1	R	Oh	Both arms open, reach back to quad
			1 x 8	Warrior 3	1	L	Oh	Warrior 3 again
			1 x 8	Lift chest, bend lifted knee to quad stretch (Arms: sweep wide to back, OPT hold foot)	1	L	Oh	Arms open, hold quad stretch
1:08	A	Verse 2	4 x 8	RIGHT KNEE LIFT	1	RL	Why am I so emotion	Lift it up
1:27	B	Chorus 2	4 x 8	STEP RIGHT SIDE STRETCH	1	RL	Stay with me	Step behind, reach
1:46	C	Bridge 2	4 x 8	WARRIOR 3	1	RL	Ooh	Warrior 3 to us
2:24	B	Chorus 3	4 x 8	STEP RIGHT SIDE STRETCH	1	RL	Stay with me	Step front, reach up
		Finish	1 x 1	Step over, arms sweep side				
		V1	C1	B1	V2	C2	B2	C3

Trainer's Tip: The transition into the last block of this track is different than previous occurrences of this block. Instead of stepping the left foot behind, step the right foot forward. Also, soften your voice while cueing this track to induce a feeling of relaxation.

Choreography Notes

Track #	BONUS
Track Focus	Cardio (insert after Track 2)
Track Length	4:53
Song Title	Boy
BPM	140

		Song Part	Phrase	Movement	Reps	Lead	Music Cue	Verbal Cue			
		Intro	2 x 8	Jog	16	R		Begin with a jog			
0:15	A	Verse 1	1 x 8	LEAP SIDE Leap side x4, hop knee on 4th (Arms: Reach under x2, over x2)	1	R	Do you remember what he said?	Knee up and leap			
			1 x 8	Leap side x4, hop knee on 4th (Arms: Reach under x2, over x2)	1	L	Oh, here we go again	Change direction			
			1 x 8	Leap side x4, hop knee on 4th (Arms: Reach under x2, over x2)	1	R	I'm gonna be the one to call him out	Change, 2 more times			
			1 x 8	Leap side x4, hop knee on 4th (Arms: Reach under x2, over x2)	1	L	He'll be the one	Rebound			
0:44	B	Chorus 1	1 x 8	JACK JUMP OUT Alt JJ side	4	R	Forget that boy	Jack jump out			
			1 x 8	Mogul jumps (R, CTR, L, CTR)	8	R	You're holding back	Moguls out and in			
			1 x 8	ALT JJ side	4	R	He'll never realize	Jack jump out			
			1 x 8	Mogul jumps (R, CTR, L, CTR)	8	R	Girl, you'll be alright	Moguls now			
1:13	C	Bridge 1	2 x 8	ROCK & RUN Rock F, Run x2 (Arms: Triceps Press B 1-2, Biceps curl 3-4)	8	R	See what you're worth, girl	Rock and run 2			
			2 x 8	Run, gradually increasing ROM (Arms: ALT Triceps press down)	32	R	Instrumental	Ready to run, push back			
1:42	A	Verse 2	4 x 8	LEAP SIDE	1	RL	Girl, don't you know you	Leap, from the top			
2:11	B	Chorus 2	4 x 8	JACK JUMP OUT	1	R	Forget that boy	Jack jump out			
2:41	C	Bridge 2	4 x 8	ROCK & RUN	1	R	See what you're worth	Rock forward, run 2			
3:09	A	Verse 3	4 x 8	LEAP SIDE	1	RL	Do you remember what	Travel, leap			
3:38	B	Chorus 3	4 x 8	JACK JUMP OUT	1	R	Forget that boy	Jack jump out			
4:07	C	Bridge 3	4 x 8	ROCK & RUN	1	R	See what you're worth	Rock forward			
4:37	B	Chorus 4	4 x 8	JACK JUMP OUT	1	R	Forget that boy	Jack jump out			
		Finish	1 x 1	Jump together, fists down							
		V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Tip: Deliver this track with a lot of energy. This track is designed to increase cardiovascular intensity and duration. Use full ROM to demonstrate moves. Remember to use a chair to aid you in communicating movements like the mogul jumps so you can pull both feet up at the same time without the full impact of power jumping.



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