

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

**wave** *(18)*



*Every Day Active!*

# 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	Let's Groove	Earth, Wind & Fire	Warm Up	5:19	126
2	I Need To Know	Marc Anthony	Linear	5:17	130
3	Ring My Bell	Anita Ward	Balance	5:19	130
4	My Love Is Your Love	Whitney Houston	Group	5:17	130
5	Drive My Car	the Beatles	Anchored	5:15	130
6	If You Could Read My Mind	Obscure	Toning	4:47	130
7	Forever Young	Rod Stewart	Core	4:46	130
8	To Love Somebody	Bee Gees	Flexibility	4:07	90
9	And The Beat Goes On	The Whispers	Bonus (Flotation)	5:17	130
10	Dance To The Music	Sly And The Family Stone	Bonus (Deep Water)	5:16	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



# About WATERinMOTION® 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.

# Choreography Notes



Track # 1  
 Track Focus Warm up  
 Track Length 4:49  
 Song Title Let's Groove  
 BPM 126

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue
		Intro	2x8	Run	32	R		Run
0:16	A	Chorus 1	4x8	RUN 5 & KICK Run x5. Soccer kick x1	16	R	Gonna tell you what you can do with my	High knees run, point toes soccer kick, open hand reach.
0:46	B	Verse 1	4x8	JACKS & MUSCLE ARMS JJ (Arms: Muscle, close, extend, curl)	1	R	Let's goove tonight up your fuse it's alright (alright) alright,	Rebound Jack. Muscle arms open and close elbows, extend arms, open and close hands.
1:17	C	Bridge 1	2x8	JOG HEEL 16 Jog Heel (Arms: Arms: Int/Ext Rotation)	16	R	You will find a piece of mind On the floor take a little time	Jog heel rebound, Arms sweep figure 8.
			2x8	DBL Jog Heel (Arms: Paddle Down, Paddle Up)	8	R		Double heel jog, Arms scoop and pull
1:47	A	Chorus 2	4x8	RUN 5 & KICK	1	R	Let me tell you	Muscle: cuads and hams stretch
2:17	B	Verse 2	4x8	JACKS & MUSCLE ARMS	1		Let's this groove	Back, chest, biceps, triceps
2:48	C	Bridge 2	4x8	JOG HEEL 16	1	R	You will find a piece	Rotator cuffs and shoulders
3:18	A	Chorus 3	4x8	RUN 5 & KICK	1	R	Gonna tell you	Knees higher and reach longer
3:49	B	Verse 3	4x8	JACKS & MUSCLE ARMS	1		Let's this groove	Big rebounding JJ, power arms
4:19	C	Bridge 3	4x8	JOG HEEL 16	1	R	You will find a piece	Figure 8 jog move more water
4:50	C	Bridge 4	4x8	JOG HEEL 16	1	R	You will find a piece	
		Finish		Wide stance, muscle arms				Wide stance muscle arms.

C1	V1	B1	C2	V2	B2	C3	V3	B3	B4
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Trainer's Notes: Give to your students lots of information about rebounding, joint action, range of motion and muscle engagement. Start with controlled movement and encourage them to increase range of motion by the end of the track.

# Choreography Notes



Track # 2  
 Track Focus Linear  
 Track Length 5:17  
 Song Title I Need to Know  
 BPM 130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue
		Intro	2x8	CC				Get that rebound
0:16	A	Verse 1	4x8	CROSS COUNTRY 3 TUCK CC x3, Tuck x1 (Arms: sweep across x3 & hold)	8	R	They say around the way you asked for	CC Ski and tuck, Arms paddle and fanning across side to side
0:45	B	Chorus 1	2x8	TRAVELING HORSES Rocking Horse, Rock FWD Knee lift TVL F	4	R	If It's true don't leave me all alone out here	Rock travel FWD show big rebounds, Arms shoulder rotate
0:60			2x8	Kick, TVL B	16	R	Need to know, I need	Travel back reach opposite toes
1:14	C	Bridge 1	4x8	JACK AND JUMP JJ x1, Jump angle R, Jump angle L	8	R	Instrumental	Squared shoulders-hips on the angle jump. No hip / torso twist
1:45	A	Verse 2	4x8	CROSS COUNTRY 3 TUCK	1	R	They say around the	Muscle: cuads and shoulders
2:14	B	Chorus 2	4x8	TRAVELING HORSES	1	R	If It's true don't leave	Curl hamstrings, kick obliques
2:44	C	Bridge 2	4x8	JACK AND JUMP	1	R	Instrumental	Inner thighs
3:13	A	Verse 3	4x8	CROSS COUNTRY 3 TUCK	1	R	They say around the	Let's pick up the pace
3:43	B	Chorus 3	4x8	TRAVELING HORSES	1	R	If It's true don't leave	Travel further front and back
4:12	C	Bridge3	4x8	JACK AND JUMP	1	R	Instrumental	Explore! Get your boogie On!
4:42	B	Chorus 4	4x8	TRAVELING HORSES	1	R	If It's true don't leave	Can we kick up a little higher?
		Finish		Wide stance, open arms side				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Notes: Coach your class to maintain a stable torso during the cross country first block and to really reach, move water, rotate and travel during the kicking forward on the second block. Make them aware that there's no rotation during the third block of Jack and Jumps but encourage them to keep a strong rebound and to move as much water as they can.

# Choreography Notes



Track # 3  
 Track Focus Balance  
 Track Length 5:19  
 Song Title Ring My Bell  
 BPM 130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue
		Intro	2x8	JJ	16			Begin with a rebound JJ
0:16	A	Verse 1	1x8	TRAVEL JACKS JJ TVL R x3 Fast JJ x2	1		I'm glad you are home, Now did you	Nice big rebound jack side travels,
			1x8	JJ TVL L x3 Fast JJ x2	1			Fast jacks with short levers
			1x8	JJ TVL R x3 Fast JJ x2	1			
			1x8	JJ TVL L x3 Fast JJ x2	1			
0:45	B	Chorus 1	4x8	PENDULUM BELLS ALT Pendulum x4, DBL Pendulum x2	4	R	You can ring my bell Ring my bell	Hop the whole time, bring feet together. Jump on the doubles
1:15	C	Bridge 1	1x8	HOP AND BALANCE Hop R hold, hop F hold, hop B hold, jog x2	1	R	Instrumental...	Balance purpose: embrace your core and stick in place each hop
			1x8	Hop L hold, hop F hold, hop B hold, jog x2	1	L		
			1x8	Hop R hold, hop F hold, hop B hold, jog x2	1	R		
			1x8	Hop L hold, hop F hold, hop B hold, jog x2	1	R		
1:44	A	Verse 2	4x8	TRAVEL JACKS	1	R	The night is young	Let's think about inner thighs
2:13	B	Chorus 2	4x8	PENDULUM BELLS	1	R	You can ring my Bell	Bigger rebound= + muscle work
2:43	C	Bridge 2	4x8	HOP AND BALANCE	1	R	Instrumental	Jump further and stop quicker
3:13	A	Verse 3	4x8	TRAVEL JACKS	1	R	I'm glad you are hom	Travel little further for more fun
3:43	B	Chorus 3	4x8	PENDULUM BELLS	1	R	You can ring my Bell	More intensity with more control
4:12	C	Bridge 3	4x8	HOP AND BALANCE	1	R	Instrumental	Core brace to stick to solid hop
4:42	B	Chorus 4	4x8	PENDULUM BELLS	1	R	You can ring my Bell	Ring your cardio and Balance
		Finish		Wide stance, open arms side				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Notes: Encourage your students to keep a big rebound as they travel and move big amounts of water. Special attention to talk about embracing their core muscle as they jump and try to stabilize the hops on the third block.





# Choreography Notes



Track # 4  
 Track Focus Group  
 Track Length 5:17  
 Song Title My Love Is Your Love  
 BPM 130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue											
		Intro	2x8	Jog, form two lines facing each other				Rebound Jog to face each other											
0:16	A	Verse 1	2x8	WIDE JOG Wide Jog	16		If tomorrow is judgment day And I'm	Stationary wide jog arms move across side to side											
			2x8	Wide Jog TVL Closer	16		And the Lord ask me	Start moving closer to partner											
0:45	B	Bridge 1	4x8	JACK TO FEET JJ, ALT R/L Leg Cross & Touch (Arms: Cross & Touch)	16		If I should die this very day (very very very day)	Optional: decide if you want to jack and touch feet or hands or none.											
1:15	C	Chorus 1	1x8	RUN BACK & TUCK Run TVL B	16	R	'Cause your love is my love And my love	Run travel back pushing lots of water.											
			1x8	Jump Tuck Jump	4			Stationary or in place tuck jump											
			1x8	Run TVL B	16	R	Your Love is my Love	Run travel back pushing water											
			1x8	Jump Tuck Jump	4			Stationary or in place tuck jump											
1:44	A	Verse 2	4x8	WIDE JOG	1		If tomorrow is judge	Active lats and inner thighs											
2:15	B	Bridge 2	4x8	JACK TO FEET	1		If I should die this ver	Chest stroke alternate arms											
2:44	C	Chorus 2	4x8	RUN BACK	1	R	'Cause your love is	Core tuck and triceps press											
3:13	A	Verse 3	4x8	WIDE JOG	1		If tomorrow is judge	Greet you partner and excite!											
3:42	B	Bridge 3	4x8	JACK TO FEET	1		If I should die this ver	Let them choose what to touch											
4:12	C	Chorus 3	4x8	RUN BACK	1	R	'Cause your love is	Higher knees and stronger arms											
4:26	C	Chorus 4	4x8	RUN BACK	1	R	'Cause your love is	Final run is the best one!											
		Finish		Jump to partner's splash															
V1		B1		C1		V2		B2		C2		V3		B3		C3		C4	

Trainer's Notes: 'This is a great opportunity to excite about group dynamics as partnering together. Let them choose which part they want to reach or touch on the Jack reach: hands or feet. Lots of dragging and turbulence as the run apart from each other.

# Choreography Notes

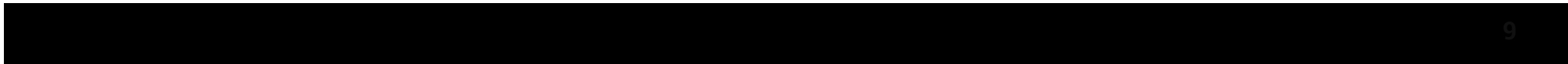


Track # 5  
 Track Focus Anchored  
 Track Length 5:17  
 Song Title Drive My Car  
 BPM 130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue
		Intro	2x8	Jog	8	R		
0:16	A	Verse 1	1x8	WIDE RUN KNEE UP Wide Run x4, hold knee up x4, Karate Side x4	1	R	Asked a girl what she wanted to be, She said	Power wide run, extended torso and chamber arms on hold
			1x8	Wide Run x4, hold knee up x4, Karate Side x4	1	L		Brace your core for balance as
			1x8	Wide Run x4, hold knee up x4, Karate Side x4	1	R		You karate side
			1x8	Wide Run x4, hold knee up x4, Karate Side x4	1	L		
0:45	B	Chorus 1	2x8	KARATE BACK 2 DBL Karate Kick B/F (Arms: Drive)	4	R	Baby you can drive my car, Yes I'm going	Anchor down your body picking up your knee as you karate kick back and front
			2x8	DBL Karate Kick B/F (Arms: Drive)	4	L	Baby you can drive my car, Yes I'm going	Keep your arms close in a chamber position for stability
1:18	C	Bridge 1	2x8	JOG & RUN Jog	16	R	Beep beep'm beep beep yeah	Let's keep a simple jog to get ready for our neuroplasticity drill We are going to spell SPEED
			2x8	Run <b>NUEROPLASTICITY DRILL*</b> Spelling Game: S P E E D C A R S F/B	32	R		Change to a run in place as I'm going to spell the word first and then you follow.
1:48	A	Verse 2	4x8	WIDE RUN KNEE UP	1	R	I told a girl I can start	Muscle: engage gluteus + hams
2:20	B	Chorus 2	4x8	JACK & DRIVE	1	R	Baby you can drive	Shoulders down for stability
2:50	C	Bridge 2	4x8	JOG & RUN	1	R	Beep beep'm beep	Higher knees active your cuads
3:22	A	Verse 3	4x8	WIDE RUN KNEE UP	1	R	I told a girl I can start	Can you run wider and stronger
3:52	B	Chorus 3	4x8	JACK & DRIVE	1	R	Baby you can drive	Can you kick harder?
4:23	C	Bridge 3	4x8	JOG & RUN	1	R	Beep beep'm beep	Let's spell both words together
4:53	B	Chorus 4	4x8	JACK & DRIVE	1	R	Baby you can drive	Let's drive this home, team!
		Finish		One leg front pressing the brakes and wave				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Note: Remind your students to keep a nice long extended torso throughout all the chambers that embrace the core and who leads to the kicks on the first and second block. Coach them to strongly use the heels to kick torch the ground on all the karate kicks.



# Choreography Notes



Track # 6  
 Track Focus Toning  
 Track Length 4:47  
 Song Title If You Could Read My Mind  
 BPM 130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue
		Intro	2x8	Stand tall, prepare to begin			Instrumental	Lower yourself into neutral
0:17	A	Verse 1	2x8	CHEST STROKE & HAMCURL Hamstring Curl (Arms: ALT Chest Stroke)	8	R	If you could read my mind Love, what a tale my thoughts	Right leg front into lunge position. Alternate arms for chest stroke with L leg ham curl.
			2x8	Hamstring Curl (Arms: ALT Chest Stroke)	8	L		Switch sides. Keep your torso long and extended R leg curl
0:47	B	Chorus 1	2x8	BREAST STROKE & KICK Flick Kick (Arms: Breast stroke)	8	R	I never knew I feel this way And I got to say that I just don't	Thumbs up, strong long arms and torso for a breast stroke and a flick kick forward R leg
			2x8	Flick Kick (Arms: Breast stroke)	8	L		Switch sides. Keep same arms but flick kick forward with L leg.
	C	Bridge 1	1x8	LUNGE & BICEPS Lunge (Arms: Bicep curls)	16	R	If you could If you could If you could	Lower lunge position, keep shoulders down away from the ears, long extended torso
			1x8	Lunge (Arms: Rotator cuff sweep)	16			Elbows stay close to the rib cage, lots of shoulder stability
			1x8	Lunge (Arms: Triceps press)	16	L	If you could if you...	Palms face back for a nice challenge fast triceps press
			1x8	Lunge (Arms: Rotator cuff sweep)	16			Back to elbows stay close to the rib cage, hands side to side
1:49	A	Verse 2	4x8	CHEST STROKE & HAMCURL	8	R	If you could read my	Muscle: chest, shoulders, hams
2:19	B	Chorus 2	4x8	BREAST STROKE & KICK	16		I never knew I feel	Lats, cuads, romboids, glutes
2:50	C	Bridge 2	4x8	LUNGE & BICEPS	8	R	If you could If you...	Big embrace for Core stability
3:21	A	Verse 3	4x8	CHEST STROKE & HAMCURL	8	R	If you could read my	Let's add more force to it
3:52	B	Chorus 3	4x8	BREAST STROKE & KICK	16		I never knew I feel	Open arms wider and stronger
4:23	C	Bridge 3	4x8	LUNGE & BICEPS	8	R	If you could If you...	Can you move more water?
		Finish		Lunge and sweep				

V1	C1	B1	V2	C2	B2	V3	C3	B3
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Trainer's Notes. Give the option to your students of scoop the hands or keep them with open depending on how much of a challenge they are able to deal with. Remind and cue about long lever arms for more challenge of short levers for more control and stability.

# Choreography Notes



Track # 7  
 Track Focus Core  
 Track Length 4:46  
 Song Title Forever Young  
 BPM 130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue
			2x8	One leg stance, one knee bend like jackknife			Instrumental	Let's start getting into position
0:16	A	Verse 1	2x8	HOP CRUNCH Hop crunch (knee to chest)	8	R	May the good Lord be with you down	Right knee up inline with the hip 90degrees, hop and curl fwd/back
			2x8	Hop crunch (knee to chest)	8	L		Use arms to stabilize the torso
0:47	B	Chorus 1	4x8	WIDE STANCE FIGURE 8 Wide stance stable hips (Arms: Long arms, hands together Figure 8)	16	R	Forever Young Forever Young Forever Young	Press hands together long arms Use force to drag lots of water as the torso rotates side to side
1:15	C	Bridge 1	2x8	SIDE CRUNCH Leg ABD/ADD & LAT FLEX (Arms: Reach down)	8	R	Instrumental	Keep torso extended but flex laterally to bring the rib cage close to the hip. Leg Abd foot flex
			2x8	Leg ABD/ADD & LAT FLEX (Arms: Reach down)	8	L		Other side. Try to keep it small and controlled. Shoulders down.
1:49	A	Verse 2	4x8	HOP CRUNCH	1	R	And May good fortune	Muscle: rectus and trans abs
2:19	B	Chorus 2	4x8	WIDE STANCE FIGURE 8	1	R	Forever Young	Obliques and shoulder girdle,
2:50	C	Bridge 2	4x8	SIDE CRUNCH	1	R	Instrumental	Leg abd/add and hip stability
3:21	A	Verse 3	4x8	HOP CRUNCH	1	R	And when you final	Hop rebound for powerful crunch
3:52	B	Chorus 3	4x8	WIDE STANCE FIGURE 8	1	R	Forever Young	Show me more white water
4:24	C	Bridge 3	4x8	SIDE CRUNCH	1	R	Instrumental	Leg can go a little bit higher!
4:48				Wide stance				

V1	C1	B1	V2	C2	B2	V3	C3	B3
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Trainer's Notes: Each block on this track is design to target a specific body plane of action to challenge the entire Core: flexions and extensions with the Hop Crunch, rotation with the the Figure 8 and lateral flexion and extension with the Side crunch.

# Choreography Notes



Track # 8  
 Track Focus Flexibility  
 Track Length 4:06  
 Song Title To Love Somebody  
 BPM n/a

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue
			2x8	Shoulder & Hip Rolls				We begin with a gentle sway
0:16	A	Verse 1	1x8	TIGHT ROPE RIGHT IT Band Stretch- R step front (reach over & across)	1	R	There's a light A certain kind of light	R leg in front, R arm stretch over head and cross in front leaning slightly forward
			1x8	Warrior 3 Arms: Reach forward	1	R		R arm open side, L leg extend back opening the hip
			1x8	ABD R Leg for a lateral ADD leg stretch (Foot: Flex 1-2, Point 3, Flex 4)	1	R		Bring L leg to the side inner thigh stretch, foot point/flex
			1x8	Leg cross Figure 4	1	R		Sit low and gently rotate torso
0:38	B	Bridge 1	1x8	TIGHT ROPE LEFT IT Band Stretch- L step front (reach over & across)	1	L	There's a way everybody say to do each and every little	L leg in front, L arm stretch over head and cross in front leaning slightly forward
			1x8	Warrior 3 Arms: Reach forward	1	L		L arm open side, R leg extend back opening the hip
			1x8	ABD L Leg for a lateral ADD leg stretch (Foot: Flex 1-2, Point 3, Flex 4)	1	L		Bring R leg to the side inner thigh stretch, foot point/flex
			1x8	Leg cross Figure 4	1	L		Sit low and gently rotate torso
1:01	C	Chorus 1	1x8	LUNGE WIDE REACH R arm Reach side (1-2), overhead (3-4) and side (5-8)	1	R	You don't know what it's like, baby	Wide stance lean right, R arm reach over head to L side and back to R
			1x8	L arm Reach side (1-2), overhead (3-4) and side (5-8)	1	R	You don't know what it's like	Then L arm reach over head to R side and back to L
			2x8		2	R	To Love Somebody ..	Gently torso rotate R/L, long arms alternate reaching fwd
1:23	A	Verse 2	4x8	TIGHT ROPE RIGHT	1	R	In my brain, I see you	Muscle: Hip flexor, obliques,
1:46	B	Bridge 3	4x8	TIGHT ROPE LEFT	1	R	I'm a man Can't you	Hams, inner thigh, calf, gluteals
2:08	C	Chorus 2	4x8	LUNGE WIDE REACH	1	R	You don't know what	Shoulders, chest
2:31	A	Verse 3	4x8	TIGHT ROPE RIGHT	1	R	There's a light A	Try to move more fluidly
2:54	B	Bridge 3	4x8	TIGHT ROPE LEFT	1	R	There's a way everyb	Use full range of motion
3:17	C	Chorus 3	4x8	LUNGE WIDE REACH	1	R	You don't know what	Reach a little bit further
				Wide stance with Prayer hands				

V1	B1	C1	V2	B2	C2	V3	B3	C3
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Trainer's Notes: Try to ease your body into this "Caribbean-lay back-reggae-like" vibe. Notice that each move smoothly lead your students to the next in a seamless way. No rush, just flow.

# Choreography Notes



Track # BONUS  
 Track Focus Flotation  
 Track Length 5:17  
 Song Title And The Beat Goes On  
 BPM 130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue
		Intro		Rebound Jog	16	R		Put a noodle underneath arms
0:15	A	Verse 1	4x8	LEAP & HOP ALT Side Leap	16	R	Do you ever wonder that to win,	It's more of a rebound than a big travel alternate R/L
0:45	C	Chorus 1	4x8	KICK & PRESS Kick FWD ALT R/L Arms: Press down	4	R	And the beat goes on, Just like my love	Keep the shoulders down and elbows close to rib cage. Kick front, engage upper/lower body
1:15	B	Bridge 1	2x8	LEAN SIDE DIVE & FLUTTER Lean Side dive x2, flutter kicks x10, tuck & stand up	1	R	Instrumental	Lean side and flutter kick travel Slow tuck, stand
			2x8	Lean Side dive x2, flutter kicks x10, tuck & stand up	1	L		Keep the noodle tight around add force to those flutter kicks
1:44	A	Verse 2	4x8	LEAP & HOP	1	R	Don't stop for	Muscle: inner thighs, obliques
2:14	C	Chorus 2	4x8	KICK & PRESS	1	R	And the beat goes	Engage the cuads and triceps
2:43	B	Bridge 2	4x8	LEAN SIDE DIVE & FLUTTER KICKS	1	R	Instrumental	Stack the hips use more core
3:12	A	Verse 3	4x8	LEAP & HOP	1	R	Do you ever wonder	Make the leap bigger
3:42	B	Chorus 3	4x8	KICK & PRESS	1	R	And the beat goes	Jump higher, kick forcefully
4:12	C	Bridge 3	4x8	LEAN SIDE DIVE & FLUTTER KICKS	1	R	Instrumental	Travel further, long pointed leg
4:47	B	Chorus 3	4x8	KICK & PRESS	1	R	And the beat goes	Let's finish strong!
		Finish		Stand tall, Press hands down				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Notes: This Flotation bonus track will give to your class a great cardio boost challenge if you decide to use it. Coach your students to leap and hop and kick and press with control but with a lot of enthusiasm. Encourage them to travel far on the Flutter kicks.

# Choreography Notes



Track # **BONUS**  
 Track Focus **Deep Water Training**  
 Track Length **6:16**  
 Song Title **Dance To The Music**  
 BPM **122**

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
		Intro	2 x 8	Get into position. Noodle in between legs, Jog			Hey! Get up and dance	Straddle the noodle
0:19	A	Verse 1	1 x 8	RUN & CROSS COUNTRY Run Back (Arms: ALT Push F)	16	R	All we need is a drummer For people who only need a beat	Run back! Use arms to help you to push and travel backwards
			1 x 8	CC FWD (Arms: Reach & Pull F)	8	R		CC forward, reach with arms to travel forward.
			1 x 8	Run B (Arms: ALT Push F)	16	R		Keep the torso extended. Push forcefully forward
			1 x 8	CC FWD (Arms: Reach & Pull F)	8	R		CC almost like jumping hurdles. Reach w/long arms
0:54	B	Chorus 1	4 x 8	SPLITS & CRISS CROSS ALT Splits x4, Criss Cross x8	4	R	Dance to the music, Dance to the music	Strong tight torso, arms and stiff long legs.
1:30	C	Bridge 1	1 x 8	JACK POWER PULL JJ/ADD in	4		Instrumental	Keep long extended legs Jack out/ in forcefully
			1 x 8	JJ Tuck	8			Use acceleration into tuck
			1 x 8	JJ/ADD in	4			Keep your feet dorsiflex
			1 x 8	JJ Tuck	8			Bring knees together up
2:05	A	Verse 2	4 x 8	RUN & CROSS COUNTRY	1	R	I'm gonna add some	Muscle: Delts, chest, lats
2:40	B	Chorus 2	4 x 8	SPLITS & CRISS CROSS	1	R	Dance to the music	Gluteal, cuads, hamstrings
3:15	C	Bridge 2	4 x 8	JACK POWER PULL	1	R	Instrumental	Inner thighs, abs, core
3:51	A	Verse 3	4 x 8	RUN & CROSS COUNTRY	1	R	All we need is a drum	Let's travel a further
4:26	B	Chorus 3	4 x 8	SPLITS & CRISS CROSS	1	R	Dance to the music	Come on! Heels and toes!
5:01	C	Bridge 3	4 x 8	JACK POWER PULL	1	R	Instrumental	Put more tuck power
5:37	B	Chorus 4	4 x 8	SPLITS & CRISS CROSS	1	R	Dance to the music	Own those splits!
		Finish	1 x 1	Free style pose				

V1	C1	B1	V2	C2	B2	V3	C3	B3
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Trainer's Tip: Coach your students to really travel back and front on the first block. Remind them to embrace strongly their core to be able to maintain stability and an extended torso and hips joint for the entire track.

# Music Credits



**WATERinMOTION® Platinum 18 -YES2203-2**  
Yes! Fitness Music

## Songs Courtesy Of:

Let's Groove ~ Written by: J. Vaughn, White ; Published by: April Music

I Need To Know ~ Written by: Rooney, Anthony ; Published by: Sony Music Entertainment (Italy) Spa Ora 03896

Ring My Bell ~ Written by: Knight ; Published by: Peer Music

My Love Is Your Love ~ Written by: Jean, Duplessis ; Published by: Sony Music Entertainment (Italy)  
Spa Ora 03896, Emi Ltd

Drive My Car ~ Written by: J. LENNON, P. McCARTNEY ; Published by: NORTHERN SONGS LTD

If You Could Read My Mind ~ Written by: Lightfoot ; Published by: Copyright Control

Forever Young ~ Written by: R. Stewart, Dylan, Savigar, Cregan ; Published by: Warner Bros Inc, Bmg Monarch

To Love Somebody ~ Written by: R. Gibb, B. Gibb ; Published by: Copyright Control

And The Beat Goes On ~ Written by: Shelby, Shockley, Sylvers ; Published by: Notting Dale Songs, Lastrada Enter.

Dance To The Music ~ Written by: Stewart ; Published by: Mijac Music

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