

CELEBRATING 10 YEARS

Splash BASH

OF WATER*in*MOTION®

water*in*motion®
Platinum

wave(19)

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 Go Dancin' (Ooh La La La)	Kool & The Gang	Warm Up	5:25	126
2	Keep It Coming Love	KC & The Sunshine Band	Linear	5:14	130
3	You Should Be Dancing	Bee Gees	Balance	5:16	130
4	I Heard It Through The Grapevine	Marvin Gaye	Group	5:14	130
5	Can You Feel It	The Jacksons	Anchored	5:15	130
6	If I Can't Have You	Bee Gees	Toning	5:18	130
7	Reach	Gloria Estefan	Core	4:46	130
8	It Must Have Been Love	Kari Kimmel, Roxette	Flexibility	4:18	81
9	Take A Chance On Me	ABBA	Bonus (Flotation)	5:14	130
10	Get Down On It	Kool & The Gang	Bonus (Deep Water)	5:14	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!

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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

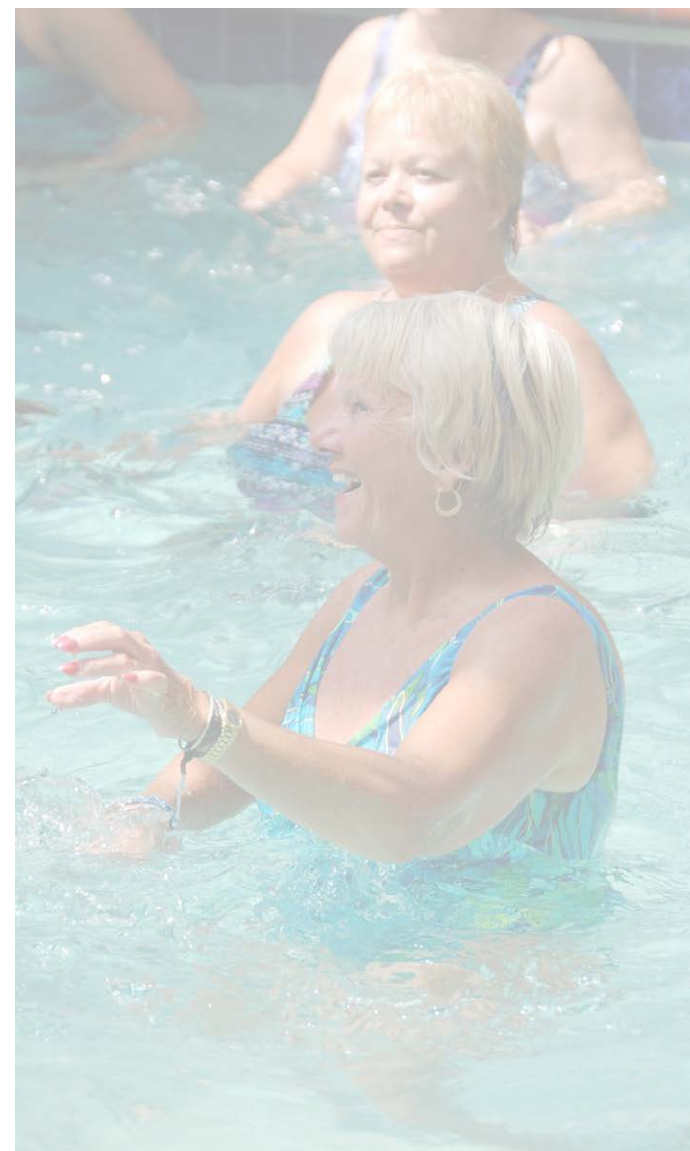
TVL Travel

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 Let's Go Dancing' (oh la la la)
BPM 126

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue	
		Intro	2 x 8	Jog	16	R		Start the jog with a big rebound	
0:16	A	Verse 1	1 x 8	FRONT KICK & FLICK KICKS ALT Kicks x4, 1-Leg Flick Kick x4 (Arms: paddle F/B, Water Sprinkle Hands)	1	R	Went down to the park, everything was dark, oh yeah,	Point your toes and keep a nice low front kick. Keep the torso up and extended.	
			1 x 8	ALT Kicks x4, 1-Leg Flick Kick x4	1	L		Open and close hands as they	
			1 x 8	ALT Kicks x4, 1-Leg Flick Kick x4	1	R		Press back on the Flick kick for	
			1 x 8	ALT Kicks x4, 1-Leg Flick Kick x4	1	L		Manual dexterity	
0:46	B	Chorus 1	4 x 8	RUN & SIDE KICK Run x3 Hold, Side Kick x2 (Arms: Fist, Push side x2)	8	R	Ooh, la la la Let's go dancing Ooh la la la	High knee power run. Long arms side reach and opposite leg side karate kick.	
1:17	C	Bridge 1	1 x 8	JOG HEELS ALT Jog Heel x4, 1-Leg curls x4 (Arms: Figure 8 paddle hands, Side to side)	1	R	Oh, oh, It's a special occasion, Oh Such a happy occasion	Keep a big rebound with the ham curl jog. Move more water with the figure eight.	
			1 x 8	ALT Jog Heel x4, 1-Leg curls x4	1	L		Shoulders down and elbows	
			1 x 8	ALT Jog Heel x4, 1-Leg curls x4	1	R		Close to the torso for better core	
			1 x 8	ALT Jog Heel x4, 1-Leg curls x4	1	L		Stability	
1:47	A	Verse 2	4 x 8	FRONT KICK & FLICK KICKS	1	R	I wanna get to know	Muscle: quads, chest, shoulders	
2:17	B	Chorus 2	4 x 8	RUN & SIDE KICK	1		Ooh, la la la	Glutes, obliques, lats	
2:48	C	Bridge 2	4 x 8	JOG HEELS	1	R	Oh, oh, It's a special	Rotator cuffs, hamstrings	
3:18	A	Verse 3	4 x 8	FRONT KICK & FLICK KICKS	1	R	Now we on the floor	Motivation: Can you move	
3:49	B	Chorus 3	4 x 8	RUN & SIDE KICK	1		Ooh, la la la	Bigger, stronger,	
4:19	C	Bridge 3	4 x 8	JOG HEELS	1	R	Oh, oh, It's a special	Let's put more power on those	
4:50	B	Chorus 4	4 x 8	RUN & SIDE KICK	1		Ooh, la la la	Arms and on those kicks!	
		Finish	1 x 1	Wide Stance Open hands				Stand strong!	
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Notes: Notice that the Verse is paying attention to the plantar flexion of the foot with the flick kick to engage more the quads. The bridge then focuses on the knee flexion and the foot dorsi flexion to engage more the hamstrings in opposition.

Choreography Notes

Track # 2
Track Focus Linear
Track Length 5:15
Song Title Keep It Coming Love
BPM 130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue		
		Intro	2 x 8	Cross Country Ski	16	R		Big rebound CC		
0:16	A	Verse 1	4 x 8	CROSS COUNTRY 4 FAST 3 CC x4, CC Shuffle 3 fast x2 (Arms: ALT push F)	4	R	Don't let your well run dry Don't stop it now	Rebound and use full range of motion with your legs. Arms powerfully push on the shuffles.		
0:45	B	Chorus 1	2 x 8	CONGA LINE RUN KICK Run TVL F x3, Side kick x1 (Arms: Roll, fingers wide open)	16	R	Keep it coming love Keep it coming love Don't stop it now,	High knee move fwd Conga run. Arms forcefully move water and reach up with the side kick.		
			2 x 8	Run TVL B x3, Side kick x1 (Arms: Roll, fingers wide open)	16	R	Keep it coming love Keep it coming love	You really want to travel as much fwd and as back.		
1:15	C	Bridge 1	1 x 8	JOG HEEL CONGA HEEL ALT Jog heel	8	R	Instrumental	Keep your long extended arms with a big hamstring curl jog		
			1 x 8	SSD Jog heels Conga (Arms: Conga arms)	4	R		Be sure you bring the heels higher up to your glutes faster.		
			1 x 8	ALT Jog heel	8	R		Keep a big rebound with the jog		
			1 x 8	SSD Jog heels Conga (Arms: Conga arms)	4	R		Hands alt elbow touch		
1:45	A	Verse 2	4 x 8	CROSS COUNTRY 4 FAST 3	1	R	Don't let your well run	Muscle: shoulders, chest, lats		
2:14	C	Chorus 2	4 x 8	CONGA LINE RUN KICK	1	R	Instrumental	Lengthen obliques, glutes		
2:44	B	Bridge 2	4 x 8	JOG HEEL CONGA HEEL	1	R	Keep it coming love	Hamstrings, core stability		
3:13	A	Verse 3	4 x 8	CROSS COUNTRY 4 FAST 3	1	R	Don't let your well run	Motivation: Rhythm challenge		
3:43	C	Chorus 3	4 x 8	CONGA LINE RUN KICK	1	R	Instrumental	Travel further, reach even more		
4:12	B	Bridge 3	4 x 8	JOG HEEL CONGA HEEL	1	R	Keep it coming love	Big jump on the curls & figure 8		
4:42	C	Chorus 3	4 x 8	CONGA LINE RUN KICK	1	R	Instrumental	Have fun with the Conga line!		
		Finish	1 x 1	Free style dance pose				Show me your best dance pose!		
	V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Notes: Put emphasis on the difference between the big rebound on the CCS and the lowering the body and not bounce as much in neutral body position on the shuffles during the verse segment.

Choreography Notes

Track # 3
 Track Focus Balance
 Track Length 5:17
 Song Title You Should Be Dancing
 BPM 130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue
		Intro	2 x 8	JJ	8			Keep momentum, Big rebound!
0:16	A	Verse 1	4 x 8	JACK & MOGULS JJ, Mogul Jump R/L	8	R	My baby moves at mid- night Goes right	Keep shoulders away from ears Keep chest up and extended
0:45	B	Chorus 1	4 x 8	DISCO RUN HOLD 7	1	R	What you doin' on your back, aah?	High knee run diagonal corner Karate kick power back & front
				Run TVL R DIAG x7, hold, GRD Kick B/F x2	8	L	You should be dancin	Use arms to help to travel back
				Skate Jog heel TVL B	1	L	What you doin' on...	Try to travel further this time
				Run TVL L DIAG x7, hold, GRD Kick B/F x2	8	R	You should be dancin	Skate backwards cross heel bck
1:15	C	Bridge 1	1 x 8	ROCKING HORSE BALANCE	1	R	Instrumental	Use your hands forcefully on the rocking horse
				Rocking horse x2, Hop heel x4	1	L		The back leg opens the hip
				Rocking horse x2, Hop heel x4	1	R		Keep a Big rebounding Hop
				Rocking horse x2, Hop heel x4	1	L		
1:44	A	Verse 2	4 x 8	JACK & MOGULS	1	R	She's juicy and she's	Muscle: inner/outer thighs, abs
2:13	B	Chorus 2	4 x 8	DISCO RUN HOLD 7	1	R	What you doin' on	Strong kick for glutes and cuads
2:43	C	Bridge 2	4 x 8	ROCKING HORSE BALANCE	1	R	Instrumental	Nice tight hamstrings
3:13	A	Verse 3	4 x 8	JACK & MOGULS	1	R	My baby moves at	How are you doing? Show me!
3:43	B	Chorus 3	4 x 8	DISCO RUN HOLD 7	1	R	What you doin' on	Can you travel even more?
4:12	C	Bridge 3	4 x 8	ROCKING HORSE BALANCE	1	R	Instrumental	Try to move more water...
4:42	B	Chorus 4	4 x 8	DISCO RUN HOLD 7	1	R	What you doin' on	Great energy!
		Finish	1 x 1	Wide stance				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Notes: Try to use landmarks or physical references around the pool to help your students follow directional changes, like during the chorus segment.

Choreography Notes

Track # 4
 Track Focus Group
 Track Length 5:15
 Song Title I Heard It Through The Grapevine
 BPM 130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue
		Intro	2x8	Jog, form two lines facing front	16	R		
0:16	A	Verse 1	4x8	JACK TURN IN/FRONT/AWAY JJ In / F / Out / F	16		I bet you're wonderin' how I knew 'Bout	Continue to rebound. JJ face in, front and away.
0:45	B	Chorus 1	1x8	GRAPEVINE TRAVEL Grapevine Jog crossing lines	8	R	I heard it through the grapevine Not much	Grapevine travel crossing lines. Step first then behind then front
			1x8	Jog x7, jump together x1	1			Change direction after the jump
			1x8	GRAPEVINE TRAVEL Grapevine Jog crossing lines	8	R	I heard it through the grapevine Not much	Grapevine travel cross lines back again to your first spot.
			1x8	Jog x7, jump together x1	1			Keep the Rebounding
1:30	C	Bridge 1	4x8	LEAP REACH KICK ALT Leap, Ccross Kick	16	R	Honey, honey yeah I heard it through the	Try to really reach far and kick with the instep side of your foot
1:44	A	Verse 2	4x8	JACK TURN IN/FRONT/AWAY	1			Muscle: Inner/outer thighs, core
2:15	B	Chorus 2	4x8	GRAPEVINE TRAVEL	1	R	I heard it through the	Feel your bicep curls on the jog
2:44	C	Bridge 2	4x8	LEAP REACH KICK	1		Honey, honey yeah	Shoulders, triceps and obliques
3:13	A	Verse 3	4x8	JACK TURN IN/FRONT/AWAY	1			Big rebound, show me big wave
3:42	B	Chorus 3	4x8	GRAPEVINE TRAVEL	1	R	I heard it through	Greet your friends as you pass
4:12	C	Bridge 3	4x8	LEAP REACH KICK	1		Honey, honey yeah	Big soccer kicks !
4:26	B	Chorus 4	4x8	GRAPEVINE TRAVEL	1	R	I heard it through	You know the move, have fun!
		Finish		Jump to Wide stance				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Notes: A good cue to prepare your students for the grapevine, is to mention always start the first travel step with the inside leg.

Choreography Notes

Track # 5
Track Focus Anchored
Track Length 5:15
Song Title Can You Feel It
BPM 130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue	
		Intro	2x8	JJ	16	R	Instrumental	Rebound	
0:16	A	Verse 1	4x8	ONE LEG ANCHORED KICK Karate F/B/Side/Slide in	8	R	If you sing out loud because we want to	Chamber knee high. Keep hands quiet for more challenge	
0:45	B	Bridge 1	4x8	JACK JJ	16	R	All the colors of the world should be	Simple big rebound jack to get ready for the neuron-challenge	
1:17	C	Chorus 1	4x8	PENDULUMS Pendulums: NUEROPLASTICITY DRILL* Math Game: 2+2=4, 4+2=6, 6+2=8, etc.	32	R	Can you feel it Can you feel it Cab you feel it	And simple big rebounding pendulums to put attention to the math challenge.	
1:44	A	Verse 2	4x8	ONE LEG ANCHORED KICK	1	R	Every breath you tak	Muscle: Core stability anchored	
2:13	B	Bridge 2	4x8	JACK	1	R	All the colors of the	hips/glutes/inner-outer thighs	
2:44	C	Chorus 2	4x8	PENDULUMS	1	R	Can you feel it	Shoulders, upper back, obliques	
3:13	A	Verse 3	4x8	ONE LEG ANCHORED KICK	1	R	If you sing out loud	Pelvic floor power, very stable	
3:41	B	Bridge 3	4x8	JACK	1	R	All the colors of the	Move more water	
4:12	C	Chorus 3	4x8	PENDULUMS	1	R	Can you feel it	Keep working on the math	
4:40	C	Chorus 4	4x8	PENDULUMS	1	R	Can you feel it	Challenge!	
		Finish		Land wide stance					
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4

Trainer's Note: Be sure you warn your group with enough time in advance about the Neuroplasticity challenge as you keep them moving with a simple movement pattern.

Choreography Notes

Track # 6
Track Focus Toning
Track Length 5:18
Song Title If I Can Have You
BPM 130

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue
		Intro	2x8	Stand tall, prepare to begin			Instrumental	Lunge and lower body down
0:17	A	Verse 1	2x8	ROWING FORCE Lunge (Arms: Scoop, Rowing F to hip)	8	R	Don't know why I'm surviving every lonely day When there's got	Shoulder back/down, chest up, hands shoulder with apart and rowing in hands to hip
			2x8	Lunge (Arms: Open from the hip, close up to chest)	8	L	And I'm strong enough to see it	Switch lunge leg, sweep hands from back to front chest stroke
0:47	B	Chorus 1	2x8	CIRCULAR STROKE Stand on R, Hamstring curl L (Arms: Back stroke & Breast stroke R)	8	R	If I cant have you I don't want nobody	Combine back and chest stroke in a circular way. Hamstring curl on one leg
			2x8	Stand on L, Hamstring curl R (Arms: Back stroke & Breast stroke L)	8	L	If I cant have you I don't want nobody	Change direction and switch legs
1:18	C	Bridge 1	2x8	CIRCLE BICEPS & TRICEPS Wide stance (Arms: ALT Circle bicep curls)	16	R	Instrumental	Stance wide and focus on an extended torso, core stability as you move more water
			2x8	Wide stance (Arms: ALT Circle back hand triceps press)	16	L		Reverse the circular action of the arms for more triceps action
1:49	A	Verse 2	4x8	ROWING FORCE	8	R	Can't let go and it do	Muscle: Upper back, lats
2:19	B	Chorus 2	4x8	CIRCULAR STROKE	16		If I cant have you I	Chest, shoulders and hamstring
2:50	C	Bridge 2	4x8	CIRCLE BICEPS & TRICEPS	8	R	Instrumental	Speed for challenge bi/triceps
3:21	A	Verse 3	4x8	ROWING FORCE	8	R	Don't know why I'm	Put more force on that rowing
3:52	B	Chorus 3	4x8	CIRCULAR STROKE	16		If I cant have you I	Move more water!!
4:23	C	Bridge 3	4x8	CIRCLE BICEPS & TRICEPS	8	R	Instrumental	Speed challenge if you wish!!
3:52	B	Chorus 4	4x8	CIRCULAR STROKE	16		If I cant have you I	Have fun!! This is your last one!
		Finish		Wide stance				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Notes: Notice the second time around there is a combined emphasis on forceful movement and speed. Be sure you give that option to your students. Let them choose the best way to execute the movement for them.

Choreography Notes

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

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue
			2x8	Getting in position			Higher... higher...	Place noodle behind your back
0:16	A	Verse 1	4x8	TABLE TOP SIT WITH NOODLE JJ Tuck curl, Knees Ext Torso curl Alt single leg touch down	8	R	Some dreams live on in time forever Those dreams, you	Tuck knees into suspension. ALT knee extend to knee tuck, torso crunch.
0:47	B	Chorus 1	2x8	SIDE REACH Lay sideways long torso & curl R Lags: upper leg ext. lower leg bend	2	R	If I could reach, higher! Just for a moment touch the	Sideline reach, bend the lower knee, extend the upper leg and side crunch
	B	Chorus 1	2x8	Lay sideways long torso & curl L Lags: upper leg ext. lower leg bend	2	R	If I could reach If I could reach	Tuck and chase side
1:15	C	Bridge 1	4x8	LEGS AROUND Legs together extended front, lay back Start to circle legs around R/L	4	R	Instrumental	Corkscrew circular move: hold strongly legs tightly together and long body alignment circle around
1:49	A	Verse 2	4x8	TABLE TOP SIT WITH NOODLE	1	R	Some days are me	Muscle: strong abs, stable torso
2:19	B	Chorus 2	4x8	SIDE REACH	1	R	If I could reach	Obliques and inner/outer thighs
2:50	C	Bridge 2	4x8	LEGS AROUND	1	R	Instrumental	Back extensors
3:21	A	Verse 3	4x8	TABLE TOP SIT WITH NOODLE	1	R	Some dreams live	Work that Mobility and stability!
3:52	B	Chorus 3	4x8	SIDE REACH	1	R	If I could reach	Yes! Reach as far as you can..!
4:24	C	Bridge 3	4x8	LEGS AROUND	1	R	Instrumental	Enjoy the fluid move and freedom
4:48				Stand up tall, noodle behind				Stand up, nice tall and proud!

V1	C1	B1	V2	C2	B2	V3	C3	B3
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Trainer's Notes: As challenge as it looks, and it is, encourage your participants to maintain a long extended torso as possible to be able to create a stronger and more effective torso flexion or curl action. Try to maintain that kind of awareness during the entire song.

Choreography Notes

Track # 8
 Track Focus Flexibility
 Track Length 4:18
 Song Title It Must Have Been Love
 BPM 80

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue
			2x8	Gathering the Chi (Qi) Arms			Piano Instrumental	Soft knees, hands up/down
0:22	A	Verse 1	1x8	YOGA WARRIORS Warrior II 1-4 Reverse Warrior 5-8	1	R	Lay a whisper on my pillow	Side lunge to lateral stretch. Try to flow without stopping.
			1x8	Moon arms 1-4 to Balance Quad stretch 5-8	1	R	Leave the winter on	Chest and hip opens flex knee
			1x8	Warrior II 1-4 Reverse Warrior 5-8	1	L	Touch me now	Repeat to the other side
			1x8	Moon arms 1-4 to Balance Quad stretch 5-8	1	L	And dream away	
1:02	B	Chorus 1	1x8	WARRIOR I & HUMBLE Warrior I 1-4 to Humble Warrior 5-8	1	R	It must have been love but it's over now	Step Fwd and lean for calf stretch
			1x8	Tai-Chi Bow & Arrow 1-4, feet together 5-8	1	R	It must have been	Hamstring stretch, open chest
			1x8	Warrior I 1-4 to Humble Warrior 5-8	1	L	It must have been lo	Repeat to the other side
			1x8	Tai-Chi Bow & Arrow 1-4, feet together 5-8	1	L	From the moment we	
4:24	C	Bridge 1	1x8	GATHER THE CHI Leg ABD 1-4, Figure 4 5-8 (Arms: Gather the chi & sinking the chi)	1	R	It's where the wind blows..	One leg Abd side to figure 4 for glutes stretch, breast breathing hugging arms
			1x8	Un-cross Leg ABD 1-4 to feet together 5-8 (Arms: support heaven like a pillar)	1	R	Haaaayyy ayy ayyy	Un-cross Leg and feet together
			1x8	Leg ABD 1-4, Figure 4 5-8 (Arms: Gather the chi & sinking the chi)	1	L	La la la la	Repeat the figure 4 sequence
			1x8	Un-cross Leg ABD 1-4 to feet together 5-8 (Arms: support heaven like a pillar)	1	L	Haaaayyy ayy ayyy	Stand up tall, feet together, wave hands gently down.
2:24	A	Verse 2	4x8	YOGA WARRIORS II	1	R	Make-believing we	Open chest, deepened obliques
3:05	B	Chorus 2	4x8	WARRIOR I & HUMBLE	1	R	It must have been	Deeper calf and hams stretch
4:24	C	Bridge 2	4x8	GATHER THE CHI (QI)	1	R	It's where the wind	Lower sit for big glute stretch
2:24	A	Verse 3	4x8	YOGA WARRIORS II	1	R	Lay a whisper on my	Try to keep a flow wave dance
3:05	B	Chorus 3	4x8	WARRIOR I & HUMBLE	1	R	It must have been	Feel the waves support
4:24	C	Bridge 3	4x8	GATHER THE CHI (QI)	1	R	It's where the wind	Big deep breath
3:05	B	Chorus 4	4x8	WARRIOR I & HUMBLE	1	R	It must have been	Finish strong!!
		Finish		Wide stance, Gather the chi floating arms				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Notes: Ask your students to think about continuous fluid movement. Each time range of motion could change to increase or decrease the flexibility challenge.

Choreography Notes

Track # **BONUS**
 Track Focus **Cardio (insert after track 2)**
 Track Length **5:15**
 Song Title **Take A Chance On Me**
 BPM **130**

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue
		Intro		Jog	16	R		Nice big rebound
0:15	A	Verse 1	4x8	IN STEP SWEEP ALT In-step sweep, heel touch	32	R	My love is strong enough to last when	Try your best to touch the instep side of your heel opposite arm
0:45	C	Chorus 1	1x8	DOUBLE KICK SIDE & BACK ALT DBL Side Kick (Arms: Push side)	4	R	If you change your mind I'm the first in	Work in opposition: double side kick, arm push strongly to the other side
			1x8	ALT DBL B Kick (Arms: Push F)	4	R		Double back kick, hands push strongly to the front
			1x8	ALT DBL Side Kick (Arms: Push side)	4	R	If you're alone when	Knee chamber for more power
			1x8	ALT DBL Back Kick (Arms: Push F)	4	R		Be sure you kick with your heels
1:15	B	Bridge 1	2x8	DIAGONAL PENDULUM DIAG pendulum B/F x7, Jump x2 (Arms: DBL OPP Sweep)	1	R	You can take your time baby I'm in no hurry know I'm going	Big diagonal reach with big lever legs and arms
			2x8	DIAG pendulum B/F x7, Jump x2 (Arms: DBL OPP Sweep)	1	L	You can take your time baby I'm in no	Point your toes for better leg muscle connection
1:44	A	Verse 2	4x8	IN STEP SWEEP HEELS	1	R	My love is strong	Hip mobility external rotation
2:14	C	Chorus 2	4x8	DOUBLE KICK SIDE & BACK	1	R	If you change your	Chamber for core and hips
2:43	B	Bridge 2	4x8	DIAGONAL PENDULUM	1	R	You can take your	Cuads, hamstrings, shoulders
3:12	A	Verse 3	4x8	IN STEP SWEEP HEELS	1	R	My love is strong	Keep a powerful rebound
3:42	B	Chorus 3	4x8	DOUBLE KICK SIDE & BACK	1	R	If you change your	Chamber higher, stronger kick
4:12	C	Bridge 3	4x8	DIAGONAL PENDULUM	1	R	You can take your	Bigger and longer arms & legs
4:47	B	Chorus 4	4x8	DOUBLE KICK SIDE & BACK	1	R	If you change your	Let's finish strong!
		Finish		Wide stance, Push hands front.				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Notes: This is a fun powerful cardio track. Focal point should be: first to maintain a powerful and vigorous rebound; second: to increase range of motion each round.

Choreography Notes

Track # **BONUS**
Track Focus **Deep Water Training (insert after track 5)**
Track Length **5:15**
Song Title **Get Down On It**
BPM **130**

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
		Intro	2 x 8	Get in position, Table top Knee				Straddle the Noodle
0:19	A	Verse 1	4 x 8	IN STEP SWEEP & BACK HAND ALT In-step sweep, hand to heel touch (Arm: back hand sweep)	4	R	How you gonna do if you really don't want to dance by standing on	Put equal attention to touch the instep heel as to back hand the opposite arm.
0:54	B	Chorus 1	1 x 8	CROSS COUNTRY 6 & WINDMILL CC x6, Leg "windmill" around	1	R	Get down on it Get down on it	Try to stay on the spot with the CC and windmill
			1 x 8	CC x6, Leg "windmill" around	1	L	Get down on it	Pay equal attention to pull
			1 x 8	CC x6, Leg "windmill" around	1	R	Get down on it	As push with the arms
			1 x 8	CC x6, Leg "windmill" around	1	L	Get down on it	Engage the pelvic floor
1:30	C	Bridge 1	4 x 8	RUN BACK BICEPS Jog/Run backward 8 Bicep curls paddle Breast stroke FWD Knees table top	16	R	What you gonna do? Do you wanna get down?	Big travel back with the run biceps curls and bigger traveling fwd on back stroke
2:05	A	Verse 2	4 x 8	IN STEP SWEEP & BACK HAND	1	R	How you gonna do if	Inner thighs, triceps, delts
2:40	B	Chorus 2	4 x 8	CROSS COUNTRY 6 & WINDMILL	1	R	Get down on it	Core stability, glutes
3:15	C	Bridge 2	4 x 8	RUN BACK BICEPS	1	R	What you gonna do?	Rear delts.
3:51	A	Verse 3	4 x 8	IN STEP SWEEP & BACK HAND	1	R	How you gonna do if	Is this your best instep touch
4:26	B	Chorus 3	4 x 8	CROSS COUNTRY 6 & WINDMILL	1	R	Get down on it	Longer legs for that CC
5:01	C	Bridge 3	4 x 8	RUN BACK BICEPS	1	R	What you gonna do?	How about traveling more?
5:37	B	Chorus 4	4 x 8	CROSS COUNTRY 6 & WINDMILL	1	R	Get down on it	Make this your best one!
		Finish	1 x 1	Knee Tuck hold				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Tip: Ask your students to maintain a strong extended torso, pelvic floor engagement and proper alignment through the entire track.

Music Credits



WATERinMOTION® Platinum 19 -YES2206-2
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Songs Courtesy Of:

Let's Go Dancin' (Ooh La La La) ~ Written by: Bayyan, Bell, Brown, Mickens, Ray, Smith, Taylor, Thomas, Williams ; Published by: Universal Music

Keep It Coming Love ~ Written by: Casey, Finch ; Published by: New Music International Srl

You Should Be Dancing ~ Written by: B. Gibb, M. Gibb ; Published by: Copyright Control

I Heard It Through The Grapevine ~ Written by: B. Strong, N. Whitfield ; Published by: Stone Agate Music

Can You Feel It ~ Written by: M. Jackson ; Published by: Mijac Music

If I Can't Have You ~ Written by: B. Gibb, R. Gibb ; Published by: S.I.A.E.

Reach ~ Written by: Estefan, Warren ; Published by: Foreign Music Publishing, Real Song

It Must Have Been Love ~ Written by: P. Gessle ; Published by: Kobalt Music

Take A Chance On Me ~ Written by: Anderson, B. Ulvaeus ; Published by: Bocu Music

Get Down On It ~ Written by: Bell, Brown, Deodato, Mickens, Smith, Taylor ; Published by: Warner Bros Music

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