

WATER*in***MOTION**® Statement





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*	ТҮРЕ	TIME	ВРМ
1	Blame It On The Boogie	The Jacksons	Warm Up	5:29	127
2	Opposites Attract	Paula Abdul	Linear	5:19	130
3	That Thing You Do	The Wonders	Balance	5:19	130
4	Build Me Up Buttercup	The Foundations	Group	5:19	130
5	Gloria	Laura Branigan	Anchored	5:19	130
6	Under The Boardwalk	The Drifters	Toning	4:48	130
7	(Your Love Keeps Lifting Me) Higher And Higher	Jackie Wilson	Core	4:48	130
8	I Put A Spell On You	Annie Lennox	Flexibility	5:20	59
9	Faithfully	Judy Torres & Journey	Bonus (Flotation)	5:19	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!

Choreographer. Amy Weisenmiller

Education Author: Amy Weisenmiller

Education Presenter. Amy Weisenmiller

Music: Yes! Fitness Music®

Presenters: Sibillia Abukhaled

Chris Henry Cheri Kulp´ Bryan Miller Harley Ritchie Amy Weisenmiller

Support Team: Claudio Cornejo

Karl Mendoza Leslie Rosenzweig

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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

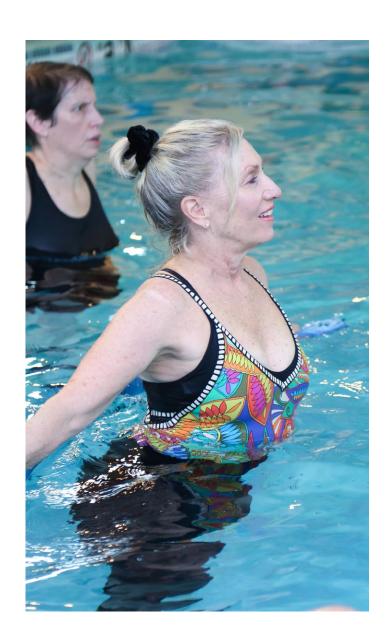
Color Code: Verse Chorus Bridge



About WATER in MOTION® Platinum







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.





Track #

Track Focus Warm up Track Length 5:24 Song Title Blam BPM 126

Blame It On the Boogie

		Song Part	Count	Moveme	nt			Reps	Lead	Music	Cue	Verbal Cue	
		Intro	2x8	Jog				16	R				
0:19	A	Verse 1	4x8	DBL Jog	JOG HEEL heel BL EXT/INT rotat	ion fingers sprea	ıd)	16	R	My bab	y's always	Jog heel double rebound pulling bottom	
0:50	В	Chorus 1	4x8		UBLE JACK AND SHIMMIE L jack out/in/out then shimmie					Don't b	lame it on the	Jack out for 2, in fun!	n for 2, Make it
1:22	С	Bridge 1	4x8	Jog 1-6, j	JNSHINE JOG og 1-6, jump rope 7-8 rms: Fan in front of face x3)				R	Sunshii	ne, moonlight	Sunshine Jog, ju Keep the rebour	
1:49	Α	Verse 2	4x8	DOUBLE	JOG HEEL			1	R	This ma	agic music	Hamstrings, chest, shoulders	
2:19	В	Chorus 2	4x8	DOUBLE	JACK AND SHI	MMIE		1		Don't b	lame it on the	Inner thighs, cor	e engaged
2:50	С	Bridge 2	4x8	SUNSHI	NE JOG			1	R	Sunshine, moonlight		Core tight, big sunshine	
3:20	Α	Verse 3	4x8	DOUBLE	JOG HEEL			1	R	My bab	y's always	Make it dancy! Move the water!	
3:54	В	Chorus 3	4x8	DOUBLE	JACK AND SHI	MMIE		1		Don't b	ame it on the	More rebound!	
4:22	С	Bridge 3	4x8	SUNSHI	NE JOG			1	R	Sunshii	ne, moonlight	Big smiles, spre	ad your fingers
4:56	В	Chorus 4	4x8	DOUBLE JACK AND SHIMMIE				1		Don't blame it on the		Get excited for the next track!	
		Finish		Wide star	nce								
V	1	C1		B1	V2	C2	E	32	V	3	C3	В3	C4

Trainer's Notes: This warm up is very exciting and energizing! Give your class permission to have fun – this will set the tone for the entire class!





Track # Track Focus Linear Track Length 5:17 Song Title Oppo BPM 130

Opposites Attract 130

		Song Part	Count	Movement	Reps	Lead	Music	Cue	Verbal Cue	
		Intro	2x8	Jog	16	R				
0:16	А	Verse 1	4x8	JOG 6 AND JACK Jog x6, Dancy Fast JJ x2 (Arms: EXT/INT rotation, fingers spread)	4	R	Baby se	eems we	Big jog for 6, big quick jacks	rebound, 2
0:47	В	Chorus 1	4x8	DOUBLE CROSS COUNTRY DBL CC (Arms: Breast Stroke)	16	R	I take 2	steps forward	Double cross co	untry ski, thumbs
1:18	С	Bridge 1	1x8	HEEL TOUCH FRONT Jog, heel lift F (Arms: OPP hand to foot)	8	R	Nothing	in common	Heels up to the core to reach ha	
			1x8	Heel tap B	8	L	Instrum	ental	Rotate behind	
			1x8	Heel tap F	8	R	Instrum	ental	To the front	
			1x8	Heel tap B	8	L	Instrum	ental	Go to the back	
1:48	А	Verse 2	4x8	JOG AND JACK	1	R	Who would've		Jog, focus on shoulders, inner/outer thighs on jacks	
2;20	В	Chorus 2	4x8	DOUBLE CROSS COUNTRY	1	R	I take-2	steps forward	Ski, upper back, quads	hamstrings
2:50	С	Bridge 2	4x8	HEEL TOUCH FRONT	1	R	Nothing	in common	Inner thighs, cor hamstrings and	e, pelvis, quads, glutes
3:21	Α	Verse 3	4x8	JOG AND JACK	1	R	Baby ai	n't it	Jog, dance it ou	t
3:52	В	Chorus 3	4x8	DOUBLE CROSS COUNTRY	1	R	I take 2	steps forward	Bigger cross co	untry
4:22	С	Bridge 3	4x8	HEEL TOUCH FRONT		R	Nothing	in common	More rotation, ta	ıll body & smile
4:54	В	Chorus 4	4x8	DOUBLE CROSS COUNTRY	1	R I take-2 steps forward		Bigger and bigg	er	
		Finish		Wide stance, face side, Peace sign						
V	1	C1		B1 V2 C2	B2	V	V3 C3 B3		C4	

Trainer's Notes: Build the enthusiasm and energy with this track. Working the entire body with an emphasis on core and lower body.





Track # Track Focus

Balance Track Length 5:20

Song Title BPM That Thing You Do

		Song Part	Count	Movement	Reps	Lead	Music C	ue	Verbal Cue	
		Intro	2x8	Kick	16	R				
0:17	А	Verse 1	4x8	COMPASS KICK Kick F x 2, Pendulum x 2 Kick B x 2, Pendulum x 2	4	R	You, doir	ng that thing	Compass kick, North, East and West, South, East and West	
0:47	В	Chorus 1	1x8	LEAP 3 HOLD Leap x3 TVL R, Leap & hold, lift leg x3, pull in (Arms: Angle)	1	R	Cause I	tried and	Leap side, lift le	g a little higher
			1x8	Leap x3 TVL L, Leap & hold, lift leg x3, pull in	1	R	Every time you		Leap left	
			1x8	Leap x3 TVL R, Leap & hold, lift leg x3, pull in	1	R	Cause it	hurts me so	Other side	
			1x8	Leap x3 TVL L, Leap & hold, lift leg x3, pull in	1	R	Every time you do		Last time, lift hig	her
1:17	С	Bridge 1	4x8	DOUBLE JACK AND SKI DBL JJ, CC x 4	4	R	I don't as	sk a lot	Double jack, Ma	ke it rebound!
1:48	Α	Verse 2	4x8	COMPASS KICK	1	R	I, know a	all the things	Arms, leg and h	ip area
2:19	В	Chorus 2	4x8	LEAP 3 HOLD	1	R	Cause I tried and		3 leaps, core to stabilize	
2:50	С	Bridge 2	4x8	DOUBLE JACK AND SKI	1	R	I don't as	sk a lot	Double jack, outer/inner thigh, quad, glute	
3:21	Α	Verse 3	4x8	COMPASS KICK	1	R	You, doi:	ng that thing	Compass kick, a	a little more!
3:53	В	Chorus 3	4x8	LEAP 3 HOLD	1	R	Cause I	tried and	Bigger leap! Big	SMILE!
4:22	С	Bridge 3	4x8	DOUBLE JACK AND SKI	1	R	I don't as	sk a lot	More rebound o	n cross country!
4:54	В	Chorus 4	4x8	LEAP 3 HOLD	1	R	Cause I	tried and	Biggest leap yet – "Do that thing you do!!"	
		Finish		Leap West and Hold						_
V	′1	C1		B1 V2 C2	B2	V	V3 C3		В3	C4

Trainer's Notes: Encourage your class to sing along to this recognizable song! Emphasize the extreme importance of balance training to build confidence in your participants!





Track # Track Focus Track Length 5:11 Song Title Build BPM 130

Group

Build Me Up Buttercup

		Song Part	Count	Moveme	nt		Re	eps	Lead	Music (Cue	Verbal Cue		
		Intro	2x8	Jog into a	a big circle		16		R					
0:16	А	Chorus 1	2x8	OIRCLE Jog circle (Arms: St	R x14, Run x4 t	o change directic	on 16		R	Why do	you build me	Jog right and swim your arms, Run 4 and change directions, pull the water to move the circ		
			2x8	Jog circle	L x14, Run x4 to	o face center circ	le 16		L	I need	you	Jog and travel		
0:47	В	Verse 1	4x8	JJ	ck AND PUSH cms:Regular jack arms x1, Push x1)					I'll be over at ten		Jack and push, move the water the circle		
1:18	С	Bridge 1	1x8	Tuck jum	JCK JUMP IN ck jump x4 TVL into circle rms: Scoop front)					Instrum	ental	Tuck and scoop center of circle	, travel into	
			1x8		Single leg Pike lift x4 TVL out of circle (Arms: Scoop back)					Instrum	ental	Lift one leg in pike, drop your bottom, travel back		
			1x8	,	p TVL into circle coop front)		4			Неу, Не	ey, Hey	Tuck jump in ag	ain	
			1x8	Pike jum (Arms: P	o x4 TVL out of c ush)	ircle	4			I'll be h	ome	Scoop back with	n 1 leg up	
1:49	Α	Chorus 2	4x8	CIRCLE	JOG		1		R	Why do	you build me	Jog and move,	core, back	
2;19	В	Verse 2	4x8	JACK AN	ID PUSH		1			You we	re my toy	Jack, chest, out	er/inner thighs	
2:50	С	Bridge 2	4x8	TUCK JU	JMP IN		1			Instrum	ental	Tuck, squeeze	core, lift legs	
3:20	Α	Chorus 3	4x8	CIRCLE	JOG		1		R	Why do	you build me	Jog, make the o	ircle bigger!	
3:51	В	Verse 3	4x8	JACK AN	ID PUSH		1			I'll be o	ver at ten	Bigger push in,	move the water	
4:22	С	Bridge 3	4x8	TUCK JUMP IN			1			Instrum	ental	Tuck, pull into the	ne middle	
4:53	В	Chorus 4	4x8	CIRCLE	CIRCLE JOG 1 R			Why do you build me		Jog, don't let me down				
		Finish		Wide stance, push in										
С	21	V1		B1 C2 V2			B2		С	3	V3	В3	C4	

Trainer's Notes: Group tracks are choreographed to build community in your classes! Use it to its fullest potential. Let your class relax and enjoy every minute.





Track # **Track Focus** Track Length 5:12 Song Title BPM

В

V1

4:53

Anchored Gloria

130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue
		Intro	2x8	JJ	8			
0:16	А	Verse 1	1x8	SLIDE AROUND THE WORLD Grounded JJ x2 TVL R, tap FSB	1	R	Gloria, you're always	Slide, stay on the bottom of the pool, three taps
			1x8	Grounded JJ x2 TVL L, tap FSB	1	L	Running after	Slide, other way
			1x8	Grounded JJ x2 TVL R, tap FSB	1	R	I think you've got to	Slide, tap
			1x8	Grounded JJ x2 TVL L, tap FSB	1	L	I think you're headed	One more time
0:45	В	Chorus 1	4x8	JOG AND FLICK Jog/flick kick	16	R	Gloria, I think they	Jog flick kick
1:18	С	Bridge 1	4x8	JOG NEUROPLASTICITY DRILL* Jog (Arms: Out of the water signing w/both hands)	32	R	Instrumental	Jog, spell "WE" with ASL
1:48	Α	Verse 2	4x8	SLIDE AROUND THE WORLD	1	R	Gloria, how's it gonna	Slide, inner/outer thighs
2:20	В	Chorus 2	4x8	JOG AND FLICK	1	R	Gloria, I think they	Jog & flick, quad
2:50	С	Bridge 2	4x8	JOG	1	R	Instrumental	Jog, spell "LOVE"
3:22	Α	Verse 3	4x8	SLIDE AROUND THE WORLD	1	R	Gloria, you're always	Slide, Bigger and feel it
3:52	В	Chorus 3	4x8	JOG AND FLICK	1	R	Gloria, I think they	Jog & flick, toes to the surface
4:23	С	Bridge 3	4x8	JOG	1	R	Instrumental	Jog, spell "YOU"

Trainer's Note: We will be using American Sign Language (ASL) for our neuroplasticity drill for this release. You will find an ASL chart after the bonus track. We will once again be using a simple jog and will be spelling out different 4-letter words. Stick with the same word for several weeks and when you feel your participants really "get it" move onto another word! Here are some examples you can use, including several our presenters use in the demo!

C2

R

V3

Gloria, I think they

C3

1

B2

ADVANCED IDEAS: LOVE GIVE TEAM MOVE TUTU HAHA HOPE ABLE WELL LIFE HI **BEGINNER IDEAS:** LALA MY HEHE KIND COOL GLOW FREE

Chorus 4

C1

Finish

4x8

JOG AND FLICK

B1

Wide stance, heart hands

V2

Great brain training

B3

C4





Track # Track Focus Track Length 4:41
Song Title Unde
BPM 130

Toning

Under the Boardwalk

		Song Part	Count	Movement			Reps	Lead	Mus	sic Cue	Verbal Cue	
		Intro	2x8	Noodle in front.	1" under water							
0:17	А	Verse 1	4x8	PASS AND CUI ALT noodle pas	RL s, biceps curl, exte	nd	8	R	Oh,	when the sun	Pass in front, el noodle stays ur	bow out on curl, nder water
0:47	В	Chorus 1	4x8	JJ	ACK SQUEEZE J krms: squeeze noodle in reverse U shape)				Und	ler the boardwalk	Big noodle squeeze! Flatten & bring hands together in center	
	С	Bridge 1	4x8	JOG HEEL PUS SSD Jog heel (Arms: SSD pus	SH sh and lift noodle)		8	R	Out	of the sun	Jog heel, single big push down	e, single, double,
1:49	Α	Verse 2	4x8	PASS AND CUI	RL		1	R	Oh,	when the sun	Biceps, core tig	ht
2:19	В	Chorus 2	4x8	JACK SQUEEZ	Έ		1		Und	ler the boardwalk	Inner/outer thig	hs, Lats
2:50	С	Bridge 2	4x8	JOG HEEL PUS	SH		1	R	Out	of the sun	Hamstrings, glu triceps	ites, biceps/
3:21	Α	Verse 3	4x8	PASS AND CUI	RL		1	R	Oh,	when the sun	Pass and curl, I	oig ROM
3:52	В	Chorus 3	4x8	JACK SQUEEZ	Έ		1		Und	ler the boardwalk	Jack, bigger reb	oound &squeeze
4:23	С	Bridge 3	4x8	JOG HEEL PUS	SH		1	R	Out	of the sun	Jog heel, time t	o sing along!
		Finish		Wide stance, no	oodle push down							
V	′1	C1		B1	V2	C2		B2		V3	C3	В3

Trainer notes: This track will tone the body from head to toe! Remember – "Under the boardwalk – noodle under the water!"





Track # Track Focus Core Track Length Song Title (Your BPM 130

(Your Love Keeps Lifting Me) Higher and Higher

		Song Part	Count	Movement			Reps	Lead	Mu	sic Cue	Verbal Cue	
			2x8	Noodle behind I	oack							
0:16	А	Verse 1	4x8	TUCK AND TAF Tuck/ALT angle			16	R	Nov	w once I was	Chest lifted, work on an angle	
0:47	В	Chorus 1	4x8	Reverse plank,	EG LIFT HIGHER Reverse plank, leg lifts gradually getting higher Arms: push back with leg lift)				You	ur love keeps	Reverse plank, le push arms behind leg	
1:15	С	Bridge 1	4x8	SUSPENDED (CC SUSP	SUSPENDED CROSS COUNTRY CC SUSP				Inst	trumental	Suspended cross tight to keep legs	
1:49	А	Verse 2	4x8	TUCK AND TAP			1	R	Wh	nen you whip	Tuck and touch, rectus abdominis obliques	
2:19	В	Chorus 2	4x8	LEG LIFT HIGH	IER		1	R	You	ur love keeps	Leg lift, stabilize t every leg lift	he core with
2:50	С	Bridge 2	4x8	SUSPENDED (CROSS COUNTRY	,	1	R	Inst	trumental	Suspended cross abdominals	country,
3:21	Α	Verse 3	4x8	TUCK AND TAF			1	R	Nov	w once I was	Bigger tuck, smal	ler tap
3:52	В	Chorus 3	4x8	LEG LIFT HIGH	IER		1	R	You	ur love keeps	Lean back, crunc	h, leg higher
4:24	С	Bridge 3	4x8	SUSPENDED CROSS COUNTRY			1	R	Inst	trumental	Cross country, rea	ach legs further
4:48				Tuck and hold								
	V1	C.	1	B1 V2 C2			B2		V3	C3	В3	

Trainer's Notes: The leg lift is a very challenging move – please practice it in the pool yourself before you teach it to your participants!





Track #
Track Focus

8 Flexibility

Track Length 4:18

I Put A Spell On You

Song Title I F

		Song Part	Count	Movement		Reps	Lead	Music Cue		Verbal Cu	ıe
			2x8	Sway		8	R				
0:22	А	Chorus 1	1x8	CAST A SPELL ROTATION Lunge R 1-4, Lunge L 5-8 (Arms: Sweep arms, R 1-4, L 5-8	3)	1	R	I put a spel	l on you	Cast a sp of the ent	ell, emphasize mobility ire body!
			1x8	Shoulder roll B 1-2, elbow roll B 3 B into spinal rotation 5-8	3-4, full arm roll	1	R	Because ye	ou're mine	Lunge and	d roll shoulder back
			1x8	Lunge L 1-4, Lunge R 5-8 (Arms: Sweep arms, L 1-4, R 5-8	3)	1	L	I put a spel	l on you	Cast a sp	ell the other way
			1x8	Shoulder roll B 1-2, elbow roll B 3 B into spinal rotation 5-8	er roll B 1-2, elbow roll B 3-4, full arm roll spinal rotation 5-8			Cause you	Cause you're mine		der back
1:02	В	Verse 1	1x8	OPEN CHEST AND LIFT Open chest 1-4, quad stretch 5-8	3	1	R	Because ye	our mine	Open che	st, quad stretch
			1x8	Warrior 3, sweep back and exter	nd arms	1	R	Tell you I a	in't lyin'	Warrior 3,	arms open
			1x8	Open chest 1-4, quad stretch 5-8	3	1	L	You know I can't		Other side, roll shoulders back	
			1x8	Warrior 3, sweep back and exter	nd arms	1	L	I can't stan	d it	Warrior 3,	sweep arms open
1:44	С	Bridge 1	1x8	WARRIOR HUG Warrior 2 1-4, Reverse Warrior 5	-8	1	R	Instrument	al	Warrior 2, hand	reverse warrior, watch
			1x8	Warrior 2 1-4, step in (hug and st	way hips)	1	R	Instrumental		Warrior 2 again, big hug	
			1x8	Warrior 2 1-4, Reverse Warrior 5	-8	1	L	Instrument	al	Other way	/, flip palm
			1x8	Warrior 2 1-4, step in (hug and s	way hips)	1	L	Instrument	al	Warrior 2	again, big hug
2:24	А	Chorus 2	4x8	CAST A SPELL ROTATION		1	R	I put a spel	l on you		ell, stretch through the , sink deeper in lunge
3:05	В	Verse 2	4x8	OPEN CHEST AND LIFT		1	R	You know I	love you	Quad stretch, warrior 3 – big stretch in hamstrings and quad	
3:46	С	Bridge 2	4x8	WARRIOR HUG	RIOR HUG		R	Instrumental		thigh	big lunge to open inner
4:26	В	Chorus 3	4x8	CAST A SPELL ROTATION		1	R	I put a spel	l on you	Cast one	more spell, big ROM
				Step together, cast a spell							
	C1		V1	B1	C2		\	/2	B	2	C3

Trainer's Notes: Your classes will love this flexibility track!! Let them enjoy every movement – they'll be under the WATERinMOTION spell!!





Track # BONUS
Track Focus Cardio Track Length 5:17 Song Title Faith BPM 130

BONUS Faithfully 130

		Song Part	Count	Movemen	nt		Reps	Lead	Music C	ue	Verbal Cue		
		Intro		Jog			16	R					
0:16	А	Verse 1	1x8	RUN 8 RO Run TVL	OCK Rx8, Rocking hor	se F/B/F flip turn	1	R	Highway	run	Run for 8, rocking horse from back front and flip		
			1x8	Run TVL	Lx8, Rocking hors	se F/B/F flip turn	1	L	The whe	els go	Run left 8, rockin	g horse	
			1x8	Run TVL	Rx8, Rocking hor	se F/B/F flip turn	1	R	Restless	hearts	Do the same thin	g again right	
			1x8	Run TVL	Lx8, Rocking hors	se F/B/F flip turn	1	L	I'm send	ing all me	Run for 8		
0:47	В	Chorus 1	4x8	DBL jog	JOG A-OKAY BL push down/ ha	nds up w/ okay	16	R	They sa	y that the	Double knees up intended to emph dexterity	•	
1:18	С	Bridge 1	4x8	PENDULI SSD pend	•		8	R	Instrume	ental	Pendulum, single double, legs meet		
1:48	Α	Verse 2	4x8	RUN 8 RO	OCK		1	R	Circus li	fe	Run, quads, ham	strings	
2:19	В	Chorus 2	4x8	DOUBLE	JOG A-OKAY		1	R	And being apart		Double jog, lift knee w/ the core		
2:50	С	Bridge 2	4x8	PENDUL	JM		1	R	Instrume	ental	Pendulum, inner/oblique	outer thigh,	
3:22	Α	Verse 3	4x8	RUN 8 RO	OCK		1	R	Highway	run	Run, big travel, n	nore white water	
3:52	В	Chorus 3	4x8	DOUBLE	JOG A-OKAY		1	R	They say	y that the	You're A-Okay		
4:23	С	Bridge 3	4x8	PENDUL	JM		1	R	Instrume	ental	Single single dou	ıble pendulum	
4:56	С	Bridge 4	4x8	PENDULUM			1	R	Whoa, w	rhoa	Allow the pendul	um to get bigger	
		Finish		Wide star	ice, A-okay hands	s up							
V	′1	C1		B1	V2	C2	B2		V3	C3	В3	B4	

Trainer's Notes: Place between tracks 2 and 3 if you choose to use this bonus cardio track.





ASL CHART





















Hh



















Mm



Nn





Pp





Rr



















Music Credits







WATERinMOTION® Platinum 15 - YES2190-2

Yes! Fitness Music

Songs Courtesy Of:

Blame It On The Boogie ~ Written by: M. Jackson, Krohn; Published by: Chrysalis Music

Opposites Attract ~ Written by: Leiber ; Published by: Emi Virgin Music Ltd, Oliver Leiber Music

That Thing You Do ~ Written by: Schlesinger; Published by: Universal Polygram Int.

Build Me Up Buttercup ~ Written by: Null; Published by: Null

Gloria ~ Written by: Bigazzi, Tozzi ; Published by: Melodi

Under The Boardwalk ~ Written by: Young, Resnick; Published by: Trio Music, Alley Music Corp.

(Your Love Keeps Lifting Me) Higher And Higher ~ Written by: Smith, Jackson, Miner; Published by: Mijac Music, Warner Tamerlane

I Put A Spell On You ~ Written by: Hawkins ; Published by: Emi Music Publ.

Faithfully ~ Written by: Torres; Published by: Copyright Control

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