

water **in** *motion*®
Platinum

wave (13)

ZERO LIMITS



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	BPM
1	We Are Family	Sister Sledge	Warm Up	5:26	126
2	Walking On Sunshine	Katrina And The Waves	Linear	5:17	130
3	I'll Stand By You	Pretenders	Balance	5:18	130
4	Rock The Boat	The Hues Corporation	Group	5:20	130
5	Doctor's Orders	Carol Douglas	Anchored	5:17	130
6	Ain't Too Proud To Beg	The Temptations	Toning	4:47	130
7	Boogie Fever	Sylvers	Core	4:47	130
8	Thinking Out Loud	Ed Sheeran	Flexibility	3:54	126
9	You're The First, The Last, My Everything	Barry White	Bonus (Flotation)	5:15	130

*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!

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Education Author: Ann Gilbert


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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 5:20
 Song Title We Are Family
 BPM 126

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue	
		Intro	2x8	Jog	16	R		Jog	
0:16	A	Verse 1	4x8	JOG HEEL CROSS YOUR HEART Jog heel (Arms: Cross x2, drop 2x)	32	R	Everyone can you	Start on right leg, pull heels back and arms will cross and slice	
0:46	B	Chorus 1	4x8	DOUBLE JOG STIR THE POT DBL Jog x2, Jog x4 (Arms: DBL Palm up stir x2, Counting fingers)	4	R	We are family	Stir twice to the right and count down	
1:16	C	Bridge 1	4x8	FLICK KICK AND JACK Flick kick x2, JJ	8	RL	Instrumental	Flick and jack	
1:47	A	Verse 2	4x8	JOG HEEL CROSS YOUR HEART	1	R	Even life	Back to heel jog	
2:17	B	Chorus 2	4x8	DOUBLE JOG STIR THE POT	1	R	We are family	Stir the pot to the right and left	
2:47	C	Bridge 2	4x8	FLICK KICK AND JACK	1	RL	Instrumental	Double kick with a jack	
3:17	A	Verse 3	4x8	JOG HEEL CROSS YOUR HEART	1	R	Everyone can you	Heel jog and slice arms	
3:47	B	Chorus 3	4x8	DOUBLE JOG STIR THE POT	1	R	We are family	Ready to stir it up	
4:18	C	Bridge 3	4x8	FLICK KICK AND JACK	1	RL	Instrumental	Give me the flick kick	
4:49	B	Chorus 4	4x8	DOUBLE JOG STIR THE POT	1	R	We are family	End with stir the pot	
		Finish		Cross the chest					
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Tip: Focus on movements with shorter levers and manual dexterity, as well as increasing the ROM at the shoulder joint. Notice movement in all three planes and from the front to the backside of the body. The warm up has everything the inclusive population will need.

Choreography Notes

Track # 2
 Track Focus Linear
 Track Length 5:11
 Song Title Walking on Sunshine
 BPM 130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue		
		Intro	2x8	CC	16	R		Cross country		
0:16	A	Verse 1	4x8	CROSS COUNTRY JACK CC x4, JJ x2	4	R	I used to think	Cross country four times and two jumping jacks		
0:44	B	Chorus 1	1x8	RUN AND TURN Run face and TVL R x8, JJ x2	1	R	I am walking on	Run to the window		
			1x8	Run face and TVL L x8, JJ x2	1	L	I am walking on	Finish with jacks		
			1x8	Run face and TVL R x8, JJ x2	1	R	And don't it feel	Run again and jack		
			1x8	Run face and TVL L x8, JJ x2	1	L	And don't it feel	Last time		
1:14	C	Bridge 1	1x8	SOCCER AND JUMP Soccer kick x3, jump F/B	1	R	I feel alive	Soccer kick face forward		
			1x8	Soccer kick x3, jump F/B	1	L	I feel alive	On the other leg		
			1x8	Soccer kick x3, jump F/B	1	R	Instrumental	Let's do it again		
			1x8	Soccer kick x3, jump F/B	1	L	Instrumental	Other side		
1:44	A	Verse 2	4x8	CROSS COUNTRY JACK	1	R	I used to think	From the beginning		
2:13	B	Chorus 2	4x8	RUN AND TURN	1	R	I am walking	Run eight and jack		
2:43	C	Bridge 2	4x8	SOCCER AND JUMP	1	R	I feel alive	Face me for the soccer kicks		
3:12	A	Verse 3	4x8	CROSS COUNTRY JACK	1	R	I used to think	First move cross country		
3:41	B	Chorus 3	4x8	RUN AND TURN	1	R	I am walking	Turn and run		
4:11	C	Bridge 3	4x8	SOCCER AND JUMP	1	R	I feel alive	Come on kick		
4:39	B	Chorus 4	4x8	RUN AND TURN	1	R	I am walking	Can we go again		
		Finish		Wide stance						
	V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Tip: Raising the heart rate will be an easy task when the levers are lengthened, and the rebounding jacks are introduced. Create the "walking on sunshine" experience by moving the class from right to left. This track starts the social interaction which is a primary focus for the heterogeneous population of active agers.

Choreography Notes

Track # 3
 Track Focus Balance
 Track Length 5:11
 Song Title I'll Stand by You
 BPM 130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue											
		Intro	2x8	Kick	16	R		Kick											
0:16	A	Verse 1	1x8	KICK SCOOP Kick B TVL B (Arms; R/L Scoop)	8	R	Oh why you look so	Encourage gentle movement to the back of the pool											
			1x8	Kick B TVL F (Arms: Breast stroke)	8	R	Tears are in your eye	Kick back travel forward											
			1x8	Kick B TVL B (Arms; R/L Scoop)	8	R	When the night	Let's do I again											
			1x8	Kick B TVL F (Arms: Breast stroke)	8	R	Nothing I can say	Move forward											
0:45	B	Chorus 1	1x8	KICK FRONT SIDE Kick F/S x3, leap and hold	1	R	I'll stand by you	Kick front and side											
			1x8	Kick F/S x3, leap and hold	1	L	I'll stand by you	Get ready to balance											
			1x8	Kick F/S x3, leap and hold	1	R	I'll stand by you	Front side encourage rebound											
			1x8	Kick F/S x3, leap and hold	1	L	I'll stand by you	Activate the fingers											
1:14	C	Bridge 1	4x8	RUN HEEL Run heel (Arms: Slice up and ext/int rotation x2)	32	R	Instrumental	Run heel, sweep arms up and push the water away											
1:44	A	Verse 2	4x8	KICK SCOOP	1	R	Dear do you have to	Kick and scoop travel back											
2:13	B	Chorus 2	4x8	KICK FRONT SIDE	1	RL	I'll stand by you	Balance move											
2:44	C	Bridge 2	4x8	RUN HEEL	1	R	Instrumental	Run heel sweep it up											
3:20	A	Verse 3	4x8	KICK SCOOP	1	R	Don't be ashamed	Scoop travel back											
3:47	B	Chorus 3	4x8	KICK FRONT SIDE	1	RL	I'll stand by you	Stabilize and then mobilize											
4:11	C	Bridge 3	4x8	RUN HEEL	1	R	Instrumental	Move the water											
4:41	B	Chorus 4	4x8	KICK FRONT SIDE	1	RL	I'll stand by you	Kick Front side											
		Finish		Hold the freeze															
V1		C1		B1		V2		C2		B2		V3		C3		B3		C4	

Trainer's Tip: Core stabilization and muscular balance are the focus of the track. The instructor does a great job at introducing encouraging coaching cues that focus on capability rather than intensity.

Choreography Notes

Track # 4
Track Focus Group
Track Length 5:11
Song Title Rock the Boat
BPM 130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue			
		Intro	2 x 8	Wide Jog	16	R		Wide jog			
0:15	A	Chorus 1	1 x 8	WIDE JOG Wide Jog	8	R	So I'd like to know	Arms in the water to start, then take them out for four			
			1 x 8	DBL Jump F, DBL Jump B	2		So I'd like to know	Double front and back			
			1 x 8	Wide Jog	8	R	Rock the boat	Wide jog hands up			
			1 x 8	DBL Jump F, DBL Jump B	2		Rock the boat	Travel front and back			
0:42	B	Verse 1	1 x 8	TANGO CIRCLE Jog, R Circle (Arms: Shoulder to shoulder)	8	R	Ever since the voyage	Find a partner and tango circle			
			1 x 8	Jog, L Circle (Arms: Shoulder to shoulder)	8	R	There's been	Hands on hip, move shoulder to shoulder			
			1 x 8	Run, R Circle (Arms: Outside arm extended)	8	R	Our love is like	Run and feel the drag			
			1 x 8	Run, L Circle (Arms: Outside arm extended)	8	R	We've been	Turn and let's go the other way			
1:09	C	Bridge 1	1 x 8	JACK AND TWIST JJ	4	R	(Keyboards)	Jumping jacks, big rebound			
			1 x 8	Twist x4, Fast Twist x8	4	L	(Keyboards)	Now four twists			
			1 x 8	JJ	8	R	(Keyboards)	Now four jacks			
			1 x 8	Twist x4, Fast Twist x8	8	L	(Keyboards)	Legs are wide get low			
1:37	A	Chorus 2	4 x 8	WIDE JOG	1	RL	So I'd like to know	Wide jog			
2:05	B	Verse 2	4 x 8	TANGO CIRCLE	1		Up to now we've	Tango circle			
2:33	C	Bridge 2	4 x 8	JACK AND TWIST	1	RL	(Keyboards)	Jack to the front			
3:00	A	Chorus 3	4 x 8	WIDE JOG	1	RL	So I'd like to know	Wide jog			
3:27	B	Verse 3	4 x 8	TANGO CIRCLE	1		Ever since	Tango last time			
3:55	C	Bridge 3	4 x 8	JACK AND TWIST	1	RL	(Keyboards)	Turn to me and jack			
4:22	B	Chorus 4	4 x 8	WIDE JOG	1	RL	So I'd like to know	Wide jog			
		Finish	1 x 1	Stand hands down							
		C1	V1	B1	C2	V2	B2	C3	V3	B3	C4

Trainer's Tip: The group track introduces the properties of drag and turbulence during a fun and social interaction in the pool. Hip joints are opened during the chorus as students feel the rocking of the boat!

Choreography Notes

Track # 5
Track Focus Anchored
Track Length 5:11
Song Title Doctor's Orders
BPM 130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue	
			2x8	JJ	8			JJ	
0:16		Verse 1	4x8	BOW & ARROW JJ (Arms: Bow and arrow)	16	R	Doctor's orders	Slight diagonal turn from right and left and open the chest	
0:45	B	Chorus 1	4x8	FLICK KICK Neutral flick kick x6, SUSP fast x4	4	R	Everyday our loving	Six neutral flick kicks and four suspended	
1:15	C	Bridge 1	4x8	FLYING SKATE ALT GRD Leg sweep B (Arms: Chest fly)	16	R	Instrumental	Flying skate keeping the body tall without a hip hinge	
1:44	A	Verse 2	4x8	BOW & ARROW	1	R	It won't get better	Bow and arrow with a little turn	
2:14	B	Chorus 2	4x8	FLICK KICK	1	R	Everyday a loving	Six neutral kicks and suspend	
2:44	C	Bridge 2	4x8	FLYING SKATE	1	R	Instrumental	Squeeze	
3:12	A	Verse 3	4x8	BOW & ARROW	1	R	Doctor's orders	Third time, find a target	
3:42	B	Chorus 3	4x8	FLICK KICK	1	R	Everyday a loving	Six neutral and suspend	
4:13	C	Bridge 3	4x8	FLYING SKATE	1	R	Instrumental	Squeeze the chest	
4:42	B	Chorus 4	4x8	FLICK KICK	1	R	Everyday a loving	Count it out loud	
		Finish		Stand up					
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Tip: Instructor engages the students by requesting a countdown during the chorus. Cues are encouraging and focus on capability rather than intensity. The muscular focus is on lengthening the hip flexor while activating the glutes.

Choreography Notes

Track # 6
 Track Focus Toning
 Track Length 4:42
 Song Title Ain't Too Proud to Beg
 BPM 130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue									
		Intro	2x8	Noodle front, lunge R				Use noodle as a barre									
0:16		Verse 1	2x8	PUSH PULL Push pull R	8	R	I know you want to	Push and pull is our first move									
			2x8	Push pull L, Lunge L	8	L	Ain't too proud	Change sides									
0:45	B	Chorus 1	2x8	KNEE OUT KICK GRD knee lift, EXT ROT, dori flex kick, ADD (Arms: Hold noodle as a barre)	4	R	I know I know	Use the noodle as a barre. Knee up, abduct and kick									
			2x8	RD knee lift, EXT ROT, dori flex kick, ADD	4	L	I know I know	Knee up , abduct and kick									
1:14	C	Bridge 1	2x8	WARRIOR 3 PUSH UP Warrior 3 Push up	8	R	Ain't too proud	Chest press one leg									
			2x8	Warrior 3 Push up	8	L	Baby baby baby	Change legs using overload									
1:44	A	Verse 2	4x8	PUSH PULL	1	RL	I heard a crying man	Push and pull									
2:14	B	Chorus 2	4x8	KNEE OUT KICK	1	RL	I know I know	Knee up, abduction and kick									
2:44	C	Bridge 2	4x8	WARRIOR 3 PUSH UP	1	RL	Ain't too proud	Chest press, noodle under									
3:12	A	Verse 3	4x8	PUSH PULL	1	RL	If I have to sleep on	Push and pull, split stance									
3:42	B	Chorus 3	4x8	KNEE OUT KICK	1	RL	I know I know	Let's change to knee abduct									
4:12	C	Bridge 3	4x8	WARRIOR 3 PUSH UP	1	RL	Ain't to proud	Chest press									
4:42		Finish		Stand tall push noodle down													
V1		C1		B1		V2		C2		B2		V3		C3		B3	

Trainer's Tip: The positioning of the body during the three movement patterns in the toning track all call for core stabilization to assist in training balance. The noodle is introduced as a resistance tool, as well as a ballet barre, to enhance the training.

Choreography Notes

Track # 7
 Track Focus Core
 Track Length 4:42
 Song Title Boogie Fever
 BPM 130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue									
		Intro	2x8	Sit on noodle													
0:16	A	Verse 1	1x8	SEATED KICK ALT Seated kick and curl (Arms: overhand grip)	8	R	I took my baby to	Kick and curl									
			1x8	Tuck, touch (Arms: Push noodle behind knees, sit)	4		And then she	Let noodle slide along the hamstrings									
			1x8	ALT Seated kick and curl (Arms: overhand grip)	8	R	I took my baby	Kick and curl									
			1x8	Tuck, touch (Arms: Push noodle behind knees, sit)	4		And then she	Marry rib to hips									
0:44	B	Chorus 1	1x8	LATERAL FLEXION Lateral Flexion x2 and rock to other side	1	R	She's got the	Bend side for two counts and boogie down									
			1x8	Lateral Flexion x2 and rock to other side	1	L	Boogie fever	Switch sides									
			1x8	Lateral Flexion x2 and rock to other side	1	R	She's got the	Bend to side									
			1x8	Lateral Flexion x2 and rock to other side	1	L	Boogie fever	Party in the water									
1:14	C	Bridge 1	4x8	TUCK SIDE Tuck, shoot R, Tuck, touch Tuck, shoot L, Tuck, touch	4	R	All night long	Tuck, shoot to side and tuck center. A little floatation is acceptable									
1:44	A	Verse 2	4x8	SEATED KICK	1	R	I took my baby	Have a seat, kick and curl									
2:14	B	Chorus 2	4x8	LATERAL FLEXION	1	RL	She's got the	Stand up to side bend									
2:44	C	Bridge 2	4x8	TUCK SIDE	1	R	All night long	Tuck side shoot									
3:12	A	Verse 3	4x8	SEATED KICK	1	R	I called the doctor	Noodle underneath									
3:42	B	Chorus 3	4x8	LATERAL FLEXION	1	RL	They call it the	Stand to side bend									
4:19	C	Bridge 3	4x8	TUCK SIDE	1	R	I go the boogie	Shoot to the side									
4:42		Finish		Stand noodle down													
V1		C1		B1		V2		C2		B2		V3		C3		B3	

Trainer's Tip: Create a memorable party experience while working all core muscles in all planes. The instructor cues that the student is to marry the rib cage to the hip joint rather than making a tadeonal "c" shaped crunching pattern.

Choreography Notes

Track # 8
 Track Focus Flexibility Training
 Track Length 3:57
 Song Title Thinking Out Loud
 BPM 112

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue									
		Intro	2 x 8	Shoulder roll													
0:12	A	Verse 1	1 x 8	STRAIGHT LEG LIFT SIDE Hamstring stretch to side, point, flex	1	R	When your legs don't	Take leg to side and point and flex									
			1 x 8	Figure Four	1	R	When I can't sweep	Sink down									
			1 x 8	Hamstring stretch to side, point, flex	1	L	Will your mouth	Leg to side									
			1 x 8	Figure Four	1	L	Will your eyes still	Cross leg over									
0:36	B	Bridge 1	1 x 8	DIVE AND STAR Wide Stance (Arms: Round to stretch back)	1		Darlin' I will be lovin	Step wide and dive in									
			1 x 8	Reach to side, Star pose	1	R	Seventy	Reach up to a star									
			1 x 8	Wide Stance (Arms: Round to stretch back)	1		Me, I fall in love with	Dive in and open									
			1 x 8	Reach to side, Star pose	1	L	I just want to tell you	Reach up to a star									
1:01	C	Chorus 1	1 x 8	WARRIOR Warrior 2 (Arms: Palms up)	1	L	So honey now, take	Warrior reach then palms up									
			1 x 8	Feet together (Arms: Hug), Rainbow	1	L	Arms	Rainbow open									
			1 x 8	Warrior 2 (Arms: Palms up)	1	R	Thousand stars	Warrior palms up									
			1 x 8	Feet together (Arms: Hug), Rainbow	1	R	We found love right	Give me a hug									
1:25	A	Verse 2	4 x 8	STRAIGHT LEG LIFT SIDE	1	R/L	When my hair's all	Lift leg to the side									
1:49	B	Bridge 2	4 x 8	DIVE AND STAR	1	L/R	Cause honey your	Dive in									
2:13	C	Chorus 2	4 x 8	WARRIOR	1	L/R	But baby now, take	Warrior, inner thigh									
2:38	A	Verse 3	4 x 8	STRAIGHT LEG LIFT SIDE	1	R/L	When your legs don't	Lift leg to side									
3:02	B	Bridge 3	4 x 8	DIVE AND STAR	1	L/R	Darlin' I will be lovin	Dive in									
3:26	C	Chorus 3	4 x 8	WARRIOR	1	L/R	So baby now, take	Warrior, hug, rainbow									
		Finish	1 x 1	Stand and prayer pose													
V1		B1		C1		V2		B2		C2		V3		B3		C3	

Trainer's Tip: Flow gently, smoothly and transition slowly from one stretch to another. Focus on opening pecs and lengthening any shortened muscles in the upper body and core.

Choreography Notes

Track# BONUS
 Tack Focus Cardio
 Track Length 4:40
 Song Title You're the First, the Last, my Everything
 BPM 130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue	
		Intro	2x8	Kick B	16	R			
0:16	A	Verse 1	1x8	KICK BACK KNEE ALT Kick B/Knee	16	R	My first my last	Kick back and knee, claw as you pull	
0:44	B	Chorus 1	1x8	CROSS COUNTRY HUG CC (Arms: ALT hug to chest)	8	R	I know there's only	Bring in a hug right and left	
			1x8	CC Choo Choo (Arms: short lever swing)	16	R	There's no way	Speed up to a choo choo	
			1x8	CC (Arms: ALT hug to chest)	8	R	You are all I am living	Hug again	
			1x8	CC Choo Choo (Arms: short lever swing)	16	R	The first the last	Choo choo	
1:14	C	Bridge 1	1x8	LEAP FRONT Leap F/DIAG/R, Jump rope x2	1	R	Instrumental	Leap forward, diagonal and jump rope x2	
			1x8	Leap F/DIAG/L, Jump rope x2	1	L	Instrumental	Forward again	
			1x8	Leap F/DIAG/R, Jump rope x2	1	R	Instrumental	Again forward, then diagonal	
			1x8	Leap F/DIAG/L, Jump rope x2	1	L	Instrumental	One more time	
1:44	A	Verse 2	4x8	KICK BACK KNEE	1	R	And in you I've found	Kick knee	
2:14	B	Chorus 2	4x8	CROSS COUNTRY HUG	1	R	I see so many ways	Cross country hug	
2:42	C	Bridge 2	4x8	LEAP FRONT	1	RL	Instrumental	Leap forward	
3:13	A	Verse 3	4x8	KICK BACK KNEE	1	R	I know there's one	Back to first move	
3:42	B	Chorus 3	4x8	CROSS COUNTRY HUG	1	R	I know there's only	Hug cross country	
4:12	C	Bridge 3	4x8	LEAP FRONT	1	RL	Instrumental	Big leap forward	
4:40	B	Chorus 4	4x8	CROSS COUNTRY HUG	1	R		Hug it out with cross country	
		Finish		Step forward and hold					
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Tip: Long levers and a mix of water and land speed will activate fast twitch muscles during the cardio track. Instructor cues improvement rather than speaking of just adding intensity. The theme is work to improve not perfect.

Music Credits



WATERinMOTION® Platinum 13 - YES2172-2
Yes! Fitness Music

Songs Courtesy Of:

We Are Family ~ Written by: Edwards, Rodgers ; Published by: Sony Music, Atv Music Publ., Bernard'S Other Music

Walking On Sunshine ~ Written by: K. Rew ; Published by: Emi April Music

I'll Stand By You ~ Written by: Kelly, Kerr, Steinberg ; Published by: April Music

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

Doctor's Orders ~ Written by: Stephens, Greenaway, Cook ; Published by: Copyright Control

Ain't Too Proud To Beg ~ Written by: Holland, N. Whitfield ; Published by: Stone Agate Music

Boogie Fever ~ Written by: Perren, Lewis ; Published by: Universal Songs Of Polygram International

Just The Way You Are ~ Written by: B. Joel ; Published by: S.I.A.E.

You're The First, The Last, My Everything ~ Written by: Sepe, B. White, S. Radcliffe ; Published by: Unichappell Music

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