

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

*wave* (17)

*Water*  
**WORKS!**



# WATERinMOTION® 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*	TYPE	TIME	BPM
1	Shake Your Body (Down To The Ground)	The Jacksons	Warm Up	5:26	126
2	Shake Up The Party	Joy Enriquez	Linear	5:17	130
3	Got To Give It Up	Marvin Gaye	Balance	5:17	130
4	No Excuses	Meghan Trainor	Group	5:17	130
5	I Wish	Stevie Wonder	Anchored	4:47	130
6	Celebration	Kool & The Gang	Toning	4:46	130
7	You Make Me Feel (Mighty Real)	Sylvester	Core	3:27	130
8	Take On Me	A-Ha	Flexibility	5:16	90
9	Lost In Love	Air Supply	Bonus (Flotation)	5:16	130
10	Signed, Sealed, Delivered (I'm Yours)	Stevie Wonder	Bonus (Deep Water)	6:15	109

\*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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**Education Author:** Connie Warasila

**Education Presenter:** Connie Warasila

**Music:** Yes! Fitness Music®

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

# Abbreviation Key



**\*\*Use the following, if needed, to decode the choreography notes listed on the following pages:**

OPP ..... Opposite

B ..... Back

ALT ..... Alternating

DBL ..... Double

CC ..... Cross Country

SSD ..... Single – Single – Double

L ..... Left

TVL ..... Travel

R ..... Right

F ..... Forward

JJ ..... Jumping Jack

**Color Code:**  Verse  Chorus  Bridge





WATERinMOTION® 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 5:26  
 Song Title Shake Your Body  
 BPM 126

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue
		Intro	2x8	Jog				
0:16	A	Chorus 1	4x8	RUN 3 & WIDE JOG 2 Run x3 R. Wide Jog x2 (Arms: Alt punch front, cross in front over knee)	16	R	Let's dance, let's shout, shake your body down	3 runs, 2 wide jogs, high knees, rebound
0:46	B	Verse 1	1x8	ROCKING HORSE 4 DIAG Rocking Horse x4, swing through, turn L	1	R	I don't know what's going to happen to	Rocking horse 4, use hands
			1x8	DIAG Rocking Horse x4, swing through, turn R	1	L	I walk around the	Change directions
			1x8	DIAG Rocking Horse x4, swing through, turn L	1	R	You tease me	Swing knee through to change
			1x8	DIAG Rocking Horse x4, swing through, turn R	1	L	I walk around the	Big knee in front, heel in back
1:17	C	Bridge 1	4x8	JOG HEEL PUNCH HAND Jog Heel (Arms: fingers spread, Punch into OPP Hand,)	32	R	Instrumental bridge "...woohh"	Jog heel, push front, spread fin- gers, punch into hand
1:47	A	Chorus 2	4x8	RUN 3 & WIDE JOG 2	1	R	Let's dance	Run 3 then wide, shoulders
2:17	B	Verse 2	4x8	ROCKING HORSE 4	1		I don't know what's	Rocking horse 4, chest and lats, hamstrings, glutes
2:48	C	Bridge 2	4x8	JOG HEEL PUNCH HAND	1	R	Instrumental	Jog heel, open hands, chest, glutes, hamstrings
3:18	A	Chorus 3	4x8	RUN 3 & WIDE JOG 2	1	R	Let's dance	Run 3, now shout!
3:49	B	Verse 3	4x8	ROCKING HORSE 4	1		I don't know what's	Rocking horse, angled, attack the water, I can see it moving
4:19	C	Bridge 3	4x8	JOG HEEL PUNCH HAND	1	R	Instrumental	Jog heel, jump, move big
4:50	B	Chorus 4	4x8	RUN 3 & WIDE JOG 2	1		Let's dance	Dance and Shout
		Finish		Land wide, sweep arms across				

C1	V1	B1	C2	V2	B2	C3	V3	B3	C4
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Trainer's Notes: Along with big lower body movements, use upper body movements to fully warm up the cardio-respiratory system in addition to joints and muscles.

# Choreography Notes



Track # 2  
 Track Focus Linear  
 Track Length 5:17  
 Song Title Shake Up the Party  
 BPM 130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue
		Intro	2x8	JJ				
0:16	A	Verse 1	4x8	POWER JACK & ½ PENDULUM Power Jack, ½ Pendulum ALT R/L	8	R	I can see there's love on your mind	Power jack half pendulum, power jack both ways
0:45	B	Bridge 1	1x8	RUN FORWARD Run TVL F	16	R	Instrumental bridge	Run forward, come to me, pump your arms, lift your knees
			1x8	ALT Angle JJ R/L	4			Angled jacks
			1x8	Run TVL B	16	R		Run back, scooping arms
			1x8	ALT Angle JJ R/L	4			4 angled jacks
1:14	C	Chorus 1	4x8	JUMP FRONT BACK 3 Jump F/B x3, Fast JJ x2	4	R	Shake-shake, shake-shake your party	Jump front and back, 2 fast jacks, push your hips front
1:45	A	Verse 2	4x8	POWER JACK & ½ PENDULUM	1	R	I can see there's love	Power Jack, inner and outer thighs, shoulders
2:14	B	Bridge 2	4x8	RUN FORWARD	1	R	Instrumental bridge	Run forward, hip flexors, inner and outer thighs
2:44	C	Chorus 2	4x8	JUMP FRONT BACK 3	1	R	Shake-shake, shake	Jump front and back, core
3:13	A	Verse 3	4x8	POWER JACK & ½ PENDULUM	1	R	I can see there's love	Power jack, higher knees
3:43	B	Bridge 3	4x8	RUN FORWARD	1	R	Instrumental bridge	Run, lift your knee
4:12	C	Chorus 3	4x8	JUMP FRONT BACK 3	1	R	Shake-shake, shake	Jump front and back, shake it!
4:42	B	Bridge 4	4x8	RUN FORWARD	1	R	Instrumental bridge	Run forward, this is the finale
		Finish		Land wide				

V1	B1	C1	V2	B2	C2	V3	B3	C3	B4
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Trainer's Notes: Introduce ways to have fun in this track. Adding your own style on the run boost the students' enjoyment factor.

# Choreography Notes



Track # 3  
 Track Focus Balance  
 Track Length 5:17  
 Song Title Got to Give It Up  
 BPM 130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue
		Intro	2x8	Wide jog	16			
0:16	A	Verse 1	2x8	IN STEP SWEEP Wide jog (Arms: ALT Heel Touch)	16	R	I used to go out to parties, and stand...	In step sweep, lift knee up, reach across, cross mid-line
			2x8	Wide Jog heel (Arms: Reach B to OPP Heel)	16	R	But my body yearned to be free...	Reach behind to your opposite heel
0:45	B	Chorus 1	1x8	RUN & HOP Run R x5, Hop x2, Leg Circle Balance x2	1	R	Move your body, ooo baby, you dance all...	Run 4, hold and sweep leg around
			1x8	Run L x5 Hop x2 / Leg Circle Balance x2	1	L	Do the groovin'	Run to the other side
			1x8	Run R x5, Hop x2, Leg Circle Balance x2	1	R	Baby just come in	Run side
			1x8	Run L x5 Hop x2 / Leg Circle Balance x2	1	L	Let me step in	Last time
1:15	C	Bridge 1	4x8	LEAP CROSS CURL Leap R, Leg Cross, ABD Leg, Curl Leap L, Leg Cross, ABD Leg, Curl	4	R/L	Move it up Turn it around Shake it down...	Leap, sweep front, side, back, big rebound
1:44	A	Verse 2	4x8	IN STEP SWEEP	1	R	No more standing	In step sweep, inner thigh
2:13	B	Chorus 2	4x8	RUN & HOP	1	R	Move your body, ooo	Run 4, 2 leaps, sweep around, hip mobility, core
2:43	C	Bridge 2	4x8	LEAP CROSS CURL	1	R	Move it up	Big leap, all muscles
3:13	A	Verse 3	4x8	IN STEP SWEEP	1	R	You can love me	In step sweep, cross more
3:43	B	Chorus 3	4x8	RUN & HOP	1	R	Move your body, ooo	Run 4, get a little sassy
4:12	C	Bridge 3	4x8	LEAP CROSS CURL	1	R	Move it up	Big high leap, I see long lines
4:42	B	Chorus 4	4x8	RUN & HOP	1	R	Move your body, ooo	Run, let loose
		Finish		Land wide				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Notes: Each block in this track offers its own unique balance challenge. Remind students to focus on improving their balance by pushing their limits in the safe environment of the pool.



# Choreography Notes



Track # 4  
 Track Focus Group  
 Track Length 5:17  
 Song Title No Excuses  
 BPM 130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue											
		Intro	2x8	JJ, form two lines facing F	8														
0:16	A	Verse 1	1x8	JACK TWO LINES JJ	4		What you sippin' on that got you talking...	Jack, rebound											
			1x8	JJ TVL Change lines	4		Why you acting	Switch lines for 4											
			1x8	JJ	4		What you sippin' on...	Hold here for 4											
			1x8	JJ TVL Change lines	4		Why you acting	Switch again											
0:47	B	Chorus 1	1x8	CROSS COUNTRY FACE IN CC	8	R	Have you lost your mind?	Cross country, face each other, rebound											
			1x8	CC, TVL F	8	R	Have you lost your	Move closer, no crossing											
			1x8	CC (Arms: High 5)	8	R	Someone else, you must've	High 5, 4 times											
			1x8	CC, TVL B	8	R	No excuses	Travel back											
1:18	C	Bridge 1	1x8	JUMP ROPE Jump Rope	8		Instrumental	Jump rope, reform our lines											
			1x8	Jump Rope, Face F	8			Face front											
			2x8	Moguls R/L	8	R	Instrumental	Change to a mogul, lateral travel											
1:49	A	Verse 2	4x8	JACK TWO LINES	1		What you sippin' on	Jack, inner and outer thighs											
2:19	B	Chorus 2	4x8	CROSS COUNTRY FACE IN	1	R	Have you lost your	Cross country face in, glutes											
2:50	C	Bridge 2	4x8	JUMP THE ROPE & MOGULS TUCKS	1		Instrumental	Jump rope, shoulders, legs											
3:20	A	Verse 3	4x8	JACK TWO LINES	1		What you sippin' on	Jack, squeeze in, big round											
3:51	B	Chorus 3	4x8	CROSS COUNTRY FACE IN	1	R	Have you lost your	Cross country, check each other out											
4:22	C	Bridge 3	4x8	JUMP THE ROPE & MOGULS TUCKS	1		Instrumental	Jump rope, I like these waves											
4:53	B	Chorus 4	4x8	CROSS COUNTRY FACE IN	1	R	Have you lost your	Cross country, show me your rebound, get close, party											
		Finish		Land wide															
V1		C1		B1		V2		C2		B2		V3		C3		B3		C4	

Trainer's Notes: Social interaction is a major key factor in maintaining mental health as we age. Encourage all of your students to participate at whatever level they feel most comfortable but stress the importance of interacting with others.

# Choreography Notes



Track # 5  
 Track Focus Anchored  
 Track Length 5:17  
 Song Title I Wish  
 BPM 130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue
		Intro	2x8	Neutral JJ	8			
0:16	A	Verse 1	4x8	NEUTRAL JACK & FAST JACK Neutral JJ x2; Triple Fast JJ x2 (Out/in/out-in/out/in)	4		Looking back on when I, was a little nappy headed boy...	2 neutral jacks, 2 syncopated fast jacks
0:45	B	Chorus 1	1x8	STOMP Stomp F/B x2, Kick F/B x2	1	R	I wish those days	Stomp, 4 to the ground, now kick
			1x8	Double kick x2 F/B, Sweep leg around	1	R	I wish those days	Double, freeze and swing leg around
			1x8	Stomp F/B x2, Kick F/B x2	1	L	I wish those days	Other leg, stop
			1x8	Double kick x2 F/B, Sweep leg around	1	L	I wish those days	
1:18	C	Bridge 1	4x8	KARATE KICK SIDE ALT Karate Kick Side <b>NEUROPLASTICITY DRILL*</b> Spelling Game: S I D E K I C K F/B	32	R	Instrumental	Side kick, Neuroplasticity time, spell "SIDE"
1:48	A	Verse 2	4x8	NEUTRAL JACK & FAST JACK	1	R	Brother says he's tellin'	Neutral jack, out in out, inner outer thighs
2:20	B	Chorus 2	4x8	STOMP	1	R	I wish those days	Stomp here, quads and glutes
2:50	C	Bridge 2	4x8	KARATE SIDE KICK	1	R	Instrumental	Side kick, your word is "KICK"
3:22	A	Verse 3	4x8	NEUTRAL JACK & FAST JACK	1	R	Looking back on	Neutral jack, all the way in
3:52	B	Chorus 3	4x8	STOMP	1	R	I wish those days	Stomp, more force, move water
4:23	C	Bridge 3	4x8	KARATE SIDE KICK	1	R	Instrumental	Karate kick, "SIDE KICK"
4:53	B	Chorus 4	4x8	STOMP	1	R	I wish those days	Stomp, mean it!
		Finish		Victory arms, stand				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Note: Educate your students on bracing their core muscles to stabilize while they stomp and kick.

# Choreography Notes



Track # 6  
 Track Focus Toning  
 Track Length 4:42  
 Song Title Celebration  
 BPM 130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue
		Intro	2x8	Stand tall, prepare to begin			Celebrate	
0:17	A	Verse 1	2x8	BREAST STROKE & HIP Arms: Breast Stroke, Leg: Hip Ext.	8	R	It's a Party, it's time to get a move on	Breast stroke, lengthen your leg, thumbs up
			2x8	Arms: Close Chest Stroke, Leg: Hip Ext.	8	L	Celebration	Chest stroke with hip extension
0:47	B	Chorus 1	2x8	BICEPS & TRICEPS Neutral Stance, Heel Forward ALT Elbows Flex & Ext. (Slow, x2, Fast x4)	16	R	Dance! Dance! You'll have a good time	Triceps and Biceps, slow 2, fast 4
			2x8	Neutral Stance, Heel Forward ALT Elbows Flex & Ext. (Slow, x2, Fast x4)	16	L	Celebrate good times	Change heels, anchor down
	C	Bridge 1	2x8	PASSÉ & SHOULDERS Leg Bend, Kick, ADD (Arms: ABD/ADD)	4	R	Celebrate good times, Come on	Passe', lift, extend, sweep down
			2x8	Leg Bend, Kick, ADD (Arms: ABD/ADD)	4	L	Celebrate good times	Other side, explode, heels together
1:49	A	Verse 2	4x8	BREAST STROKE & HIP	8	R	There's a party	Hip extension, breast stroke, glutes and back, now chest
2:19	B	Chorus 2	4x8	BICEPS & TRICEPS	16		Dance! Dance!	Triceps and biceps, front and back of arms, anchor heel down
2:50	C	Bridge 2	4x8	PASSÉ & SHOULDERS	8	R	Celebrate good	Passe' and shoulders, point toe, quad, shoulders
3:21	A	Verse 3	4x8	BREAST STROKE & HIP	8	R	It's a Party, it's time	Hip extension, tall posture
3:52	B	Chorus 3	4x8	BICEPS & TRICEPS	16		Dance! Dance!	Triceps & biceps, concentrate on core
4:23	C	Bridge 3	4x8	PASSÉ & SHOULDERS	8	R	Celebrate good	Passe' and shoulder, show me your pull
		Finish		1 <sup>st</sup> position hold				

V1	C1	B1	V2	C2	B2	V3	C3	B3
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Trainer's Notes: Rely on hand and foot position to progress or regress movements and intensity depending on your students' needs.

# Choreography Notes



Track # 7  
 Track Focus Core  
 Track Length 4:47  
 Song Title You Make Me Feel  
 BPM 130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue		
			2x8	Noodle behind back, lounge chair supine position with legs together						
0:16	A	Verse 1	2x8	TOE HEEL CRUNCH Dorsi flex feet, L heel over R foot toes, crunch	8	R	When we're up an' dancing	Toe heel crunch, legs still, crunch from the middle		
			2x8	Dorsi flex feet, R heel over L foot toes, crunch	8	L	Feel mighty real	Switch legs		
0:47	B	Chorus 1	4x8	V-LEGS & HIP TWIST Open/close legs; feet together hip twist R Open/close legs; feet together hip twist L (OPT: Scissor legs on twist)	16	R	Oh, you make me feel, mighty real. You make me feel	V leg and hip twist, option to open the twist to a scissor leg		
1:15	C	Bridge 1	4x8	JACK & SKATEBOARD Neutral JJ, tuck heels up R Neutral JJ, tuck heels up L	4	R	Instrumental	Neutral jack and a skateboard, push off the bottom of the pool		
1:49	A	Verse 2	4x8	TOE HEEL CRUNCH	1	R	When we're up an'	Toe heel crunch, hip hip hooray, core		
2:19	B	Chorus 2	4x8	V- LEGS & HIP TWIST	1	R	Oh, You make me	V legs and twist, obliques		
2:50	C	Bridge 2	4x8	JACK & SKATEBOARD	1	R	Instrumental	Neutral jack, skateboard, obliques		
3:21	A	Verse 3	4x8	TOE HEEL CRUNCH	1	R	When we're up an'	Toe heel crunch, check your alignment, accordion mid-section		
3:52	B	Chorus 3	4x8	V-LEGS & HIP TWIST	1	R	Oh, You make me	V leg & twist, pick the best for you		
4:24	C	Bridge 3	4x8	JACK & SKATEBOARD	1	R	Instrumental	Slide out, skateboard		
4:48				Stand, push noodle down						
		V1	C1	B1	V2	C2	B2	V3	C3	B3

Trainer's Notes: Proper body alignment and set-up before the movement will help your students be successful.

# Choreography Notes



Track # 8  
 Track Focus Flexibility  
 Track Length 4:06  
 Song Title Take On Me  
 BPM 90

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue
			2x8	Shoulder Rolls	8	R		
0:22	A	Verse 1	1x8	OPEN CHEST CALF STRETCH Open chest & calf stretch 1-4, arm up 5-8	1	R	We're talking away I don't know what	Open the chest
			1x8	Arm overhead/lateral flexion 1-4, Torso up and wavy hand across the face 5-8	1	R		One hand over
			1x8	Open chest & calf stretch 1-4, arm up 5-8	1	L	But I'll be stumbling	Open chest, calf stretch
			1x8	Arm overhead/lateral flexion 1-4, Torso up and wavy hand across the face 5-8	1	L		Overhead
1:02	B	Chorus 1	1x8	RIGHT KNEE UP HAMSTRING STRETCH R Knee up 1-2, extend 3-4, Plantar/Dorsi flexion and ankle circles x1, 5-8	1	R	Take On Me, Take me On	Knee up, hamstring stretch
			1x8	Heel on the floor; Arms: Sweep and reach F/B	1	R		Deep hamstring stretch
			1x8	R Heel up, Quad stretch	1	R	Instrumental	Knee up, quad stretch
			1x8	Cross R leg back: Hip flexor opening Arms: R arm reach overhead and over L side	1	R		Lunge back
1:44	C	Bridge 1	1x8	LEFT KNEE UP HAMSTRING STRETCH L Knee up 1-2, extend 3-4, Plantar/Dorsi flexion and ankle circles x1, 5-8	1	L	Instrumental	Knee up, hamstring stretch
			1x8	Heel on the floor; Arms: Sweep and reach F/B	1	L		Deep hamstring stretch
			1x8	L Heel up, Quad stretch	1	L	Instrumental	Knee up, quad stretch
			1x8	Cross L leg back: Hip flexor opening Arms: L arm reach overhead and over R side	1	L		Leg back
2:24	A	Verse 2	4x8	OPEN CHEST CALF STRETCH	1	R	We're talking away	Calf stretch, balance challenge
3:05	B	Chorus 2	4x8	RIGHT KNEE UP HAMSTRING STRETCH	1	R	Take on Me	Knee up, extend
3:46	C	Bridge 2	4x8	LEFT KNEE UP HAMSTRING STRETCH	1	R	Instrumental	Other knee up, extend
2:24	A	Verse 2	4x8	OPEN CHEST CALF STRETCH	1	R	We're talking away	Open your chest, leg back
3:05	B	Chorus 2	4x8	RIGHT KNEE UP HAMSTRING STRETCH	1	R	Take on Me	Knee up, good torso stretch
3:46	C	Bridge 2	4x8	LEFT KNEE UP HAMSTRING STRETCH	1	R	Instrumental	Last time
				Stand tall, arms open				

V1	C1	B1	V2	C2	B2	V3	C3	B3
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Trainer's Notes: Use cues that elicit visions of relaxation, like referring to the ocean.

# Choreography Notes



Track # BONUS  
 Track Focus Cardio  
 Track Length 5:17  
 Song Title Lost In Love  
 BPM 130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue
		Intro		Pendulum	16	R		
0:16	A	Verse 1	4x8	PENDULUMS & REACH Pendulum x4, Kick B x4 Arms: side to side, reach F	4	R	I realize the best part of love is the thinnest slice and it don't ...	Pendulum 4, kick back 4, reach forward
0:47	B	Bridge 1	1x8	LEAP & TUCK JUMP DIAG Leap R x3, Jump Tuck Jump	1	R	You know you can't fool me, I've been	Leap diagonal, thumbs up
			1x8	DIAG Leap L x3, Jump Tuck Jump	1	L	You know you can't	Other way
			2x8	Kicks, TVL B	16	R	It started so easy	Kick, travel back
1:18	C	Chorus 1	1x8	DOUBLE SIDE LEAP Side Leap R x1, Side Leap Hop x1, Run L x8	1	R	Lost in love and I don't know much	Side leap 2, run
			1x8	Side Leap L x1, Side Leap Hop x1, Run R x8	1	L	Back on my feet	Other side
			1x8	Side Leap R x1, Side Leap Hop x1, Run L x8	1	R	instrumental	Again right
			1x8	Side Leap L x1, Side Leap Hop x1, Run R x8	1	L	instrumental	Finish to the left
1:48	A	Verse 2	4x8	PENDULUMS & REACH	1	R	I realize the best part	Pendulum 4, reach for the stars
2:19	B	Bridge 2	4x8	LEAP & TUCK JUMP	1	R	You know you can't	Side leap 3, tuck jump, quads
2:50	C	Chorus 2	4x8	DOUBLE SIDE LEAP	1	R	Lost in love and I	2 leap with a scoop, run, glutes
3:22	A	Verse 3	4x8	PENDULUMS & REACH	1	R	I realize the best part	4 pendulums, reach and kick, reach out and pull in
3:52	B	Bridge 3	4x8	LEAP & TUCK JUMP	1	R	You know you can't	Leap diagonal, carry on!
4:23	C	Chorus 3	4x8	DOUBLE SIDE LEAP	1	R	Lost in love and I	2 leaps, we're not lost, more travel
4:56	C	Chorus 4	4x8	DOUBLE SIDE LEAP	1	R	Lost in love and I	One more time, finish strong
		Finish		Land wide reach for the stars				

V1	B1	C1	V2	B2	C2	V3	B3	C3	C4
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Trainer's Notes: Refer to the lyrics to connect the moves with the music and create a memorable experience.

# Choreography Notes



**Track #** DEEP BONUS  
**Track Focus** Deep Water Training  
**Track Length** 6:16  
**Song Title** Signed, Sealed, Delivered  
**BPM** 109

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type									
		Intro	2 x 8	Get into position. Noodle in between legs and Run													
0:19	A	Verse 1	1 x 8	RUN TRAVEL Run, R Arm Chest stroke in, TVL R	16	R	Like a fool I went and stayed too long	Run, pull yourself sideways									
			1 x 8	JJ out, Tuck in	8			Jack and tuck									
			1 x 8	Run, L Arm Chest stroke in, TVL L	16	L	Then that time I went	Run, pull left, stabilize									
			1 x 8	JJ out, Tuck in	8		Yours	Jack and tuck									
0:54	B	Chorus 1	4 x 8	CHAIR SIT KICKS ALT Seated kick (Arms: Bilateral biceps curl & triceps ext) OPT: land speed	32	R	Baby, signed, sealed	Table top legs, kick and pull, arms down and curl									
1:30	C	Bridge 1	2 x 8	CROSS COUNTRY SKI CC	16	R	I've done a lot of	Cross country, open hip flexors, make it long									
			2 x 8	CC & Tuck	16	R	That I really didn't	Add power with a tuck									
2:05	A	Verse 2	4 x 8	JOG TRAVEL	1	R	Seen a lot of things	Run, pull side									
2:40	B	Chorus 2	4 x 8	CHAIR SIT KICKS	1	R	Baby, signed, sealed	Table top knee extension, biceps, triceps, quads, hamstrings									
3:15	C	Bridge 2	4 x 8	CROSS COUNTRY SKI	1	R	I've done a lot of	Cross country ski, release hip flexors									
3:51	A	Verse 3	4 x 8	JOG TRAVEL	1	R	Ain't a lot of things	Run and reach									
4:26	B	Chorus 3	4 x 8	CHAIR SIT KICKS	1	R	Baby, signed, sealed	Chair sit kicks, add speed									
5:01	C	Bridge 3	4 x 8	CROSS COUNTRY SKI	1	R	I've done a lot of	Cross country, push the power with the tuck									
5:37	B	Chorus 4	4 x 8	CHAIR SIT KICKS	1	R	Baby, signed, sealed	Kick, biceps and triceps									
		Finish	1 x 1	Sit and skull													
V1		C1		B1		V2		C2		B2		V3		C3		B3	

Trainer's Tip: Make sure to instruct students to travel into truly deep water so that there is no risk of hitting the pool bottom.

# Music Credits



**WATERinMOTION® Platinum 17 -YES2196-2**  
Yes! Fitness Music

## Songs Courtesy Of:

Shake Your Body (Down To The Ground) ~ Written by: M. Jackson ; Published by: Copyright Control

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Got To Give It Up ~ Written by: M. Gaye ; Published by: Emi Songs, April Music

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I Wish ~ Written by: Wonder ; Published by: Black Bull Music, Jobete Music

Celebration ~ Written by: R. Bell ; Published by: Universal Music Italia Srl

You Make Me Feel (Mighty Real) ~ Written by: James, J. Werrick ; Published by: Bmg Publishing

Take On Me ~ Written by: P. Waaktaar, Harket, Furuholmen ; Published by: Sony Atv Songs Llc

Lost In Love ~ Written by: G. Russell ; Published by: Careers, Bmg Music Publishing Inc.

Signed, Sealed, Delivered (I'M Yours) ~ Written by: Garrett, S. Wonder, S. Wright, Hardaway ; Published by: Jobete Music, Black Bull Music

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