



**water***in***motion**<sup>®</sup>  
*Platinum*

**POOL**  
*YOUR*  
**ENERGY**

**wave***14*

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     | You Keep Me Hangin' On | Kim Wilde, The Supremes | Warm Up           | 5:26 | 127 |
| 2     | Your Love              | The Outfield            | Linear            | 5:17 | 130 |
| 3     | The Warrior            | Scandal                 | Balance           | 5:19 | 130 |
| 4     | Don'T Stop Believin'   | Journey                 | Group             | 5:20 | 130 |
| 5     | Dancing                | Kylie Minogue           | Anchored          | 5:17 | 130 |
| 6     | Jessie's Girl          | Rick Springfield        | Toning            | 4:47 | 130 |
| 7     | We Built This City     | Starship                | Core              | 4:48 | 130 |
| 8     | Fire And Rain          | Birdy, James Taylor     | Flexibility       | 3:09 | 78  |
| 9     | On The Radio           | Donna Summer            | Bonus (Flotation) | 4:48 | 130 |

\*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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# 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** 5:19  
**Song Title** You Keep Me Hanging On  
**BPM** 126

|      |   | Song Part | Count | Movement   |    |    | Reps | Lead | Music Cue           | Verbal Cue                                       |    |
|------|---|-----------|-------|--|----|----|------|------|---------------------|--|----|
|      |   | Intro     | 2x8   | Jog  |    |    |      | R    |                     |  |    |
| 0:16 | A | Verse 1   | 2x8   | DBL JOG HEEL AND PULL<br>Jog heel<br>(Arms: come here hands)               |    |    | 8    | R    | Why do you keep     | MOVE<br>Double heel up, big pull with arms       |    |
|      |   |           | 2x8   | DBL Jog heel<br>(Arms: push arms F)  |    |    | 8    | R    | Let me get over you | Big push with arms                               |    |
| 0:46 | B | Chorus 1  | 4x8   | CROSS YOUR HEART JACK<br>DBL JJ<br>(Arms: side/cross your heart fists)     |    |    | 16   |      | Set me free         | Double jack, arms out with blades, in with fists |    |
| 1:16 | C | Bridge 1  | 2x8   | STARFISH JOG<br>Jog 6 ,Bounce 2<br>(Arms: Starfish on jog, push on bounce) |    |    | 4    | R    | instrumental        | Starfish on jog, two pushes with two bounces     |    |
| 1:47 | A | Verse 2   | 4x8   | JOG HEEL   |    |    | 1    | R    | Why do you keep     | MUSCLE<br>Chest, back, hamstrings                |    |
| 2:17 | B | Chorus 2  | 4x8   | CROSS YOUR HEART JACK  |    |    | 1    |      | Set me free         | Inner/outer thighs                               |    |
| 2:47 | C | Bridge 2  | 4x8   | STARFISH JOG   |    |    | 1    | R    | instrumental        | Core   |    |
| 3:17 | A | Verse 3   | 4x8   | JOG HEEL   |    |    | 1    | R    | Why do you keep     | MOTIVATION<br>Bigger pull, “Pull me in”          |    |
| 3:47 | B | Chorus 3  | 4x8   | CROSS YOUR HEART JACK  |    |    | 1    |      | Set me free         | “Cross your heart you will stay forever”         |    |
| 4:18 | C | Bridge 3  | 4x8   | STARFISH JOG   |    |    | 1    | R    | instrumental        | Big rebound, make a wave                         |    |
| 4:49 | B | Chorus 4  | 4x8   | CROSS YOUR HEART JACK  |    |    | 1    |      | Set me free         |  |    |
|      |   | Finish    |       | Wide V   |    |    |      |      |                     |  |    |
| V1   |   | C1        |       | B1   | V2 | C2 | B2   | V3   | C3                  | B3   | C4 |

Trainer's Notes: This is a fun warm up tracks that focuses on warming all the major muscle groups. There is a major emphasis on manual dexterity, which is so important to our active aging populations!

# Choreography Notes

Track # 2  
Track Focus Linear  
Track Length 5:11  
Song Title Your Love  
BPM 130

|      |   | Song Part | Count | Movement   | Reps | Lead | Music Cue             | Verbal Cue   |    |    |
|------|---|-----------|-------|--|------|------|-----------------------|--|----|----|
|      |   | Intro     | 2x8   | Jog  |      |      |                       |  |    |    |
| 0:15 | A | Verse 1   | 1x8   | ANGLED ROCKING HORSE<br>3 Angle Rocking horse, curl/kick | 1    | R    | Josie's on a vacation | MOVE<br>3 rocking horse on an angle, curl/<br>kick and switch      |    |    |
|      |   |           | 1x8   | 3 Angle Rocking horse, curl/kick                         | 1    | L    | So many things I      |  |    |    |
|      |   |           | 1x8   | 3 Angle Rocking horse, curl/kick                         | 1    | R    | I ain't got many      |  |    |    |
|      |   |           | 1x8   | 3 Angle Rocking horse, curl/kick                         | 1    | L    | You know I'd          |  |    |    |
| 0:44 | B | Chorus 1  | 4x8   | JUMPING JACK 3<br>JJ x 3, jump F/B                       |      |      | I just want to use    | 3 jacks, jump front and back                                       |    |    |
| 1:14 | C | Bridge 1  | 4x8   | TRAVEL KICK FORWARD<br>Kick forward TVL F                | 8    | R    | instrumental          | Kick forward, travel forward,<br>scoop arms                        |    |    |
|      |   |           |       | Kick back TVL B  | 8    | R    |                       | Kick back, chest press, travel<br>back                             |    |    |
|      |   |           |       | Kick forward TVL F                                       |      |      |                       |  |    |    |
|      |   |           |       | Kick back TVL B  |      |      |                       |  |    |    |
| 1:43 | A | Verse 2   | 4x8   | ANGLED ROCKING HORSE                                     | 1    | R    | As you're leaving     | MUSCLE<br>Hamstring, quad, chest, back                             |    |    |
| 2:13 | B | Chorus 2  | 4x8   | JUMPING JACK 3   | 1    |      | I just want to use    | Inner/outer thighs, chest/back                                     |    |    |
| 2:43 | C | Bridge 2  | 4x8   | TRAVEL KICK FORWARD                                      | 1    | R    | instrumental          | Hip flexors, chest and shoulders,<br>glute                         |    |    |
| 3:11 | A | Verse 3   | 4x8   | ANGLED ROCKING HORSE                                     | 1    | R    | Josie's on a vacation | MOTIVATION<br>Bigger movement, make bubbles,<br>create white water |    |    |
| 3:41 | B | Chorus 3  | 4x8   | JUMPING JACK 3   | 1    |      | I just want to use    | Land wider, get some distance                                      |    |    |
| 4:11 | C | Bridge 3  | 4x8   | TRAVEL KICK FORWARD                                      | 1    | R    | instrumental          | "Come to me", "front of the pool,<br>back of the pool"             |    |    |
| 4:39 | B | Chorus 4  | 4x8   | JUMPING JACK 3   | 1    |      | I just want to use    |  |    |    |
|      |   | Finish    |       | Wide V   |      |      |                       |  |    |    |
| V1   |   | C1        | B1    | V2   | C2   | B2   | V3                    | C3   | B3 | C4 |

Trainer's Notes: This is a big cardio track! Have lots of fun – encourage movement of the water and big linear travel on the front and back kicks!

# Choreography Notes



Track # 3  
Track Focus Balance  
Track Length 5:11  
Song Title Warrior  
BPM 130

|      |   | Song Part | Count | Movement  | Reps | Lead | Music Cue                | Verbal Cue  |    |    |
|------|---|-----------|-------|---|------|------|--------------------------|---|----|----|
|      |   | Intro     | 2x8   | Jog   |      |      |                          |   |    |    |
| 0:16 | A | Verse 1   | 2x8   | RUN IN A CIRCLE<br>Run circle x 2                             | 16   | R    | You run,run,run away     | MOVE<br>Run in a circle                                   |    |    |
|      |   |           | 2x8   | Change direction/Run circle x 2                               | 16   | L    | Well, isn't love         | Switch direction  |    |    |
| 0:45 | B | Chorus 1  | 4x8   | DOUBLE BOW JACK<br>Double Bow JJ                              | 8    | R    | Shooting at the walls    | 2 bow jacks, release the arrow                            |    |    |
| 1:15 | C | Bridge 1  | 4x8   | WARRIOR BALANCE<br>R Single leg swing F/B/F/B, hold warrior 3 | 2    | R    | Instrumental/the warrior | Grounded swings, hold for balance                         |    |    |
|      |   |           |       | L Single leg swing F/B/F/B, hold warrior 3                    | 2    |      |                          |   |    |    |
| 1:44 | A | Verse 2   | 4x8   | RUN IN A CIRCLE   | 1    | R    | You talk,talk,talk to    | MUSCLE<br>Quads, shoulders                                |    |    |
| 2:13 | B | Chorus 2  | 4x8   | DOUBLE BOW JACK   | 1    | R    | Shooting at the walls    | Inner/outer thighs, chest/back                            |    |    |
| 2:44 | C | Bridge 2  | 4x8   | WARRIOR BALANCE   | 1    | R    | Instrumental             | Quads, glutes, hamstrings, core                           |    |    |
| 3:20 | A | Verse 3   | 4x8   | RUN IN A CIRCLE   | 1    | R    | You run, run,run         | MOTIVATION<br>Make your circle bigger                     |    |    |
| 3:47 | B | Chorus 3  | 4x8   | DOUBLE BOW JACK   | 1    | R    | Shooting at the walls    | Pull it back, explode out of the water, release the arrow |    |    |
| 4:11 | C | Bridge 3  | 4x8   | WARRIOR BALANCE   | 1    | R    | Instrumental             | Point your toe, bigger swing                              |    |    |
| 4:41 | B | Chorus 4  | 4x8   | DOUBLE BOW JACK   | 1    | R    | Shooting at the walls    |   |    |    |
|      |   | Finish    |       | Bow Pull  |      |      |                          |   |    |    |
| V1   |   | C1        | B1    | V2  | C2   | B2   | V3                       | C3  | B3 | C4 |

Trainer's Notes: Balance training is essential for all this demographic, this is a fun track everyone can sing along to while working hard on their balance!



# Choreography Notes

Track # 4  
Track Focus Group  
Track Length 5:11  
Song Title Don't Stop Believing  
BPM 130

|      |   | Song Part | Count | Movement  | Reps | Lead | Music Cue                     | Verbal Cue  |    |  |    |    |    |
|------|---|-----------|-------|---|------|------|-------------------------------|---|----|--|----|----|----|
|      |   | Intro     | 2x8   | Jog to face partner/Jack  |      |      |                               |   |    |  |    |    |    |
| 0:16 | A | Verse 1   | 4x8   | DOUBLE JACK AND CHOO CHOO<br>DBL JJ x4                            | 4    |      | Just a small town girl        | MOVE<br>Double jack wide                            |    |  |    |    |    |
|      |   |           |       | DBL JJ<br>(Arms: choo choo x 4)                                   | 4    |      | Just a city boy               | Add choo choo arms                                  |    |  |    |    |    |
| 0:45 | B | Bridge 1  | 4x8   | DOUBLE JUMP FORWARD<br>DBL jump F/B into and away from partner    | 8    | R    | Strangers waiting up and down | Double jump forward/double jump back                |    |  |    |    |    |
| 1:15 | C | Chorus 1  | 2x8   | JOG AND FIND A FRIEND<br>Jog to new partner (Arms: breast stroke) | 16   | R    | Don't stop believing          | Jog to a new partner                                |    |  |    |    |    |
|      |   |           | 2x8   | Jump rope   | 16   |      |                               | Jump rope of the spot                               |    |  |    |    |    |
| 1:44 | A | Verse 2   | 4x8   | DOUBLE JACK AND CHOO CHOO   | 1    |      | Working hard to get           | MUSCLE<br>Outer/inner thigh, abductors, core        |    |  |    |    |    |
| 2:14 | B | Bridge 2  | 4x8   | DOUBLE JUMP IN  | 1    | R    | Strangers waiting up          | Core, legs  |    |  |    |    |    |
| 2:44 | C | Chorus 2  | 4x8   | JOG AND FIND A FRIEND   | 1    | R    | Don't stop believing          | Chest, back   |    |  |    |    |    |
| 3:12 | A | Verse 3   | 4x8   | DOUBLE JACK AND CHOO CHOO   | 1    |      | Just a small town girl        | MOTIVATION<br>Push out, pull in, big choo choo arms |    |  |    |    |    |
| 3:42 | B | Bridge 3  |       | DOUBLE JUMP IN  | 1    | R    | Strangers waiting up          | Big jump in, continue rebound                       |    |  |    |    |    |
| 4:13 | C | Chorus 3  | 4x8   | JOG AND FIND A FRIEND   | 1    | R    | Don't stop believing          | Lots of rebound, stir the water                     |    |  |    |    |    |
| 4:41 | B | Chorus 4  | 4x8   | DOUBLE JUMP IN  | 1    | R    | Don't stop believing          |   |    |  |    |    |    |
|      |   | Finish    |       | Jump forward  |      |      |                               |   |    |  |    |    |    |
| V1   |   | B1        |       | C1  | V2   |      | B2                            | C2  | V3 |  | B3 | C3 | C4 |

Trainer's Notes: Encourage finding a new partner every chorus! This will increase social interactions among your participants!

# Choreography Notes

Track # 5  
Track Focus Anchored  
Track Length 5:11  
Song Title Dancin'  
BPM 130

|      |   | Song Part | Count | Movement   | Reps | Lead | Music Cue                      | Verbal Cue  |    |  |    |    |    |
|------|---|-----------|-------|--|------|------|--------------------------------|---|----|--|----|----|----|
|      |   |           | 2x8   | JJ   | 8    |      |                                |   |    |  |    |    |    |
| 0:16 |   | Verse 1   | 2x8   | ANCHORED ½ JACK<br>½ JJ<br>(Arms: short lever, “dance hand”)   | 16   | R    | You were working as a waitress | MOVE<br>½ grounded jazz hand jack                                   |    |  |    |    |    |
| 0:45 | B | Chorus 1  | 4x8   | NUETRAL CROSS COUNTRY<br>Neutral CC<br>(Arms: clasped at chest level)  | 32   | R    | Don’t, Don’t you want          | Heel and toe neutral cross country ski, hand clasped at chest level |    |  |    |    |    |
| 1:15 | C | Bridge 1  | 4x8   | JOG<br><b>NEUROPLASTICITY DRILL*</b><br>Jog<br>(Arms: hands out of water tapping 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> , and 4 <sup>th</sup> fingers to the thumb, coinciding with counting) | 32   | R    | Don’t you want me baby         | Jog and count, pinch fingers  |    |  |    |    |    |
| 1:44 | A | Verse 2   | 4x8   | ANCHORED ½ JACK  | 1    | R    | I was working as a             | MUSCLE<br>Inner/outer thigh   |    |  |    |    |    |
| 2:14 | B | Chorus 2  | 4x8   | NUETRAL CROSS COUNTRY  | 1    | R    | Don’t Don’t you want           | Core, hip flexor, glute   |    |  |    |    |    |
| 2:44 | C | Bridge 2  | 4x8   | NUEROPLASTICITY DRILL WITH CC  | 1    | R    | Don’t you want me              | Brain!!   |    |  |    |    |    |
| 3:12 | A | Verse 3   | 4x8   | ANCHORED ½ JACK  | 1    | R    | You were working as            | MOTIVATION<br>“Broadway is calling”                                 |    |  |    |    |    |
| 3:42 | B | Chorus 3  | 4x8   | NUETRAL CROSS COUNTRY  | 1    | R    | Don’t, Don’t you want          | Longer legs, “dance like no one’s watching”                         |    |  |    |    |    |
| 4:13 | C | Bridge 3  | 4x8   | NUEROPLASTICITY DRILL WITH CC  | 1    | R    | Don’t you want me              | Challenge your class!   |    |  |    |    |    |
| 4:42 | B | Chorus 4  | 4x8   | NUETRAL CROSS COUNTRY  | 1    | R    | Don’t, Don’t you want          |   |    |  |    |    |    |
|      |   | Finish    |       | Stand hands clasped  |      |      |                                |   |    |  |    |    |    |
| V1   |   | C1        |       | B1   | V2   |      | C2                             | B2  | V3 |  | C3 | B3 | B4 |

## Trainers' Notes:

\*NUEROPLASTICITY DRILL DIRECTIONS: Since the concept of adding this drill is new we will be keeping it very simple this release. For B1 you will be counting by 2's as you pinch fingers to thumb. For B2 you will be counting by 3's as you pinch fingers to thumb. For B3 you will be counting by 5's as you pinch fingers to thumb. Lastly, for B4 you will be counting by 10's. You will only need to count as high as you are comfortable, for example you may only want to count 2,4,6,8 and repeat for the duration of B1 the first time through. As you and your participants become more comfortable you can challenge your class by counting higher and higher. Please enjoy this drill and take time to study the article and educate your class on the benefits of this training!

Another tip is to use the simplicity of the chorus to explain what will be happening in the coming block to ensure a comfortable transition into our drill!

# Choreography Notes

Track # 6  
Track Focus Toning  
Track Length 4:42  
Song Title Jessie's Girl  
BPM 130

|      |   | Song Part | Count | Movement                                      | Reps | Lead | Music Cue                       | Verbal Cue  |    |    |    |
|------|---|-----------|-------|---|------|------|---------------------------------|---|----|----|----|
|      |   | Intro     | 2x8   | Noodle in reverse U, neutral toes back        |      |      |                                 |   |    |    |    |
| 0:16 |   | Verse 1   | 4x8   | TRICEP PRESS<br>Triceps press down            | 16   |      | Jessie is a friend              | MOVE<br>Narrow grip, toes down in back, press down/float up |    |    |    |
| 0:45 | B | Chorus 1  | 2x8   | LUNGING CHEST PRESS<br>Lunge noodle push down | 8    | R    | I wish that I had Jessie's girl | Lunge and chest press on a diagonal                         |    |    |    |
|      |   |           | 2x8   | Lunge noodle push down                        | 8    | L    | Like Jessie's girl              | Switch front leg  |    |    |    |
| 1:14 | C | Bridge 1  | 4x8   | LEG SWEEP OUT<br>(Arms: noodle sweep OPP)     | 16   | R    | And I'm looking in the mirror   | Sweep opposite directions, toe pointing to the front        |    |    |    |
| 1:44 | A | Verse 2   | 4x8   | TRICEP PRESS                                  | 1    |      | I play along with the           | MUSCLE<br>tricep  |    |    |    |
| 2:14 | B | Chorus 2  | 4x8   | LUNGING PUSH DOWN                             | 1    | R    | I wish that I had               | chest   |    |    |    |
| 2:44 | C | Bridge 2  | 4x8   | ABDUCTOR SWEEP                                | 1    | R    | And I'm looking in the          | Outer/inner thigh, glutes                                   |    |    |    |
| 3:12 | A | Verse 3   | 4x8   | TRICEP PRESS                                  | 1    |      | Jessie is a friend              | MOTIVATION<br>"Maybe lower down a little more", quick press |    |    |    |
| 3:42 | B | Chorus 3  | 4x8   | LUNGING PUSH DOWN                             | 1    | R    | I wish that I had               | "Big lunge, Big press"                                      |    |    |    |
| 4:12 | C | Bridge 3  | 4x8   | ABDUCTOR SWEEP                                | 1    | R    | And I'm looking in the          | "Connect the dots in the middle", "play your guitar"        |    |    |    |
| 4:42 |   | Finish    |       | Play your guitar                              |      |      |                                 |   |    |    |    |
| V1   |   | C1        |       | B1  | V2   |      | C2                              | B2  | V3 | C3 | B3 |

Trainer's Notes: Be sure to offer the option for your participants to bring their thumbs on top of the noodle instead of underneath if they suffer from any wrist issues!

# Choreography Notes

Track # 7  
Track Focus Core  
Track Length 4:42  
Song Title We Built This City  
BPM 130

|      |   | Song Part | Count | Movement   | Reps | Lead | Music Cue               | Verbal Cue   |    |    |
|------|---|-----------|-------|--|------|------|-------------------------|--|----|----|
|      |   | Intro     | 2x8   | Prepare in plank, Noodle in hands                  |      |      |                         |  |    |    |
| 0:16 | A | Verse 1   | 4x8   | SLOW MOUNTAIN CLIMB<br>ALT Slow mountain climb     | 16   | R    | Say you don't know me   | MOVE<br>Slow mountain climb, crunch abdominals with lift |    |    |
| 0:44 | B | Bridge 1  | 4x8   | CORE TWIST<br>SSD core twist                       | 16   | R    | Marconi plays the mambo | Single, single double rebound twist                      |    |    |
| 1:14 | C | Chorus 1  | 4x8   | NOODLE CIRCLE DOWN<br>Noodle circle front and down | 16   |      | We built this city      | Circle noodle down                                       |    |    |
| 1:44 | A | Verse 2   | 4x8   | SLOW MOUNTAIN CLIMB                                | 1    | R    | Someone's always        | MUSCLE<br>Front abdominals                               |    |    |
| 2:14 | B | Bridge 2  | 4x8   | CORE TWIST   | 1    | R    | Marconi plays the       | obliques   |    |    |
| 2:44 | C | Chorus 2  | 4x8   | NOODLE CIRCLE DOWN                                 | 1    |      | We built this city      | Core stabilization, spine tall                           |    |    |
| 3:12 | A | Verse 3   | 4x8   | SLOW MOUNTAIN CLIMB                                | 1    | R    | Who counts the          | MOTIVATION<br>"Climb that mountain"                      |    |    |
| 3:42 | B | Bridge 3  | 4x8   | CORE TWIST   | 1    | R    | Marconi plays the       | A little more twist, sing along!                         |    |    |
| 4:19 | C | Chorus 3  | 4x8   | NOODLE CIRCLE DOWN                                 | 1    |      | We built this city      | Bigger circle down                                       |    |    |
| 4:42 |   | Finish    |       | Noodle push down                                   |      |      |                         |  |    |    |
| V1   |   | B1        |       | C1   | V2   | B2   | C2                      | V3   | B3 | C3 |

Trainer's Notes: This is an upbeat, "dancey" track, encourage good form on mountain climbers and noodle circle downs!

# Choreography Notes

Track # 8  
Track Focus Flexibility  
Track Length 2:40  
Song Title Fire and Rain  
BPM 98

|      |   | Song Part | Count | Movement   | Reps | Lead | Music Cue                  | Verbal Cue  |    |
|------|---|-----------|-------|--|------|------|----------------------------|---|----|
|      |   | Intro     | 2x8   | Extend arms, flip palms, prayer  | 2    |      |                            |   |    |
| 0:11 | A | Verse 1   | 2x8   | HAMSTRING AND LIFT<br>Knee lift front, extend, flex foot (7-8), higher float(1,2) higher float(3,4), lower down(5-8) | 1    | R    | Just yesterday morning     | MOVE<br>Knee up, send leg out, lift higher, float down          |    |
|      |   |           | 2x8   | Knee lift front, extend, flex foot (7-8), higher float(1,2) higher float(3,4), lower down(5-8)                       | 1    | L    | I walked out this morning  |   |    |
| 0:32 | B | Chorus 1  | 2x8   | MOUNTAIN RAIN<br>Mountain(1-4), rain down to goddess(5-8), lunge with extended arms side(1-4) Sun worshipper (5-8)   | 1    | R    | I've seen fire             | Prayer hands up, rain down, extend out, cartwheel arms back     |    |
|      |   |           | 2x8   | MOUNTAIN RAIN<br>Mountain(1-4), rain down to goddess(5-8), lunge with extended arms side(1-4) Sun worshipper (5-8)   | 1    | L    | I've seen lonely times     |   |    |
| 0:54 | C | Bridge 1  | 2x8   | INTERNAL/EXTERNAL ROTATION<br>Internal/external hip and arms x2 (1-8), Roll wrists and ankles(1-8)                   | 1    | R    | Been walking my mind       | Internal, external rotation, open hip, circle ankles and wrists |    |
|      |   |           | 2x8   | INTERNAL/EXTERNAL ROTATION<br>Internal/external hip and arms x2 (1-8), Roll wrists and ankles(1-8)                   | 1    | L    | Well there's hours of time |   |    |
| 1:15 | A | Verse 2   | 4x8   | HAMSTRING AND LIFT   | 1    | R    | Won't you look down        | MUSCLE<br>Hamstring, ankle mobility                             |    |
| 1:36 | B | Chorus 2  | 4x8   | MOUNTAIN RAIN  | 1    | R    | I've seen fire             | Chest opener, side body, inner thigh                            |    |
| 1:59 | C | Bridge 2  | 4x8   | INTERNAL/EXTERNAL ROTATION   | 1    | R    | Been walking my            | Hip open, chest/back  |    |
| 2:19 | B | Chorus 3  | 4x8   | MOUNTAIN RAIN  | 1    | R    | I've seen fire             |   |    |
| 2:40 |   | Finish    |       | Prayer   |      |      |                            |   |    |
| V1   |   | C1        |       | B1   | V2   |      | C2                         | B2  | C3 |

Trainers' Notes: Your class will love this flexibility track! The movements go perfectly with the lyrics of the song to make for a wonderful close to your class!

# Choreography Notes

**Track#** BONUS  
**Tack Focus** Flotation  
**Track Length** 4:40  
**Song Title** On The Radio  
**BPM** 130

|      |   | Song Part | Count | Movement   | Reps | Lead | Music Cue                          | Verbal Cue  |    |  |    |    |    |
|------|---|-----------|-------|--|------|------|------------------------------------|---|----|--|----|----|----|
|      |   | Intro     | 2x8   | Straddle Noodle  |      |      |                                    |   |    |  |    |    |    |
| 0:16 | A | Verse 1   | 1x8   | BREAST STROKE FORWARD<br>Breast stroke x4 TVL F<br>(Arms: Breast stroke)         | 1    |      | Someone found a letter             | MOVE<br>Thumbs up breast stroke forward, moving forward |    |  |    |    |    |
|      |   |           | 1x8   | Fast flutter kicks alternating legs x16 TVL B<br>(Arms: Reverse breast stroke)   | 1    | R    | And they told the                  | Flutter kick, travel back                               |    |  |    |    |    |
|      |   |           | 1x8   | Breast stroke x4 TVL F<br>(Arms: Breast stroke)                                  | 1    |      | It must have fallen                |   |    |  |    |    |    |
|      |   |           | 1x8   | Fast flutter kicks alternating legs x16 TVL B                                    | 1    | R    | The never said your                |   |    |  |    |    |    |
| 0:44 | B | Chorus 1  | 4x8   | SUSPENDED CROSS COUNTRY<br>CC suspended  | 32   | R    | If you think that love isn't found | Floating cross country, long extension from the hip     |    |  |    |    |    |
| 1:14 | C | Bridge 1  | 1x8   | FLOATING ARM SWEEP<br>Cross at ankles<br>(Arms: sweep arms R, Center, L, center) | 8    | R    | One the radio, whoa oh oh          | Cross at ankle, sweep arms                              |    |  |    |    |    |
| 1:46 | A | Verse 2   | 4x8   | BREAST STROKE FORWARD  | 1    | R    | Oh, I was so                       | MUSCLE<br>Chest, hip flexors, shoulders                 |    |  |    |    |    |
| 2:14 | B | Chorus 2  | 4x8   | SUSPENDED CROSS COUNTRY  | 1    | R    | If you think that love             | Glutes, quads, hip flexors, chest, back, shoulders      |    |  |    |    |    |
| 2:44 | C | Bridge 2  | 4x8   | FLOATING ARM SWEEP   | 1    | R    | On the radio, whoa                 | Bicep/tricep,   |    |  |    |    |    |
| 3:13 | A | Verse 3   | 4x8   | BREAST STROKE FORWARD  | 1    | R    | Whoa oh yeah and it                | MOTIVATION<br>Chest lifted, move more!                  |    |  |    |    |    |
| 3:45 | B | Chorus 3  | 4x8   | SUSPENDED CROSS COUNTRY  | 1    | R    | If you think that love             | “Reach your potential!”                                 |    |  |    |    |    |
| 4:29 | C | Bridge 3  | 4x8   | FLOATING ARM SWEEP   | 1    | R    | On the radio, whoa                 | “Move with purpose!”                                    |    |  |    |    |    |
|      |   | Finish    |       | Side sweep   |      |      |                                    |   |    |  |    |    |    |
| V1   |   | C1        |       | B1   | V2   |      | C2                                 | B2  | V3 |  | C3 | B3 | C4 |

**Trainer's Notes:** Keep in mind floatation can be more difficult for some than others or even a bit scary! Offer toes on the bottom to those participants and help them build their confidence through lots of encouragement! Place between tracks 5 and 6 if you choose to use it.

# Music Credits



**WATERinMOTION® Platinum 14 - YES2183-2**  
Yes! Fitness Music

## Songs Courtesy Of:

You Keep Me Hangin' On ~ Written by: Holland, L. Dozier ; Published by: Stone Agate Music

Your Love ~ Written by: Sprinks ; Published by: Nettwerk One A Music

The Warrior ~ Written by: Knight, Gilder ; Published by: Mike Chapman Enterprise

Don'T Stop Believin' ~ Written by: J. Cain, Perry, N. Schon ; Published by: Lacey Boulevard Music

Dancing ~ Written by: Chapman, Minogue, Mcewan ; Published by: Emi Blackwood Music Inc., Birds With Ears Music

Jessie'S Girl ~ Written by: Springthorpe ; Published by: Universal Music

We Built This City ~ Written by: D. Lambert, Page, B. Taupin, L. Wolf ; Published by: Universal Music, Mgb Songs, Little Mole Music

Fire And Rain ~ Written by: Taylor ; Published by: Country Road Music (Bmi)

On The Radio ~ Written by: G. Moroder, D. Summer ; Published by: Sweet Summer

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