



AGELESS AQUA

water in motion[®]
Platinum

wave 20

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	The Boss	Diana Ross	Warm Up	5:24	126
2	Living For The City	Stevie Wonder	Linear	5:17	130
3	Play That Funky Music	Wild Cherry	Balance	5:17	130
4	I Feel The Earth Move	Carole King	Group	5:17	130
5	Walking In Memphis	Cher	Anchored	5:17	130
6	(I Can'T Get No) Satisfaction	The Rolling Stones	Toning	4:47	130
7	Suspicious Minds	Elvis Presley	Core	4:46	130
8	Just My Imagination	The Temptations	Flexibility	3:55	88
9	You Keep Me Hangin' On	Kim Wilde, The Supremes	Bonus (Flotation)	5:17	130
10	Corazon Espinado	Santana Ft Mana'	Bonus (Deep Water)	5:26	130

*Songs not performed by the original artist

Changing the Tide in Water Exercise



Eleven diverse segments, with a specific song track for each, will utilize fresh, yet simple movement patterns to invigorate participants regardless of age, skill or fitness level. Instructors will learn to use every inch of the pool with well planned transitions and carefully organized sequencing for workouts you've dreamed of, that are a cinch to integrate. Our experts pull them together and remove the need to analyze and prepare choreography, find the perfect music and prepare the structure of the class—we leave you with room to focus on your students!

Choreographer: Manuel Velazquez

Education Author: Connie Warasila

Education Presenter: Connie Warasila

Music: Yes! Fitness Music®

Presenters: Sibilla Abukhaled
Mac Carvalho
Harley Cofield
Cheri Kulp
Bryan Miller
Billie Wartenberg

Support Team: Adam Buttacavoli
Mike Leber
Sean Senning

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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

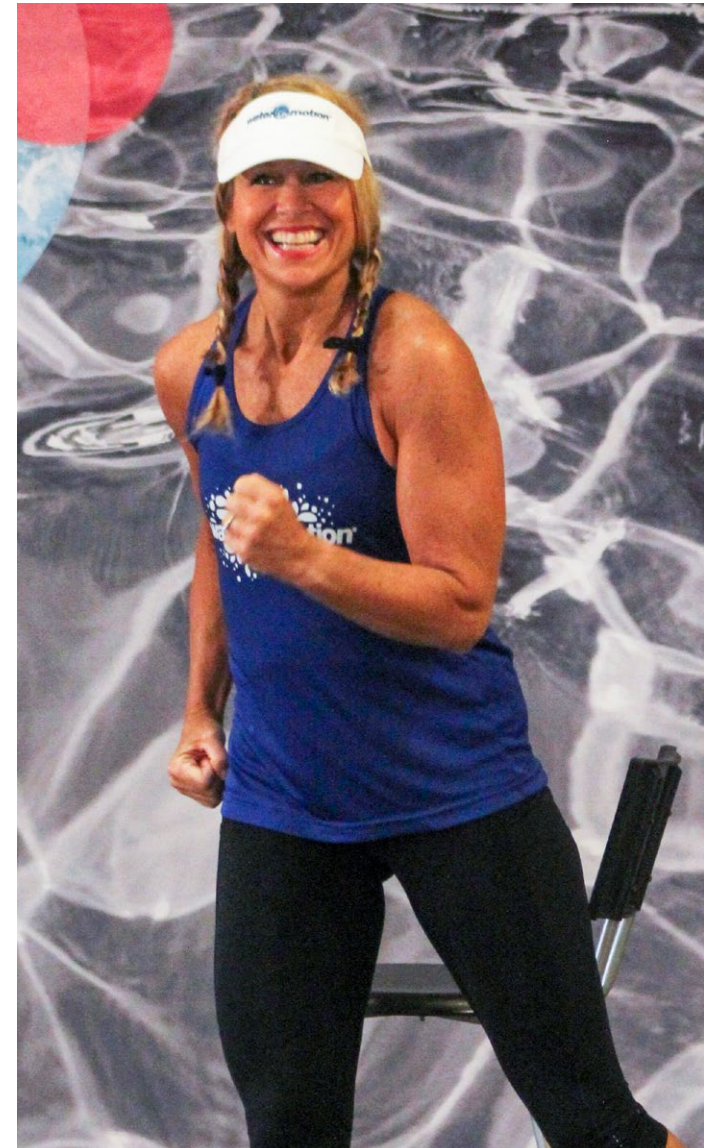
TVL Travel

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 The Boss
BPM 126

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue			
	Intro	2x8	Jog	16	R	Ooh, Yeah	Rebound			
0:16	Verse 1	1x8	JOG, WIDE JOG Jog x4, Wide jog x4	1	R	Fancy me, I thought I have my degree	Keep a strong rebounding jog. Arms forcefully move water.			
		1x8	In-step x4, Run x8	1	R	In life and how to love	Wide hip to alternate heel touch			
		1x8	Jog x4, Wide jog x4	1	R	I had a one step plan to	Keep a long extended torso			
		1x8	In-step x4, Run x8	1	R	Folly and fun, love had	Bring your knees high into the run			
0:46	Chorus 1	4x8	KARATE KICK SIDE ALT Karate kick SSD (Arms: squeeze the fist)	8	R	I was so right, so right, thought I could turn emotions	Torso with chamber arms. Knees come high to really kick down with the heels. Keep squeezing fists.			
1:17	Bridge 1	4x8	RUN HEEL Run heel x8, Wide jog heel x4 (Arms: fists, count “1, 2, 3, 4” with fingers)	4	R	Instrumental bridge Woohoooo...	Manual dexterity: make a fist on the run, extend and point fingers as count from one to four.			
1:47	Verse 2	4x8	JOG, WIDE JOG	1	R	I defy, anyone who	Muscle: glutes, hip flexors			
2:17	Chorus 2	4x8	KARATE KICK SIDE	1		I was so right, so	Tight torso/core, glutes and cuads			
2:48	Bridge 2	4x8	RUN HEEL	1	R	Instrumental bridge	Fire the hamstrings			
3:18	Verse 3	4x8	JOG, WIDE JOG	1	R	Fancy me, I thought I	Great posture! You look strong!			
3:49	Chorus 3	4x8	KARATE KICK SIDE	1		I was so right, so	Power karate kick, Make it bigger!			
4:19	Bridge 3	4x8	RUN HEEL	1	R	Instrumental bridge	Let’s run “loud and proud”			
4:50	Chorus 4	4x8	KARATE KICK SIDE	1		I was so right, so	Take ownership: You are the Boss!			
	Finish		Step Wide							
V1		C1	B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Tip: Remind your class to start with a big and solid, but controlled, rebounding jog.

Choreography Notes

Track # 2
Track Focus Linear
Track Length 5:15
Song Title Living For The City
BPM 130

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue
	Intro	2x8	Kick F	16	R	Instrumental	
0:16	Verse 1	4x8	SWING LEG KICK ALT Leg swings F/B x2	4	R	A boy is born in hard time Mississippi...	Keep a big rebound with long swing arms and leg levers
0:45	Chorus 1	2x8	JACK & TUCK TRAVEL JJ/Tuck Jump TVL F	4		Living just enough, just enough for the	Tuck knees up powerfully and use arms to travel front/back
		2x8	JJ/Tuck Jump TVL B	4		City, Yeah, Yeah,	The magic number is 4: front/back
1:15	Bridge 1	4x8	RUN DIAGONAL Run TVL DIAG R x8, Run B x8	1	R	Living just enough for the city, living just	Knees come up high on the run
			Run TVL DIAG L x8, Run B x8	1	R	Living just enough for	Try to move as far as possible
			Run TVL DIAG R x8, Run B x8	1	R	Living just enough for	Use your arms forcefully
			Run TVL DIAG L x8, Run B x8	1	R	Living just enough for	Keep your torso up and engage
1:45	Verse 2	4x8	SWING LEG KICK	1	R	His sister's black but	Active quads and hams
2:14	Chorus 2	4x8	JACK & TUCK TRAVEL	1	R	Living just enough	Focus on lats and pectorals
2:44	Bridge 2	4x8	RUN DIAGONAL	1	R	Living just enough for	Glutes, quads, core
3:13	Verse 3	4x8	SWING LEG KICK	1	R	A boy is born in hard	Make it bigger!
3:43	Chorus 3	4x8	JACK & TUCK TRAVEL	1	R	Living just enough	Explode the jacks and tucks!!
4:12	Bridge 3	4x8	RUN DIAGONAL	1	R	Living just enough for	Higher knees and pump the arms!
4:42	Chorus 4	4x8	JACK & TUCK TRAVEL	1	R	Living just enough I	I know you got this! Let's do it!
	Finish		Step Wide				
V1C1B1V2C2B2V3C3B3C4							

Trainer's Tip: As the first cardio challenge track, encourage your students to move and explore surface area front, back and on every corner. You want them to MOVE!

Choreography Notes

Track # 3
Track Focus Balance
Track Length 5:17
Song Title Play That Funky Music
BPM 130

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue
	Intro	2x8	Jog	16	R	Play that funky music	
0:16	Verse 1	1x8	KARATE KICKS SIDE & BACK Karate kick side R x4, ALT Karate kick B x4	1	R	Yeah, there was a funky singer, playin'	Use your arms to keep a nice torso chamber and core control
		1x8	Karate kick side L x4, ALT Karate kick B x4	1	L	And never had no proble	Focus on the heel kick down
		1x8	Karate kick side R x4, ALT Karate kick B x4	1	R	And everything around	Feel the balance challenge
		1x8	Karate kick side L x4, ALT Karate kick B x4	1	L	And I decided quickly	Hip engage and kick long leg
0:45	Chorus 1	4x8	DOUBLE ROCKING HORSE ALT Rocking horse x2, knee swings F	8	R	Dancin' and singin' and movin' to the groovin'	Be sure you curl up the back leg and lift the front leg high
1:15	Bridge 1	1x8	LEAP & FAST JACKS Leap R TVL R x3, Fast JJ x2	1	R	Till you die, oh till you die	Travel as far as you can increasing the balance challenge
		1x8	Leap L TVL L x3, Fast JJ x2	1	L	Play that funky music	Breaststroke arms pull water
		1x8	Leap R TVL R x3, Fast JJ x2	1	R	Till you die, oh till you die	Up and over, lengthen your body
		1x8	Leap L TVL L x3, Fast JJ x2	1	L	Play that funky music	Bring your feet together on the JJ
1:44	Verse 2	4x8	KARATE KICKS SIDE & BACK	1	R	I tried to understand	Abdominal wall stability
2:13	Chorus 2	4x8	DOUBLE ROCKING HORSE	1	R	Dancin' and singin'	Glutes, quads & hamstrings
2:43	Bridge 2	4x8	LEAP & FAST JACKS	1	R	Till you die, oh till you	Inner thighs
3:13	Verse 3	4x8	KARATE KICKS SIDE & BACK	1	R	Now first it wasn't eas	Feel yourself getting stronger!
3:43	Chorus 3	4x8	DOUBLE ROCKING HORSE	1	R	Dancin' and singin'	Longer arms! Move more water!
4:12	Bridge 3	4x8	LEAP & FAST JACKS	1	R	Till you die, oh till you	Travel! Up and over and higher!!
4:42	Chorus 4	4x8	DOUBLE ROCKING HORSE	1	R	Dancin' and singin'	Great energy, team!
	Finish		Step Wide				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Tip: Try to mention and make your students aware that every movement element on this track works directly to enhance balance and proprioceptive skills.

Choreography Notes

Track # 4
Track Focus Group
Track Length 5:15
Song Title I Feel The Earth Move
BPM 130

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue			
	Intro	2x8	Jog into a circle formation	16	R	Instrumental	Ready to move counter clockwise			
0:16	Verse 1	4x8	JOG SINGLE SINGLE DOUBLE Jog SSD TVL R (counterclockwise)	16	R	I feel the earth move under my feet I feel	Big rebound. Start moving counter clockwise.			
0:45	Chorus 1	4x8	RUN & FAST JACK Face L, Run TVL F x8 (clockwise), Fast JJ in place x2	4	R	Oh, baby when I see your face Mellow as the month of May	Switch direction to run for eight and fight to stop in place for the four quick jacks.			
1:15	Bridge 1	2x8	KICK BACK & REACH ALT kick B (Arms: single reach F)	16	R	Instrumental	Push forward with strong arms and fully extend back leg. Keep rebounding.			
		2x8	ALT DBL kick B (Arms: DBL reach F)	8	R	Instrumental	Make it more powerful and move more water.			
1:44	Verse 2	4x8	JOG SINGLE SINGLE DOUBLE	1		I feel the earth move	Glutes and biceps			
2:15	Chorus 2	4x8	RUN & FAST JACK	1	R	Oh, baby when I see	Use the core to stop and react			
2:44	Bridge 2	4x8	KICK BACK & REACH	1		Instrumental	Chest, hip flexors			
3:13	Verse 3	4x8	JOG SINGLE SINGLE DOUBLE	1		I feel the earth move	You have it! Make a bigger circle!			
3:42	Chorus 3	4x8	RUN & FAST JACK	1	R	Oh, baby when I see	Run faster and try to stop quickly!			
4:12	Bridge 3	4x8	KICK BACK & REACH	1		Instrumental	Do you feel stronger? Yeah!			
4:45	Chorus 4	4x8	RUN & FAST JACK	1	R	Oh, baby when I see	Come on! We got this last one!			
	Finish		Step wide							
V1		C1	B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Tip: Since this track is all about group dynamics, encourage your students to notice if they can keep the circular formation even when the exercises and directional changes happen. Challenge them! Ask them to stop in different spots every time they go into the jacks segment, etc.

Choreography Notes

Track # 5
Track Focus Anchored
Track Length 5:15
Song Title Walking In Memphis
BPM 130

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue		
	Intro	2x8	Neutral Position			Instrumental	Hands together and stabilized torso		
0:16	Verse 1	2x8	STOMP & PUNCH Stomp R out/in x2, Punch Out/cross/Out/Clasp Stomp L out/in x2, Punch Out/cross/Out/Clasp	2	R/L	Put on my blue suede shoes and I boarded	Keep a strong extended torso, shoulders down at water level. Stomp forcefully with your legs.		
		2x8	Stomp R F/B x2, Punch Out/cross/Out/Clasp Stomp L F/B x2, Punch Out/cross/Out/Clasp	2	R/L	W.C. Handy, won't you look down over	Try to punch as forcefully as you stomp with your legs.		
0:45	Chorus 1	4x8	POWER CROSS COUNTRY DBL CC Ski to explain the drill	16	R	Then I'm Walking in Memphis, Walking with	Bring your knees higher, pulling them from your core.		
1:14	Bridge 1	4x8	CROSS COUNTRY SKI NUEROPLASTICITY DRILL* Association words about Memphis: Music=Elvis, Downtown=city, Museum=Art	32	R	Walking in Memphis Ohhh, Ohhh, Ohhh	Keep a nice and easy rebound cross-country ski. Let's name some Memphis celebrities: NUEROPLASTICITY DRILL*		
1:44	Verse 2	4x8	STOMP & PUNCH	1	R/L	Saw the Ghost of Elvis	Core strong, quads, chest		
2:13	Chorus 2	4x8	POWER CROSS COUNTRY	1	R	When I was walking	Inner thighs, hips and glutes		
2:44	Bridge 2	4x8	CROSS COUNTRY SKI	1	R	Walking in Memphis	Round 2: City landmarks		
3:13	Verse 3	4x8	STOMP & PUNCH	1	R/L	Now Muriel plays	Punch harder and stomp stronger!		
3:44	Chorus 3	4x8	POWER CROSS COUNTRY	1	R	Walking in Memphis	What is good to eat around here?		
4:17	Bridge 3	4x8	CROSS COUNTRY SKI	1	R	Walking in Memphis	Round 3: Food		
4:40	Chorus 4	4x8	POWER CROSS COUNTRY	1	R	When I was walking	Let's finish strong!		
	Finish		Wide Stance						
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Tip: NUEROPLASTICITY DRILL* - Round 1 People: Bates, Handy, Elvis, Green - Round 2 City: Beale, Museum, Zoo, Graceland - Round 3 Food: BBQ, Catfish, Chicken, Soul.

Choreography Notes

Track # 6
Track Focus Toning
Track Length 5:18
Song Title I Can't Get No (Satisfaction)
BPM 130

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue		
	Intro	2x8	Stand tall, prepare to begin, barre inspired			Instrumental	Ground your feet, extend the torso		
0:14	Verse 1	1x8	HIP & LEG WORK Knee flex R, ABD/ADD x2, Kick F, Curl B	1	R	I can't get no satisfaction, I can't get	Start sharp from the beginning, connect the leg and move strongly		
		1x8	Knee flex L, ABD/ADD x2, Kick F, Curl B	1	L	I can't get no	Keep the knee high as you kick		
		1x8	Knee flex R, ABD/ADD x2, Kick F, Curl B	1	R	'Cause I try and I try	Use your hands to stabilize torso		
		1x8	Knee flex L, ABD/ADD x2, Kick F, Curl B	1	L	'Cause I try and I try	Keep your abs engage		
0:44	Chorus 1	2x8	STANDING CHEST FLY Lunge stance (Arms: ALT 1 F/ 1 B chest fly)	8	R	I can't get no, I can get no, I can't get no, I	Plant your feet down into a split stance. Keep the chest lifted. Choose to scoop or open hands		
		2x8	Lunge stance (Arms: chest fly F/B)	8	R	When I'm driving in my car	Try to move water equally in front of you and behind you.		
1:14	Bridge 1	4x8	SHOULDER FRONT RAISE & BACK STROKE Lunge stance (Arms: ALT deltoid raise/back stroke)	8	L	Oh hey hey hey	Keep your shoulder blades down for a safer and more powerful muscle engagement action.		
1:44	Verse 2	4x8	HIP & LEG WORK	1	R	I can't get no	Glutes, quads, hamstrings		
2:14	Chorus 2	4x8	STANDING CHEST FLY	1	R	I can't get no	Chest, shoulder, lats		
2:43	Bridge 2	4x8	SHOULDER FRONT RAISE & BACK STROKE	1	L	Oh hey hey hey	Front and rear deltoids, core		
3:13	Verse 3	4x8	HIP & LEG WORK	1	R	I can't get no	Kick it! Curl it! Push it! Move it!		
3:42	Chorus 3	4x8	STANDING CHEST FLY	1	R	I can't get no	Press the arms nice and strong!		
4:12	Bridge 3	4x8	SHOULDER FRONT RAISE & BACK STROKE	1	L	Oh hey hey hey	Create more white water!!		
	Finish		Wide Stance						
V1		C1	B1	V2	C2	B2	V3	C3	B3

Trainer's Tip: Offer hand position options to your students: fist, scoop, slice, open hands or even hand gloves, if they have them available. Make sure they understand they can choose the best and safer challenge option for themselves.

Choreography Notes

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

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue		
	Intro	2x8	Noodle behind torso			Instrumental	Lower yourself, diamond shape legs		
0:16	Verse 1	2x8	DIAMOND SIDE CURL Diamond Legs lean to R x4, EXT/Bend x6	1	R	We're caught in a trap I can't walk out	Diamond shape legs side lying. Keep the hips square with shoulders		
		2x8	Diamond Legs lean to L x4, EXT/Bend x6	1	L	Why can't you see	Keep the heels together		
0:47	Chorus 1	4x8	V TUCK V/tuck/V/ALT cross touch	8	R	We can't go on together with	Torso extended for a powerful tuck and torso rotation.		
1:15	Bridge 1	4x8	HIP TWIST Feet together, Long extended legs, ALT Twist	16	R	We can't go on together...	Lay back to twist the hip as the upper body stays long and stable		
1:49	Verse 2	4x8	DIAMOND SIDE CURL	1	R	So, if an old friend I	Oblique and pelvis stable		
2:19	Chorus 2	4x8	V TUCK	1	R	We can't go on	Rectus and transverse abs		
2:50	Bridge 2	4x8	HIP TWIST	1	R	We can't go on	Inner thigh, pelvic floor		
3:21	Verse 3	4x8	DIAMOND SIDE CURL	1	R	We're caught in a trap	Try to press a little stronger!		
3:52	Chorus 3	4x8	V TUCK	1	R	We can't go on	Reach a little further into your leg!		
4:24	Bridge 3	4x8	HIP TWIST	1	R	We can't go on	Lengthen your body and twist!		
	Finish	1x1	Lay back						
V1		C1	B1	V2	C2	B2	V3	C3	B3

Trainer's Tip: For this track specifically, remind your students to consciously engage the pelvic floor to help stabilize the torso in every single block.

Choreography Notes

Track # 8
Track Focus Flexibility
Track Length 4:18
Song Title Just My Imagination
BPM 80

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue			
		2x8	Sway side to side		R	Instrumental	Easy shoulder rolls			
0:13	Verse 1	1x8	TRIANGLE & PYRAMID RIGHT Standing Prep (1-4), Triangle pose (5-8)	1	R	Each day through my window I watch her	Try to link every move fluidly, there is almost no stop			
		1x8	Pyramid R, arms reach	1	R	by	Lengthen the torso			
		1x8	Warrior III (1-4), dancer pose (5-8)	1	L	I say to myself	Reach far in both directions			
		1x8	Figure 4 stretch	1	L	guy	Sway and lower down			
0:35	Bridge 1	1x8	TRIANGLE & PYRAMID LEFT Standing Prep (1-4), Triangle pose (5-8)	1	L	To have a girl	Flow the sequence to the other side			
		1x8	Pyramid R, arms reach	1	L	Dream come true	Keep extended legs			
		1x8	Warrior III (1-4), dancer pose (5-8)	1	R	Out of all the fellas	Connect with your core for balance			
		1x8	Figure 4 stretch	1	R	Belongs to you	Sway and lower down			
0:55	Chorus 1	1x8	OVERHEAD REACH & TWIST Reach overhead, sink the Chi	1	R	It was just my imagination, once	Breathe deeply into the nose, exhale through the mouth			
		1x8	Reach over, torso laterally flex, sweep F	1	R	Running away from	Lengthen over and let it go			
		1x8	Reach overhead, sink the Chi	1	L	just my imagination	Keep breathing			
		1x8	Reach over, torso laterally flex, sweep F	1	L	Running away from	Lengthen over to the other side			
1:18	Verse 2	4x8	TRIANGLE & PYRAMID RIGHT	1	R	Soon we'll be married	Hamstring, hip flexors			
1:38	Bridge 2	4x8	TRIANGLE & PYRAMID LEFT	1	R	I can visualize	Quads and glutes			
2:11	Chrous 2	4x8	OVERHEAD REACH & TWIST	1	R	It was just my	Upper back and lats			
2:25	Verse 3	4x8	TRIANGLE & PYRAMID RIGHT	1	R	Every night on my	Send hips back for a deeper stretch			
2:47	Bridge 3	4x8	TRIANGLE & PYRAMID LEFT	1	R	To have a girl	Make it longer! Feel It deeper!			
3:05	Chorus 3	4x8	OVERHEAD REACH & TWIST	1	R	It was just my	Step wide and reach high!			
3:27	Chorus 4	4x8	OVERHEAD REACH & TWIST	1	R	It was just my	Thank you for bringing great energy			
			Wide Stance with Open Arms							
V1		B1	C1	V2	B2	C2	V3	B3	C3	C4

Trainer's Tip: The three sequences of movement were designed to almost feel like a tai-chi/yoga dance flow. Try to make it as fluid and dynamic as you feel comfortable with. Have fun with it!

Choreography Notes

Track # BONUS
Track Focus Flotation
Track Length 5:15
Song Title You Keep Me Hanging' On
BPM 130

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue
	Intro	2x8	JJ	8		Set me free why	Begin with rebounding jack
0:15	Verse 1	4x8	JACK & FAST JACKS JJ x1, Fast JJ x2 (Arms: Push F/pull in, push down x2)	8		Why do you keep a comin' around playing with my heart	Find a nice grip to push and pull the noodle in front, down and up
0:45	Chorus 1	1x8	DIVE FRONT Dive F Flutter kick	16	R	Set me free why don't you babe	Flutter your legs, extend and lengthen the arms to travel forward
		1x8	Kick TVL B	8	R	'Cause you don't really	Travel back kicking front and push
		1x8	Dive F Flutter kick	16	R	Set me free why don't	Try to travel further this time
		1x8	Kick TVL B	8	R	No, you don't really	Kick front and push the noodle
1:15	Bridge 1	1x8	LEAP & PRESS Side Leap (Hop on "8") (Arms: noodle press)	4	R	Instrumental	Use the noodle to reach longer with the arms
		1x8	Side Leap (Hop on "8") (Arms: noodle press)	4	L	Instrumental	Open the hip and fully extend the back leg on traveling leap
		1x8	Side Leap (Hop on "8") (Arms: noodle press)	4	R	Instrumental	Travel further with the noodle to reach longer with the arms
		1x8	Side Leap (Hop on "8") (Arms: noodle press)	4	L	Instrumental	Open the hip and fully extend the back leg...
1:44	Verse 2	4x8	JACK & FAST JACKS	1	R	You say you still care for	Chest, lats, shoulders
2:14	Chorus 2	4x8	DIVE FRONT	1	R	Set me free why	Hamstrings, core stability
2:43	Bridge 2	4x8	LEAP & PRESS	1	R	Instrumental	Inner thighs, triceps and biceps
3:12	Verse 3	4x8	JACK & FAST JACKS	1	R	Why do you keep a	Create more turbulence!
3:42	Chorus 3	4x8	DIVE FRONT	1	R	Set me free why	Try to cover more water surface!
4:12	Bridge 3	4x8	LEAP & PRESS	1	R	Instrumental	Make it bigger! Reach longer!
4:47	Chorus 4	4x8	DIVE FRONT	1	R	Set me free why	Come on! Let's finish strong!!
	Finish		Wide stance, arms push F				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Choreography Notes

Track # 10
Track Focus Deep Water Training
Track Length 5:15
Song Title Corazon Espinado
BPM 130

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type			
	Intro	2 x 8	Get into position. straddle noodle			Instrumental	Knees together to the corner			
0:15	Verse 1	1 x 8	TWISTED CHAIR BREASTSTROKE Seated twist hold R (1-6), Fast twist x3 & hold (Arms: Breaststroke x3 TVL F, ALT OPP sweep)	1	R	Esa mujer me esta matando me ha espinado el corazon	Thumps up on the back stroke. Long levers.			
		1 x 8	Seated twist hold L (1-6), Fast twist x3 & hold (Arms: Breaststroke x3 TVL F, ALT OPP sweep)	1	L	Por mas que trato de olvidarla, Mi alma no da	Knees up and together on the fast twist			
		1 x 8	Seated twist hold R (1-6), Fast twist x3 & hold (Arms: Backstroke x3 TVL B, ALT OPP sweep)	1	R	Mi Corazon aplastado molido y	Big breaststroke traveling back. Extend the arms wide.			
		1 x 8	Seated twist hold R (1-6), Fast twist x3 & hold (Arms: Backstroke x3 TVL B, ALT OPP sweep)	1	L	A ver, a ver tu sabes dime mi amor	Try to keep an extended torso.			
0:45	Chorus 1	1 x 8	BICYCLE CIRCLE ALT Hamstring curl, circle R	16	R	Ahh ay ay Corazon espinado	Use your arms to turn and create more turbulence			
		1 x 8	JJ out/cross in place	8		Ahh ay ay como me	Open arms for stability			
		1 x 8	ALT Hamstring curl, circle L	16	L	Ahh ay ay Corazon	Extend knees on the bicycle			
		1 x 8	JJ out/cross in place	8		Ahh ay ay como me	Cross the legs on the jack			
1:15	Bridge 1	1 x 8	BIG BICYCLE Seated hamstring curl TVL F	8	R	Instrumental	Travel forward pulling with the heels			
		1 x 8	Reverse bicycle TVL B	8	R	Instrumental	Travel back kicking in circle			
		1 x 8	Seated hamstring curl TVL F	8	R	Instrumental	Heels pull you forward			
		1 x 8	Reverse bicycle TVL B	8	R	Instrumental	Toes & shins move you back			
1:47	Verse 2	4 x 8	TWISTED CHAIR BREASTSTROKE	1	R	Como duele como duele	Shoulders, obliques			
2:17	Chorus 2	4 x 8	BICYCLE CIRCLE	1	R	Ahh ay ay Corazon	Hamstrings, inner thighs			
2:48	Bridge 2	4 x 8	BIG BICYCLE	1	R	Instrumental	Glutes, hams and quads			
3:18	Verse 3	4 x 8	TWISTED CHAIR BREASTSTROKE	1	R	Esa mujer me esta	Bigger arm move!			
3:48	Chorus 3	4 x 8	BICYCLE CIRCLE	1	R	Ahh ay ay Corazon	Travel faster on the bike!!			
4:19	Bridge 3	4 x 8	BIG BICYCLE	1	R	Instrumental	Unleash your inner athlete			
4:50	Chorus 4	4 x 8	BICYCLE CIRCLE	1	R	Ahh ay ay Corazon	Feel your body getting strong			
	Finish	1 x 1	Knee tuck							
V1		C1	B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Tip: This deep-water track was designed to work with the noodle. Be flexible in the use of it. Some of your clients will prefer using the noodle behind their backs and that is absolutely and perfectly ok.

Music Credits



WATERinMOTION® Platinum 20 - YES2212-2

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151 S. Pfingsten Rd.

Deerfield, IL 60015.

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