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water(in
motion®

let it
FLOW

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	Listen To The Music	Queen	Warm Up	5:04
2	Rise	Katy Perry	Linear	5:00
3	Rock The Boat	The Hues Corporation	Lateral Travel	5:00
4	La Mordidita	Ricky Martin Ft Yotuel	Speed	4:58
5	All She Wants To Do Is Dance	Don Henley	Group	4:58
6	Future Looks Good	One Republic	Suspension	4:56
7	One Vision	Queen	Upper Body	4:43
8	Verge	Owl City Ft Aloe Blacc	Lower Body	4:47
9	Gimme All Your Lovin'	ZZ Top	Core	4:45
10	Something About The Way You Look Tonight	Elton John	Flexibility	4:20
11	Reason	Cascada	Bonus (Cardio)	4:53

*Songs not performed by the original artist

Changing the Tide in Water Exercise



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!

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Produced exclusively for Water in Motion® by Yes! Fitness Music

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® 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 5:04
Song Title Listen to the Music
BPM 136

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue		
		Intro	2 x 8	Kick	16	R				
0:16	A	Verse 1	4 x 8	KICK 4 HEEL 4 Low Flick kick x4, Jog heel x4 (Arms: OPP swing x4, Chest press x4)	4	R	Don't you feel it grow-	4 kicks 4 heels		
0:44	B	Chorus 1	4 x 8	RUN AND SWEEP Run (Arms: Sweep up F, R side reach/L side reach)	32	R	Whoa, listen to the	Run and sweep		
1:12	C	Bridge 1	1 x 8	SOCCER KICK SIDE FRONT ALT Soccer kick side x4	4	RL	Synthesizer	Soccer kick side		
			1 x 8	ALT Soccer kick front x4	4	RL	Synthesizer	And front		
			1 x 8	ALT Soccer kick side x4	4	RL	Synthesizer	Side again		
			1 x 8	ALT Soccer kick front x4	4	RL	Synthesizer	Front to finish		
1:40	A	Verse 2	4 x 8	KICK 4 HEEL 4	1	R	Well I know everything	Kick 4		
2:07	B	Chorus 2	4 x 8	RUN AND SWEEP	1	R	Whoa, listen to the	Run and sweep		
2:37	C	Bridge 2	4 x 8	SOCCER KICK SIDE FRONT	1	RL	Synthesizer	Soccer kick side 4		
3:05	A	Verse 3	4 x 8	KICK 4 HEEL 4	1	R	Don't you feel it grow-	3 rd time through, kick		
3:33	B	Chorus 3	4 x 8	RUN AND SWEEP	1	R	Whoa, listen to the	Run and sweep		
4:00	C	Bridge 3	4 x 8	SOCCER KICK SIDE FRONT	1	RL	Synthesizer	Soccer kick side 4		
4:27	B	Chorus 4	4 x 8	RUN AND SWEEP	1	R	Whoa, listen to the	Run and sweep, fun		
		Finish	1 x 1	Land wide, side sweep						
V1		C1	B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Tip: Throughout the warm-up, remind your clients to increase range of motion (ROM) gradually. Also, give the joints and muscles time to get warm before increasing intensity.

Choreography Notes

Track # 2
Track Focus Linear: forward/backward
Track Length 4:57
Song Title Rise
BPM 140

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue		
		Intro	2 x 8	CC	16	R				
0:16	A	Verse 1	4 x 8	CROSS COUNTRY SOCCER CC x2/Soccer kick x1	8	R	I won't just survive	Ski and soccer kick through		
0:42	B	Bridge 1	1 x 8	KICK BACK Back kick	8	R	Oh ye of so little faith	Karate kick back is the 2 nd move		
			1 x 8	Chamber/Karate B	4	R	I will not negotiate	Chamber kick back		
			2 x 8	DBL Karate B	4	R	Oh ye of so little faith	Now a double		
1:10	C	Chorus 1	1 x 8	RISING KICK Straight kick F, rising, TVL F	8	R	When the fire is at	Rising kick starts low, travel forward		
			1 x 8	SUSP seated kick land speed, TVL B	16	R	Circling	Drop, suspend kick		
			1 x 8	Straight kick F, rising, TVL F	8	R	Rise, This is no	rising kick move		
			1 x 8	SUSP seated kick land speed, TVL B	16	R	Nail is in	Sit and suspend		
1:37	A	Verse 2	4 x 8	CROSS COUNTRY SOCCER	1	R	I must stay conscious	Ski and soccer		
2:05	B	Bridge 2	4 x 8	KICK BACK	1	R	Oh ye of so little faith	Kick back		
2:33	C	Chorus 2	4 x 8	RISING KICK	1	R	When the fire is at	Rising kick		
3:00	A	Verse 3	4 x 8	CROSS COUNTRY SOCCER	1	R	I must stay conscious	Ski to the soccer		
3:27	B	Bridge 3	4 x 8	KICK BACK	1	R	Oh ye of so little faith	Karate kick back		
3:55	C	Chorus 3	4 x 8	RISING KICK	1	R	When the fire is at	Rising kick, start low		
4:22	B	Chorus 4	4 x 8	RISING KICK	1	R	Rise, don't doubt it	Let's rise again!		
		Finish	1 x 1	Lunge, punch forward						
V1		B1	C1	V2	B2	C2	V3	B3	C3	C4

Trainer's Tip: The long levers in this track offer clients the opportunity to increase their intensity. Encourage full ROM and "RISING" intensity. Changing from rebound to suspension and back again challenges stability and reaction time in the water.

Choreography Notes

Track # 3
Track Focus Lateral Travel
Track Length 4:57
Song Title Rock the Boat
BPM 140

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue
		Intro	2 x 8	Jog wide	16	R		
0:15	A	Chorus 1	4 x 8	ROCK THE BOAT Rocking Horse, Hop turn kick	8	RL	So I'd like to know	1 rocker, turn kick, point the toes
0:42	B	Verse 1	4 x 8	JACK JUMP IN JJ (Rocket jump in)/JJ	8		Ever since	1 Rocket, 1 regular jack
1:09	C	Bridge 1	1 x 8	KARATE SIDE Karate Kick Side, TVL R	4	R	(Keyboards)	Chamber power kick
			1 x 8	Karate Kick Side, TVL L	4	L	(Keyboards)	Change, travel
			1 x 8	Karate Kick Side Repeater, TVL R	8	R	(Keyboards)	Speed it up & travel
			1 x 8	Karate Kick Side Repeater, TVL L	8	L	(Keyboards)	Travel
1:37	A	Chorus 2	4 x 8	ROCK THE BOAT	1	RL	So I'd like to know	Rocking horse
2:05	B	Verse 2	4 x 8	JACK JUMP IN	1		Up to now we've	Rocket in, regular jack
2:33	C	Bridge 2	4 x 8	KARATE SIDE	1	RL	(Keyboards)	Chamber and travel
3:00	A	Chorus 3	4 x 8	ROCK THE BOAT	1	RL	So I'd like to know	Round 3, rock the boat
3:27	B	Verse 3	4 x 8	JACK JUMP IN	1		Ever since	Rocket jack in
3:55	C	Bridge 3	4 x 8	KARATE SIDE	1	RL	(Keyboards)	Chamber FIRE!
4:22	B	Chorus 4	4 x 8	ROCK THE BOAT	1	RL	So I'd like to know	Rock the boat
		Finish	1 x 1	Land wide				

C1	V1	B1	C2	V2	B2	C3	V3	B3	C4
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Trainer's Tip: Get your class comfortable with looking at the sides of the pool in the 1st block, so that they are ready to travel there in the 3rd block. Not only does this track travel laterally, but it also focuses on movements that use the muscles that move our bodies sideways, i.e., gluteus minimus and medius. Cue the location of these muscles by placing your hand on the upper hip while demonstrating moves that use those muscles, like the Karate kick and Jacks.

Choreography Notes

Track # 4
Track Focus Speed
Track Length 4:56
Song Title La Mordidita
BPM 140

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue		
		Intro	2 x 8	JJ	8					
0:14	A	Verse 1	4 x 8	JACK CROSS PUNCH Fast JJ x4, Run x3 hold) (Arms: ALT Cross punch x4, sweep in R/L)	4	R	Sono la campana	Jack cross punch, run and freeze		
0:42	B	Chorus 1	1 x 8	LEAP AND OPEN Leap S x3, fast JJ x2 (Arms: Breast stroke x3, EXT/INT ROT x2)	1	R	Liego la fiesta	Leap and open, traveling side		
			1 x 8	Leap S x3, fast JJ x2	1	L	Vamo a banamos	Other way		
			1 x 8	Leap S x3, fast JJ x2	1	R	Una mordidita	Left the chest		
			1 x 8	Leap S x3, fast JJ x2	1	L	Una mordidita	Last one		
1:10	C	Bridge 1	1 x 8	WIDE RUN TURN Wide run x8 face R, Karate Kick S SSD	1	R	Ooh	Wide run turn, karate to the front		
			1 x 8	Wide run x8 turn to face L, Karate Kick S SSD	1	L	Ooh	Wide run turn		
			1 x 8	Wide run x8 turn to face R, Karate Kick S SSD	1	R	Ooh	Again		
			1 x 8	Wide run x8 turn face L, Karate Kick S SSD	1	L	Ooh	1 front&back, double		
1:37	A	Verse 2	4 x 8	JACK CROSS PUNCH	1	R	Quiero pensar, que	Jack and punch		
2:04	B	Chorus 2	4 x 8	LEAP AND OPEN	1	RL	Liego la fiesta	Leap and open		
2:31	C	Bridge 2	4 x 8	WIDE RUN TURN	1	RL	Ooh	Big run to the side		
3:00	A	Verse 3	4 x 8	JACK CROSS PUNCH	1	R		Jack cross punch		
3:26	B	Chorus 3	4 x 8	LEAP AND OPEN	1	RL	Liego la fiesta	Leap and open, big		
3:54	C	Bridge 3	4 x 8	WIDE RUN TURN	1	RL	Ooh	Run wide		
4:21	B	Chorus 4	4 x 8	LEAP AND OPEN	1	RL	Liego la fiesta	Leap & open, Lets go		
		Finish	1 x 1	Land wide						
V1		C1	B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Tip: This Speed track offers many opportunities to activate the fast muscle fibers in the lower body. Every block incorporates land speed movement. Some clients may sacrifice appropriate ROM for speed of movement. Watch your clients and instruct them to address appropriate ROM first to accomplish fast movements. This means that the fast jacks will probably demand a slightly smaller ROM.

Choreography Notes

Track # 5
Track Focus Group
Track Length 4:56
Song Title All She Wants To Do is Dance
BPM 140

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue		
		Intro	2 x 8	JJ, join a small circle	8					
0:15	A	Verse 1	4 x 8	JACK AND DANCE JJ x2, Lunge JJ x2	4	R	They're pickin' up the	2 jacks, 2 lunge jacks		
0:42	B	Chorus 1	1 x 8	JOG IN YOUR CIRCLE Jog, TVL R	8	R	Dance, and make	Turn to your right shoulder and jog		
			1 x 8	Run, face center (Arms: fast biceps curl to create turbulence)	16	R	Party, she wants to get down	Turn in and run, make white water		
			1 x 8	Jog, TVL L	8	R	Dance, and make	Left shoulder out jog		
			1 x 8	Run, face center (Arms: fast biceps curl to create turbulence)	16	R	Dance	Turn in and run		
1:09	C	Bridge 1	4 x 8	KICK MOVE AWAY Kick TVL B x4, Run heel x8 TVL F	4	R	Guitar solo	Kick up and move out		
1:37	A	Verse 2	4 x 8	JACK AND DANCE	1	R	Well, the government	Round 2, jack		
2:05	B	Chorus 2	4 x 8	JOG IN YOUR CIRCLE	1	R	Dance, and make	Jog around		
2:32	C	Bridge 2	4 x 8	KICK MOVE AWAY	1	R	Guitar solo	Kick and move away		
2:59	A	Verse 3	4 x 8	JACK AND DANCE	1	R	Crazy people walkin'	Round 3, 2 jacks		
3:27	B	Chorus 3	4 x 8	JOG IN YOUR CIRCLE	1	R	Dance, and make	Turn and jog		
3:54	C	Bridge 3	4 x 8	KICK MOVE AWAY	1	R	Guitar solo	Kick move out		
4:22	B	Chorus 4	4 x 8	JOG IN YOUR CIRCLE	1	R	Dance, and make	Jog the party		
		Finish	1 x 1	Land wide, scoop up						
V1		C1	B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Tip: Crank up the fun in this track. Remember: if you have fun, they have fun. Smile a lot during this track. The camaraderie is as important as the cardiovascular benefits. Encourage your class to create a lot of turbulence in the center of the circle.

Choreography Notes

Track # 6
Track Focus Suspension
Track Length 4:54
Song Title Future Looks Good
BPM 140

		Song Part	Count	Movement			Reps	Lead	Music Cue	Verbal Cue	
		Intro	2 x 8	Neutral JJ			8				
0:14	A	Verse 1	4 x 8	ONE LEG JACK R-leg ABD/ADD, L-leg ABD/ADD, JJ x2			4	R	Woke up starin' at	Right and left, then together	
0:42	B	Chorus 1	4 x 8	SWEEP FRONT V-sit sweep open x2 TVL F, Fast Seated kick x8 TVL B (Arms Breast stroke x2, biceps curl x8)			4		You are, You are the	Sweep arms and legs, kick for 8	
1:09	C	Bridge 1	4 x 8	CROSS COUNTRY LEAN CC x3 lean R, tuck through, CC x3 lean L, tuck			4	R	Good, oh yeah	Leaning cross country 3	
1:37	A	Verse 2	4 x 8	ONE LEG JACK			1	R	Call me anytime	1 st move-1 leg jack	
2:04	B	Chorus 2	4 x 8	SWEEP FRONT			1	R	You are, You are the	Sweep front, travel	
2:32	C	Bridge 2	4 x 8	CROSS COUNTRY LEAN			1	R	Good, oh yeah	Ski 3, big lean	
2:59	A	Verse 3	4 x 8	ONE LEG JACK			1	R	Woke up starin' at	1 leg jack, move push	
3:27	B	Chorus 3	4 x 8	SWEEP FRONT			1	R	You are, You are the	Travel, sweep open	
3:54	C	Bridge 3	4 x 8	CROSS COUNTRY LEAN			1	R	Good, oh yeah	Skis, hit it now	
4:22	B	Chorus 4	4 x 8	SWEEP FRONT			1	R	You are, You are the	Breast stroke, travel	
		Finish	1 x 1	Land wide							
V1		C1		B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Tip: This track incorporates many suspended moves. For clients who struggle to stay afloat, give them the option to touch down periodically, or even use a noodle if suspension is a true obstacle for them. Encourage full ROM on all of these moves.

Choreography Notes

Track # 7
Equipment Noodle
Track Focus Upper Body
Track Length 4:41
Song Title One Vision
BPM 132

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue		
		Intro	2 x 8	Noodle in straddle position, SUSP seated, elbows up at sides						
0:15	A	Verse 1	4 x 8	OUT OUT IN IN Triceps press/Biceps Curl out out in in x3, Triceps press/Biceps Curl both, fast x2	4	R	One man, one goal	Out out in in, fast		
0:45	B	Chorus 1	1 x 8	BREAST STROKE FORWARD Breast Stroke x2 TVL F Back Stroke x2 TVL B	1		One flesh, one bone	Big breast stroke		
			1 x 8	Swim Circle R	8	R	Whoa	Swim in a circle		
			1 x 8	Breast Stroke x2 TVL F Back Stroke x2 TVL B	1		One flesh, one bone	Breast stroke		
			1 x 8	Swim Circle L	8	L	Whoa	Lean the other way		
1:13	C	Bridge 1	1 x 8	DOUBLE SWEEP UNDER DBL Arm sweep from B to F TVL B	4		I had a dream when	Double sweep under for 4		
			1 x 8	DBL Arm sweep from F to B TVL F	4		Hope and unity	Take it over		
			1 x 8	DBL Arm sweep from B to F TVL B	4		And in my heart	Scoop under		
			1 x 8	DBL Arm sweep from F to B TVL F	4		dream	Reach over		
1:43	A	Verse 2	4 x 8	OUT OUT IN IN	1	R	No wrong, no right	Out out in in		
2:12	B	Chorus 2	4 x 8	BREAST STROKE FORWARD	1		One flesh, one bone	Breast stroke again		
2:41	C	Bridge 2	4 x 8	DOUBLE SWEEP UNDER	1		I had a dream when	Double sweep under		
3:10	A	Verse 3	4 x 8	OUT OUT IN IN	1	R	One man, one goal	Out out in in		
3:39	B	Chorus 3	4 x 8	BREAST STROKE FORWARD	1		One flesh, one bone	Breast stroke		
4:08	C	Bridge 3	4 x 8	DOUBLE SWEEP UNDER	1		I had a dream when	Double sweep under		
		Finish	1 x 1	Arms press down						
V1		C1		B1	V2	C2	B2	V3	C3	B3

Trainer's Tip: Posture and core engagement is mandatory for this track to be effective. Instruct students to keep shoulders over hips and a 90° bend at the hips and knees. Minimize the leg movement throughout this entire track.

Choreography Notes

Track # 8
Equipment Noodle
Track Focus Lower Body
Track Length 4:45
Song Title Verge
BPM 132

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue		
		Intro	2 x 8	Noodle around back, neutral, toes together and touching the floor						
0:15	A	Verse 1	4 x 8	DIAMOND KICK EXT ROT to Diamond, DBL kick, DBL curl to touch, INT ROT	8		These are our hours	Diamond kick, rotate, kick, pull in, rotate in		
0:44	B	Chorus 1	1 x 8	LEANING BICYCLE Bicycle (Hamstring curls) Leaning R, circle R	8	R	I'm on the verge	Lean and bicycle		
			1 x 8	Bicycle (Hamstring curls) Leaning L, circle L	8	L	Edge of the earth	Lean to the other side		
			1 x 8	Bicycle (Hamstring curls) Leaning R, circle R	8	R	Instrumental	Other side again		
			1 x 8	Bicycle (Hamstring curls) Leaning L, circle L	8	L	Instrumental	Change again		
1:14	C	Bridge 1	4 x 8	SLIDING JACKS Straight legs ABD/ADD, sliding on the bottom	16		Ooh yea	Sliding jack, use friction w/ the bottom		
1:43	A	Verse 2	4 x 8	DIAMOND KICK	1		These are our hours	Diamond kicks		
2:12	B	Chorus 2	4 x 8	LEANING BICYCLE	1	RL	I'm on the verge	Lean side, bicycle		
2:41	C	Bridge 2	4 x 8	SLIDING JACKS	1		Ooh yea	Stand tall, slide out		
3:10	A	Verse 3	4 x 8	DIAMOND KICK	1		These are our hours	Diamond kick		
3:39	B	Chorus 3	4 x 8	LEANING BICYCLE	1	RL	I'm on the verge	Bicycle, lean side		
4:08	C	Bridge 3	4 x 8	SLIDING JACKS	1		Ooh yea	Keep moving, slide		
		Finish	1 x 1	Slide wide						
V1		C1		B1	V2	C2	B2	V3	C3	B3

Trainer's Tip: Cue your students to be precise in their movement while executing the Diamond Kick. Separate the external rotation, kick, curl, and internal rotation in order to effectively engage all of the lower body musculature. Make the bicycle circles fun and encourage clients to go around as much as they can.

Choreography Notes

Track # 9
Equipment Noodle
Track Focus Core
Track Length 4:43
Song Title Gimme All Your Lovin'
BPM 132

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue		
		Intro	2 x 8	Plank position						
0:15	A	Verse 1	4 x 8	PLANK KICKS Plank, ALT Kick to noodle ends	16	RL	When I saw you I	Plank, kick side, to the corner of noodle		
0:44	B	Chorus 1	4 x 8	MOUNTAIN CLIMBERS Mountain climber 3X & HOLD	16	RL	Gimme all your lovin'	Mountain climbers. 3 and hold		
1:14	C	Bridge 1	4 x 8	KARATE SIDE BEND ALT Chamber, Karate Kick S w/lateral flexion	8	RL	Hey	Karate side kick, chamber first		
1:43	A	Verse 2	4 x 8	PLANK KICKS	1	RL	When I saw you I	Plank, kick it		
2:12	B	Chorus 2	4 x 8	MOUNTAIN CLIMBERS	1	RL	Gimme all your lovin'	Mountain climbers		
2:41	C	Bridge 2	4 x 8	KARATE SIDE BEND	1	RL	Hey	Karate side bend		
3:10	A	Verse 3	4 x 8	PLANK KICKS	1	RL	When I saw you I	3 rd time, plank kick		
3:39	B	Chorus 3	4 x 8	MOUNTAIN CLIMBERS	1	RL	Gimme all your lovin'	Mountain climbers		
4:08	C	Bridge 3	4 x 8	KARATE SIDE BEND	1	RL	Hey	Karate kick side		
		Finish	1 x 1	Stand tall, push forward						
V1		C1		B1	V2	C2	B2	V3	C3	B3

Trainer's Tip: All of these moves are most effective when keeping the inner core engaged (transverse abdominals, pelvic floor, diaphragm, and multifidi). Help your students to maintain a stable position in the water by teaching them how to use their inner core muscles.

Choreography Notes

Track # 10
Track Focus Flexibility Training
Track Length 3:57
Song Title Something About the Way You Look Tonight
BPM n/a

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue
		Intro	2 x 8	Side stretch	2	RL		
0:14	A	Verse 1	1 x 8	QUAD STRETCH Hand slides down shin, Quad stretch	1	R	There was a time	Lift knee, slide hand down shin, quad
			1 x 8	Warrior 3, Rotate lifted ankle	1	R	One	Extend to Warrior 3
			1 x 8	Hand slides down shin, Quad stretch	1	L	When you found me	Other side
			1 x 8	Warrior 3, Rotate lifted ankle	1	L	Across the	Extend to Warrior 3
0:41	B	Chorus 1	1 x 8	FIGURE 4 Figure 4	1	R	And I can't explain	Sit down, cross the leg over
			1 x 8	EXT knee ext	1	R	Look tonight	Hamstring stretch
			1 x 8	Figure 4	1	L	Away	Figure 4
			1 x 8	EXT knee ext	1	L	Deep inside	Extend side
1:08	C	Bridge 1	1 x 8	SIDE STRETCH Standing lateral flexion	1	R	And I can't describe	Side stretch
			1 x 8	Bend elbow, reach behind head for shoulder	1	R	Look tonight	Reach to shoulder
			1 x 8	Standing lateral flexion	1	L	Away	Left arm up
			1 x 8	Bend elbow, reach behind head for shoulder	1	L	Tonight	Reach to shoulder
1:36	A	Verse 2	4 x 8	QUAD STRETCH	1	RL	I need to tell ya	Quad stretch
2:03	B	Chorus 2	4 x 8	FIGURE 4	1	RL	And I can't explain	Figure 4
2:29	C	Bridge 2	4 x 8	SIDE STRETCH	1	RL	And I can't describe	Side stretch
2:56	A	Verse 3	4 x 8	QUAD STRETCH	1	RL	With a smile	Right knee up
3:24	B	Chorus 3	4 x 8	FIGURE 4	1	RL	And I can't explain	Figure 4, sit back
3:51	C	Bridge 3	4 x 8	SIDE STRETCH	1	RL	And I can't describe	Side stretch, right up
		Finish	1 x 1	Stand, arms at sides`				
V1	B1	C1	V2	B2	C2	V3	B3	C3

Trainer's Tip: Create a calming environment by using a relaxing voice to cue these moves. Match your voice to the feel of the track. During the 3rd time through, talk even less, allowing the repetition and your visual demonstration to lead the class.

Choreography Notes

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

		Song Part	Phrase	Movement	Reps	Lead	Music Cue	Verbal Cue		
		Intro	2 x 8	CC	16	R				
0:16	A	Verse 1	4 x 8	LOW CROSS COUNTRY Neutral CC x4, SUSP CC x4	4	R	Something in your eyes	Low cross country, up to suspend		
0:42	B	Chorus 1	2 x 8	KARATE KICK FRONT BACK ALT Karate Kick F/B	8	RL	I want to know	Alternating front back karate		
			2 x 8	ALT DIAG Karate Kick F/B	8	RL	Goodbye	Front and back diagonal		
1:10	C	Bridge 1	1 x 8	JUMP THE BARREL 3 Power Jog x6, Soccer Kick Side TVL R	1	R	(synthesizer)	Jumping the barrel, soccer side		
			1 x 8	Power Jog x6, Soccer Kick Side TVL L	1	L	(synthesizer)	Other side		
			1 x 8	Power Jog x6, Soccer Kick Side TVL R	1	R	I want to know	Take it back		
			1 x 8	Power Jog x6, Soccer Kick Side TVL L	1	L	(synthesizer)	Work it		
1:37	A	Verse 2	4 x 8	LOW CROSS COUNTRY	1	R	Something in your eyes	Ground the cross country		
2:05	B	Chorus 2	4 x 8	KARATE KICK FRONT BACK	1	RL	I want to know	Karate front and back		
2:33	C	Bridge 2	4 x 8	JUMP THE BARREL 3	1	RL	(synthesizer)	Bigger barrels		
3:00	A	Verse 3	4 x 8	LOW CROSS COUNTRY	1	R	Something in your eyes	Round 3, down low		
3:27	B	Chorus 3	4 x 8	KARATE KICK FRONT BACK	1	RL	I want to know	Karate action		
3:55	C	Bridge 3	4 x 8	JUMP THE BARREL 3	1	RL	(synthesizer)	Those barrels are big		
4:22	C	Chorus 4	4 x 8	KARATE KICK FRONT BACK	1	RL	I want to know	Karate on		
		Finish	1 x 1	Land wide						
V1		C1	B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Tip: Present this track with a lot of energy. It is the extra cardio track and should create high heart rates. Start off under control in block 1 and then kick up the intensity of your voice, energy and cues as you progress through the second and third blocks.

Music Credits



WATERinMOTION® Wave 31
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Songs Courtesy of:

Listen To The Music ~ Written by: Johnstone ; Published by: Warner Tamerlane

Rise ~ Written by: M. Martin, Hudson, Kotecha, Payami ; Published by: Warner Chappell Music, Mxm Music Ab, Wolf Cousins, Warner Bros Inc

Rock The Boat ~ Written by: Holmes ; Published by: Jimi Lane Music

La Mordidita ~ Written by: Luengo, Gomez, Rodriguez, Martin, Romero ; Published by: Sony Atv Music , Warner Bros Music (Ascap), Universal Music

All She Wants To Do Is Dance ~ Written by: Kortchmar ; Published by: Warner Bros Inc

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One Vision ~ Written by: Deacon, Taylor, Mercury, May ; Published by: Beechwood Music

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Gimme All Your Lovin' ~ Written by: Gibbons, Beard, M. Hill ; Published by: Music Of Stage Three

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