

water *in* **motion**®
Platinum

*time to
refresh*

wave *15*

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	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



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

© 2018 SCW Fitness Education 3675 Commercial Avenue, Northbrook, IL 60062. The choreography, images, and DVD material contained herein are the exclusive property of SCW Fitness Education who reserves all rights to public performance, distribution and licensing. These materials are produced singularly for licensed facilities and certified presenters who maintain licensure and the right to present WATERinMOTION® in their facilities by complying with the terms of the licensure and instructor agreements. Any unauthorized duplication, distribution, broadcasting, public performance, copying or re-recording of this audio and/or visual materials in any manner is strictly prohibited. Not for resale.

 Produced exclusively for Water in Motion® by Yes! Fitness Music. All Recordings Property of THE SAIFAM GROUP under license to 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® 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 5:24
Song Title Blame It On the Boogie
BPM 126

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue	
		Intro	2x8	Jog	16	R			
0:19	A	Verse 1	4x8	DOUBLE JOG HEEL DBL Jog heel (Arms: DBL EXT/INT rotation fingers spread)	16	R	My baby's always	Jog heel double, Jazz hands, rebound pulling heel to the bottom	
0:50	B	Chorus 1	4x8	DOUBLE JACK AND SHIMMIE DBL jack out/in/out then shimmie	4		Don't blame it on the	Jack out for 2, in for 2, Make it fun!	
1:22	C	Bridge 1	4x8	SUNSHINE JOG Jog 1-6, jump rope 7-8 (Arms: Fan in front of face x3)	4	R	Sunshine, moonlight	Sunshine Jog, jump rope for 2, Keep the rebound	
1:49	A	Verse 2	4x8	DOUBLE JOG HEEL	1	R	This magic music	Hamstrings, chest, shoulders	
2:19	B	Chorus 2	4x8	DOUBLE JACK AND SHIMMIE	1		Don't blame it on the	Inner thighs, core engaged	
2:50	C	Bridge 2	4x8	SUNSHINE JOG	1	R	Sunshine, moonlight	Core tight, big sunshine	
3:20	A	Verse 3	4x8	DOUBLE JOG HEEL	1	R	My baby's always	Make it dancy! Move the water!	
3:54	B	Chorus 3	4x8	DOUBLE JACK AND SHIMMIE	1		Don't blame it on the	More rebound!	
4:22	C	Bridge 3	4x8	SUNSHINE JOG	1	R	Sunshine, moonlight	Big smiles, spread your fingers	
4:56	B	Chorus 4	4x8	DOUBLE JACK AND SHIMMIE	1		Don't blame it on the	Get excited for the next track!	
		Finish		Wide stance					
V1	C1	B1	V2	C2	B2	V3	C3	B3	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!

Choreography Notes

Track # 2
Track Focus Linear
Track Length 5:17
Song Title Opposites Attract
BPM 130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue	
		Intro	2x8	Jog	16	R			
0:16	A	Verse 1	4x8	JOG 6 AND JACK Jog x6, Dancy Fast JJ x2 (Arms: EXT/INT rotation, fingers spread)	4	R	Baby seems we	Big jog for 6, big rebound, 2 quick jacks	
0:47	B	Chorus 1	4x8	DOUBLE CROSS COUNTRY DBL CC (Arms: Breast Stroke)	16	R	I take 2 steps forward	Double cross country ski, thumbs up	
1:18	C	Bridge 1	1x8	HEEL TOUCH FRONT Jog, heel lift F (Arms: OPP hand to foot)	8	R	Nothing in common	Heels up to the front, rotating core to reach hand to foot	
			1x8	Heel tap B	8	L	Instrumental	Rotate behind	
			1x8	Heel tap F	8	R	Instrumental	To the front	
			1x8	Heel tap B	8	L	Instrumental	Go to the back	
1:48	A	Verse 2	4x8	JOG AND JACK	1	R	Who would've	Jog, focus on shoulders, inner/outer thighs on jacks	
2:20	B	Chorus 2	4x8	DOUBLE CROSS COUNTRY	1	R	I take-2 steps forward	Ski, upper back, hamstrings quads	
2:50	C	Bridge 2	4x8	HEEL TOUCH FRONT	1	R	Nothing in common	Inner thighs, core, pelvis, quads, hamstrings and glutes	
3:21	A	Verse 3	4x8	JOG AND JACK	1	R	Baby ain't it	Jog, dance it out	
3:52	B	Chorus 3	4x8	DOUBLE CROSS COUNTRY	1	R	I take 2 steps forward	Bigger cross country	
4:22	C	Bridge 3	4x8	HEEL TOUCH FRONT	1	R	Nothing in common	More rotation, tall body & smile	
4:54	B	Chorus 4	4x8	DOUBLE CROSS COUNTRY	1	R	I take-2 steps forward	Bigger and bigger	
		Finish		Wide stance, face side, Peace sign					
V1	C1	B1	V2	C2	B2	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.

Choreography Notes

Track # 3
Track Focus Balance
Track Length 5:20
Song Title That Thing You Do
BPM 130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue	
		Intro	2x8	Kick	16	R			
0:17	A	Verse 1	4x8	COMPASS KICK Kick F x 2, Pendulum x 2 Kick B x 2, Pendulum x 2	4	R	You, doing that thing	Compass kick, North, East and West, South, East and West	
0:47	B	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 leg a little higher every time	
	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 higher		
1:17	C	Bridge 1	4x8	DOUBLE JACK AND SKI DBL JJ, CC x 4	4	R	I don't ask a lot	Double jack, Make it rebound!	
1:48	A	Verse 2	4x8	COMPASS KICK	1	R	I, know all the things	Arms, leg and hip area	
2:19	B	Chorus 2	4x8	LEAP 3 HOLD	1	R	Cause I tried and	3 leaps, core to stabilize	
2:50	C	Bridge 2	4x8	DOUBLE JACK AND SKI	1	R	I don't ask a lot	Double jack, outer/inner thigh, quad, glute	
3:21	A	Verse 3	4x8	COMPASS KICK	1	R	You, doing that thing	Compass kick, a little more!	
3:53	B	Chorus 3	4x8	LEAP 3 HOLD	1	R	Cause I tried and	Bigger leap! Big SMILE!	
4:22	C	Bridge 3	4x8	DOUBLE JACK AND SKI	1	R	I don't ask a lot	More rebound on cross country!	
4:54	B	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					
V1	C1	B1	V2	C2	B2	V3	C3	B3	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!

Choreography Notes

Track # 4
Track Focus Group
Track Length 5:11
Song Title Build Me Up Buttercup
BPM 130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue	
		Intro	2x8	Jog into a big circle	16	R			
0:16	A	Chorus 1	2x8	CIRCLE JOG Jog circle R x14, Run x4 to change direction (Arms: Swim)	16	R	Why do you build me	Jog right and swim your arms, Run 4 and change directions, pull the water to move the circle	
			2x8	Jog circle L x14, Run x4 to face center circle	16	L	I need you	Jog and travel	
0:47	B	Verse 1	4x8	JACK AND PUSH JJ (Arms: Regular jack arms x1, Push x1)	8		I'll be over at ten	Jack and push, big rebound, move the water to the center of the circle	
1:18	C	Bridge 1	1x8	TUCK JUMP IN Tuck jump x4 TVL into circle (Arms: Scoop front)	4		Instrumental	Tuck and scoop, travel into center of circle	
			1x8	Single leg Pike lift x4 TVL out of circle (Arms: Scoop back)	4		Instrumental	Lift one leg in pike, drop your bottom, travel back	
			1x8	Tuck jump TVL into circle (Arms: Scoop front)	4		Hey, Hey, Hey	Tuck jump in again	
			1x8	Pike jump x4 TVL out of circle (Arms: Push)	4		I'll be home	Scoop back with 1 leg up	
1:49	A	Chorus 2	4x8	CIRCLE JOG	1	R	Why do you build me	Jog and move, core, back	
2:19	B	Verse 2	4x8	JACK AND PUSH	1		You were my toy	Jack, chest, outer/inner thighs	
2:50	C	Bridge 2	4x8	TUCK JUMP IN	1		Instrumental	Tuck, squeeze core, lift legs	
3:20	A	Chorus 3	4x8	CIRCLE JOG	1	R	Why do you build me	Jog, make the circle bigger!	
3:51	B	Verse 3	4x8	JACK AND PUSH	1		I'll be over at ten	Bigger push in, move the water	
4:22	C	Bridge 3	4x8	TUCK JUMP IN	1		Instrumental	Tuck, pull into the middle	
4:53	B	Chorus 4	4x8	CIRCLE JOG	1	R	Why do you build me	Jog, don't let me down	
		Finish		Wide stance, push in					
C1	V1	B1	C2	V2	B2	C3	V3	B3	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.

Choreography Notes

Track # 5
Track Focus Anchored
Track Length 5:12
Song Title Gloria
BPM 130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue	
		Intro	2x8	JJ	8				
0:16	A	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	B	Chorus 1	4x8	JOG AND FLICK Jog/flick kick	16	R	Gloria, I think they	Jog flick kick	
1:18	C	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	A	Verse 2	4x8	SLIDE AROUND THE WORLD	1	R	Gloria, how's it gonna	Slide, inner/outer thighs	
2:20	B	Chorus 2	4x8	JOG AND FLICK	1	R	Gloria, I think they	Jog & flick, quad	
2:50	C	Bridge 2	4x8	JOG	1	R	Instrumental	Jog, spell "LOVE"	
3:22	A	Verse 3	4x8	SLIDE AROUND THE WORLD	1	R	Gloria, you're always	Slide, Bigger and feel it	
3:52	B	Chorus 3	4x8	JOG AND FLICK	1	R	Gloria, I think they	Jog & flick, toes to the surface	
4:23	C	Bridge 3	4x8	JOG	1	R	Instrumental	Jog, spell "YOU"	
4:53	B	Chorus 4	4x8	JOG AND FLICK	1	R	Gloria, I think they	Great brain training	
		Finish		Wide stance, heart hands					
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

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!

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

Choreography Notes

Track # 6
Track Focus Toning
Track Length 4:41
Song Title Under the Boardwalk
BPM 130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue									
		Intro	2x8	Noodle in front. 1" under water													
0:17	A	Verse 1	4x8	PASS AND CURL ALT noodle pass, biceps curl, extend	8	R	Oh, when the sun	Pass in front, elbow out on curl, noodle stays under water									
0:47	B	Chorus 1	4x8	JACK SQUEEZE JJ (Arms: squeeze noodle in reverse U shape)	16		Under the boardwalk	Big noodle squeeze! Flatten & bring hands together in center									
	C	Bridge 1	4x8	JOG HEEL PUSH SSD Jog heel (Arms: SSD push and lift noodle)	8	R	Out of the sun	Jog heel, single, single, double, big push down									
1:49	A	Verse 2	4x8	PASS AND CURL	1	R	Oh, when the sun	Biceps, core tight									
2:19	B	Chorus 2	4x8	JACK SQUEEZE	1		Under the boardwalk	Inner/outer thighs, Lats									
2:50	C	Bridge 2	4x8	JOG HEEL PUSH	1	R	Out of the sun	Hamstrings, glutes, biceps/triceps									
3:21	A	Verse 3	4x8	PASS AND CURL	1	R	Oh, when the sun	Pass and curl, big ROM									
3:52	B	Chorus 3	4x8	JACK SQUEEZE	1		Under the boardwalk	Jack, bigger rebound & squeeze									
4:23	C	Bridge 3	4x8	JOG HEEL PUSH	1	R	Out of the sun	Jog heel, time to sing along!									
		Finish		Wide stance, noodle push down													
V1		C1		B1		V2		C2		B2		V3		C3		B3	

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

Choreography Notes

Track # 7
Track Focus Core
Track Length 4:30
Song Title (Your Love Keeps Lifting Me) Higher and Higher
BPM 130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue									
			2x8	Noodle behind back													
0:16	A	Verse 1	4x8	TUCK AND TAP Tuck/ALT angled toe tap down	16	R	Now once I was	Chest lifted, work on an angle									
0:47	B	Chorus 1	4x8	LEG LIFT HIGHER Reverse plank, leg lifts gradually getting higher (Arms: push back with leg lift)	16	R	Your love keeps	Reverse plank, leg lift and crunch, push arms behind you as you lift leg									
1:15	C	Bridge 1	4x8	SUSPENDED CROSS COUNTRY CC SUSP	32	R	Instrumental	Suspended cross country, core tight to keep legs suspended									
1:49	A	Verse 2	4x8	TUCK AND TAP	1	R	When you whip	Tuck and touch, rectus abdominis, obliques									
2:19	B	Chorus 2	4x8	LEG LIFT HIGHER	1	R	Your love keeps	Leg lift, stabilize the core with every leg lift									
2:50	C	Bridge 2	4x8	SUSPENDED CROSS COUNTRY	1	R	Instrumental	Suspended cross country, abdominals									
3:21	A	Verse 3	4x8	TUCK AND TAP	1	R	Now once I was	Bigger tuck, smaller tap									
3:52	B	Chorus 3	4x8	LEG LIFT HIGHER	1	R	Your love keeps	Lean back, crunch, leg higher									
4:24	C	Bridge 3	4x8	SUSPENDED CROSS COUNTRY	1	R	Instrumental	Cross country, reach legs further and further									
4:48				Tuck and hold													
V1		C1		B1		V2		C2		B2		V3		C3		B3	

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!

Choreography Notes

Track # 8
Track Focus Flexibility
Track Length 4:18
Song Title I Put A Spell On You
BPM n/a

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue					
			2x8	Sway	8	R							
0:22	A	Chorus 1	1x8	CAST A SPELL ROTATION Lunge R 1-4, Lunge L 5-8 (Arms: Sweep arms, R 1-4, L 5-8)	1	R	I put a spell on you	Cast a spell, emphasize mobility of the entire body!					
			1x8	Shoulder roll B 1-2, elbow roll B 3-4, full arm roll B into spinal rotation 5-8	1	R	Because you're mine	Lunge and roll shoulder back					
			1x8	Lunge L 1-4, Lunge R 5-8 (Arms: Sweep arms, L 1-4, R 5-8)	1	L	I put a spell on you	Cast a spell the other way					
			1x8	Shoulder roll B 1-2, elbow roll B 3-4, full arm roll B into spinal rotation 5-8	1	L	Cause you're mine	Roll shoulder back					
1:02	B	Verse 1	1x8	OPEN CHEST AND LIFT Open chest 1-4, quad stretch 5-8	1	R	Because your mine	Open chest, quad stretch					
			1x8	Warrior 3, sweep back and extend arms	1	R	Tell you I ain't lyin'	Warrior 3, arms open					
			1x8	Open chest 1-4, quad stretch 5-8	1	L	You know I can't	Other side, roll shoulders back					
			1x8	Warrior 3, sweep back and extend arms	1	L	I can't stand it	Warrior 3, sweep arms open					
1:44	C	Bridge 1	1x8	WARRIOR HUG Warrior 2 1-4, Reverse Warrior 5-8	1	R	Instrumental	Warrior 2, reverse warrior, watch hand					
			1x8	Warrior 2 1-4, step in (hug and sway hips)	1	R	Instrumental	Warrior 2 again, big hug					
			1x8	Warrior 2 1-4, Reverse Warrior 5-8	1	L	Instrumental	Other way, flip palm					
			1x8	Warrior 2 1-4, step in (hug and sway hips)	1	L	Instrumental	Warrior 2 again, big hug					
2:24	A	Chorus 2	4x8	CAST A SPELL ROTATION	1	R	I put a spell on you	Cast a spell, stretch through the shoulders, sink deeper in lunge					
3:05	B	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	C	Bridge 2	4x8	WARRIOR HUG	1	R	Instrumental	Warrior 2, big lunge to open inner thigh					
4:26	B	Chorus 3	4x8	CAST A SPELL ROTATION	1	R	I put a spell on you	Cast one more spell, big ROM					
				Step together, cast a spell									
C1		V1		B1		C2		V2		B2		C3	

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



























Choreography Notes

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

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue	
		Intro		Jog	16	R			
0:16	A	Verse 1	1x8	RUN 8 ROCK Run TVL Rx8, Rocking horse F/B/F flip turn	1	R	Highway run	Run for 8, rocking horse front back front and flip	
			1x8	Run TVL Lx8, Rocking horse F/B/F flip turn	1	L	The wheels go	Run left 8, rocking horse	
			1x8	Run TVL Rx8, Rocking horse F/B/F flip turn	1	R	Restless hearts	Do the same thing again right	
			1x8	Run TVL Lx8, Rocking horse F/B/F flip turn	1	L	I'm sending all me	Run for 8	
0:47	B	Chorus 1	4x8	DOUBLE JOG A-OKAY DBL jog (Arms: DBL push down/ hands up w/ okay fingers)	16	R	They say that the	Double knees up, A-Okay is intended to emphasize manual dexterity	
1:18	C	Bridge 1	4x8	PENDULUM SSD pendulum	8	R	Instrumental	Pendulum, single, single, double, legs meet in the middle	
1:48	A	Verse 2	4x8	RUN 8 ROCK	1	R	Circus life	Run, quads, hamstrings	
2:19	B	Chorus 2	4x8	DOUBLE JOG A-OKAY	1	R	And being apart	Double jog, lift knee w/ the core	
2:50	C	Bridge 2	4x8	PENDULUM	1	R	Instrumental	Pendulum, inner/outer thigh, oblique	
3:22	A	Verse 3	4x8	RUN 8 ROCK	1	R	Highway run	Run, big travel, more white water	
3:52	B	Chorus 3	4x8	DOUBLE JOG A-OKAY	1	R	They say that the	You're A-Okay	
4:23	C	Bridge 3	4x8	PENDULUM	1	R	Instrumental	Single single double pendulum	
4:56	C	Bridge 4	4x8	PENDULUM	1	R	Whoa, whoa	Allow the pendulum to get bigger and bigger	
		Finish		Wide stance, A-okay hands up					
V1	C1	B1	V2	C2	B2	V3	C3	B3	B4

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

ASL CHART

Aa 	Bb 	Cc 	Dd 	Ee 	Ff 	Gg 
Hh 	Ii 	Jj 	Kk 	Ll 	Mm 	Nn 
Oo 	Pp 	Qq 	Rr 	Ss 	Tt 	Uu 
Vv 	Ww 	Xx 	Yy 	Zz 		

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

All Recordings Property of THE SAIFAM GROUP under license to Yes! Fitness Music

© 2018 SCW Fitness Education
3675 Commercial Avenue
Northbrook, IL 60062

The choreography, images, and DVD material contained herein are the exclusive property of SCW Fitness Education who reserves all rights to public performance, distribution and licensing. These materials are produced singularly for licensed facilities and certified presenters who maintain licensure and the right to present WATERinMOTION® in their facilities by complying with the terms of the licensure and instructor agreements. Any unauthorized duplication, distribution, broadcasting, public performance, copying or re-recording of this audio and/or visual materials in any manner is strictly prohibited. Not for resale.

All Recordings Property of THE SAIFAM GROUP under license to Yes! Fitness Music