

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

**wave** *21*

**STRETCH**  
**YOUR BOUNDARIES**



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     | Love Train                     | The O'Jays               | Warm Up     | 5:25 | 126 |
| 2     | Believe                        | Cher                     | Linear      | 5:14 | 130 |
| 3     | Never Can Say Goodbye          | Gloria Gaynor, Jackson 5 | Balance     | 5:16 | 130 |
| 4     | Uptight (Everything's Alright) | Stevie Wonder            | Group       | 5:14 | 130 |
| 5     | Rebel Rebel                    | David Bowie              | Anchored    | 5:15 | 130 |
| 6     | A Little Less Conversation     | Elvis Presley, Junkie XL | Toning      | 5:16 | 130 |
| 7     | Jumpin' Jack Flash             | The Rolling Stones       | Core        | 4:46 | 130 |
| 8     | So Far Away                    | Carole King              | Flexibility | 5:16 | 80  |
| 9     | Sweet Caroline                 | Dj Otzi, Neil Diamond    | Bonus       | 5:14 | 130 |
| 10    | Tossin' And Turnin'            | Bobby Lewis              | Bonus       | 5:24 | 126 |

\*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 Love Train  
BPM 126

|      | Song Part | Count | Movement  | Reps | Lead | Music Cue   | Verbal Cue   |
|------|-----------|-------|---|------|------|---|--|
|      | Intro     | 2x8   | Jog   | 16   | R    | Love train love train   | Let's start with a big rebound jog   |
| 0:16 | Verse 1   | 1x8   | ROCK & RUN<br>Rocking horse x2, Run x7 hold   | 1    | R    | The next stop that we make will be soon                         | Lift your front knee high and your heel up high in back                                      |
|      |           | 1x8   | Rocking horse x2, Run x7 hold   | 1    | L    | Tell all the folks in   | Use your arms strongly forward   |
|      |           | 1x8   | Rocking horse x2, Run x7 hold   | 1    | R    | Don't you know that it's  | And backward to move more water  |
|      |           | 1x8   | Rocking horse x2, Run x7 hold   | 1    | L    | And let's this train keep                                       | Keep your torso tall and strong.   |
| 0:46 | Chorus 1  | 4x8   | JOG AROUND THE WORLD<br>Jog x2, Wide jog x2, Jog heel x4<br>(Arms: Reach up, fan out, join hands) | 4    | R    | People all over the world, join hands, start a love train, love | Open hands wide to improve manual dexterity. Clasp your hands tightly adding torso rotation. |
| 1:17 | Bridge 1  | 1x8   | HEEL TOE SHUFFLE<br>GRD Heel/Toe touch, CC shuffle x7   | 1    | R    | Y'all, Join in (Ride this train)<br>Love train                  | Heel touch in the front, toes touch in the back. Use arms for balance                        |
|      |           | 1x8   | GRD Heel/Toe touch, CC shuffle x7   | 1    | L    | Love love love love train                                       | Controlled ROM on the single leg   |
|      |           | 1x8   | GRD Heel/Toe touch, CC shuffle x7   | 1    | R    | Love love love love train                                       | Push hard with your hands F/B  |
|      |           | 1x8   | GRD Heel/Toe touch, CC shuffle x7   | 1    | L    | Love love love love train                                       | Move lots of water   |
| 1:47 | Verse 2   | 4x8   | ROCK & RUN  | 1    | R    | All of you brothers   | Muscle: hamstrings, chest, lats  |
| 2:17 | Chorus 2  | 4x8   | JOG AROUND THE WORLD  | 1    |      | People all over the   | Shoulders, obliques, quads   |
| 2:48 | Bridge 2  | 4x8   | HEEL TOE SHUFFLE  | 1    | R    | Y'all, Join in (Ride  | Glutes, abs, hip stability   |
| 3:18 | Verse 3   | 4x8   | ROCK & RUN  | 1    | R    | The next stop that we   | Motivation: Let's move further   |
| 3:49 | Chorus 3  | 4x8   | JOG AROUND THE WORLD  | 1    |      | People all over the   | Can you make more white water  |
| 4:19 | Bridge 3  | 4x8   | HEEL TOE SHUFFLE  | 1    | R    | Y'all, Join in (Ride  | Can you shuffle stronger?  |
| 4:50 | Chorus 4  | 4x8   | JOG AROUND THE WORLD  | 1    |      | People all over the   | Let's sing the song together   |
|      | Finish    | 1x1   | Step Wide hands together  |      |      |   |  |

|    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4 |
|----|----|----|----|----|----|----|----|----|----|

Trainer's Tip: Remind your students that to warm up they need to keep a constant and controlled rebound. Gradually with each segment, your students will be able to engage every body part, muscle and joint effectively and safe.

# Choreography Notes

Track # 2  
Track Focus Linear  
Track Length 5:15  
Song Title Believe  
BPM 130

|      | Song Part | Count | Movement   | Reps | Lead | Music Cue                                 | Verbal Cue   |
|------|-----------|-------|--|------|------|---|--|
|      | Intro     | 2x8   | Front kick   |      |      | After love, after love                    | Keep a big rebound   |
| 0:16 | Verse 1   | 4x8   | KICK FRONT & KICK BACK<br>ALT F Kicks x4, ALT B Kicks x4 | 4    | R    | No matter how hard I try you keep pushing | Long lever legs kick F/B with long arms reaching and pushing       |
| 0:45 | Chorus 1  | 1x8   | RUN & TUCK JUMP<br>Run TVL F                             | 16   | R    | Do you believe in life after love,        | Travel as far as possible using a great deal of surface area       |
|      |           | 1x8   | Down/Tuck Jump   | 4    | R    | I can feel something                      | Power tuck your knees up   |
|      |           | 1x8   | Run TVL B  | 16   | R    | Do you believe in life                    | Run back, high knees up  |
|      |           | 1x8   | Down/Tuck Jump   | 4    | R    | I can feel something                      | Push hands down as you tuck up                                     |
| 1:15 | Bridge 1  | 4x8   | JACKS & HEEL TOUCH<br>JJ, JJ ATL heel touch R/L          | 4    | R    | Well I know that I'll get through this    | Alternate a rebound jack and jack instep sweep, one right and left |
| 1:45 | Verse 2   | 4x8   | KICK FRONT & KICK BACK                                   | 1    | R    | What Am I suppose                         | Muscle: shoulder, chest, lats                                      |
| 2:14 | Chorus 2  | 4x8   | RUN & TUCK JUMP  | 1    | R    | Do you believe in life                    | Abs, core, quads, triceps  |
| 2:44 | Bridge 2  | 4x8   | JACKS & HEEL TOUCH                                       | 1    | R    | Well I know that I'll                     | Inner and outer thighs   |
| 3:13 | Verse 3   | 4x8   | KICK FRONT & KICK BACK                                   | 1    | R    | No matter how hard i                      | Motivation: I believe you can run                                  |
| 3:43 | Chorus 3  | 4x8   | RUN & TUCK JUMP  | 1    | R    | Do you believe in life                    | How high can you tuck jump?  |
| 4:12 | Bridge 3  | 4x8   | JACKS & HEEL TOUCH                                       | 1    | R    | Well I know that I'll                     | You know you're strong! Rock it!                                   |
| 4:42 | Chorus 4  | 4x8   | RUN & TUCK JUMP  | 1    | R    | Do you believe in life                    | Higher with more power!  |
|      | Finish    | 1x1   | Step wide  |      |      |   |  |

|    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4 |
|----|----|----|----|----|----|----|----|----|----|

Trainer's Tip: Encourage your students to use long levers on the kicks and to move and cover a big surface area with the running sequences.

# Choreography Notes

Track # 3  
Track Focus Balance  
Track Length 5:17  
Song Title Never Can Say Goodbye  
BPM 130

|      | Song Part | Count | Movement   | Reps | Lead | Music Cue                                  | Verbal Cue  |
|------|-----------|-------|--|------|------|--|---|
|      | Intro     | 2x8   | Jog  | 16   |      | Never can say goodbye                      | Keep the big rebound Jog  |
| 0:16 | Verse 1   | 4x8   | JOG & LEAP<br>Jog SSD (side leap on the DBL)                   | 16   | R    | Every time I think I've had enough I start | Use your arms to travel on the leap after the balance jog                 |
| 0:45 | Chorus 1  | 4x8   | DOUBLE JOG HEEL<br>ALT DBL Jog heel, DBL Soccer kick           | 4    | R    | No! I never can say goodbye boy, ooh       | Challenge: press strongly with the arms and pull your heels up            |
| 1:15 | Bridge 1  | 1x8   | LEAP & RUN<br>DIAG Leap x3 R, run x3 hold (Arms: Breaststroke) | 1    | R    | I never can, I never can say goodbye boy   | Big travel leap to cover more surface area for a bigger balance challenge |
|      |           | 1x8   | DIAG Leap x3 R, run x3 hold                                    | 1    | L    | I never can, I never can                   | Open the chest with the stroke  |
|      |           | 1x8   | DIAG Leap x3 R, run x3 hold                                    | 1    | R    | Instrumental                               | Connect with your core  |
|      |           | 1x8   | DIAG Leap x3 R, run x3 hold                                    | 1    | L    | instrumental                               | Travel further, move more water   |
| 1:44 | Verse 2   | 4x8   | JOG & LEAP   | 1    | R    | Every time I think I've                    | Muscle: biceps, lats and obliques   |
| 2:13 | Chorus 2  | 4x8   | DOUBLE JOG HEEL  | 1    | R    | No! I never can say                        | Shoulders, chest and hamstrings   |
| 2:43 | Bridge 2  | 4x8   | LEAP & RUN   | 1    | R    | I never can, I never                       | Hip flexors & inner/outer thighs  |
| 3:13 | Verse 3   | 4x8   | JOG & LEAP   | 1    | R    | Every time I think I've                    | Motivation: Make it bigger this time                                      |
| 3:43 | Chorus 3  | 4x8   | DOUBLE JOG HEEL  | 1    | R    | No! I never can say                        | Move your heel higher and higher  |
| 4:12 | Bridge 3  | 4x8   | LEAP & RUN   | 1    | R    | I never can, I never                       | Have some fun with more travel  |
| 4:42 | Chorus 4  | 4x8   | DOUBLE JOG HEEL  | 1    | R    | No! I never can say                        | Let's bring it home! Powerfully fun!                                      |
|      | Finish    | 1x1   | Step wide open arms  |      |      |  |   |

|    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4 |
|----|----|----|----|----|----|----|----|----|----|

Trainer's Tip: Remind your students about all the opportunities they have with every choreography segment for them to enhance and improve their balance skills and abilities.



# Choreography Notes

Track # 4  
Track Focus Group  
Track Length 5:15  
Song Title Uptight (Everything is Alright)  
BPM 130

|      | Song Part | Count | Movement   | Reps | Lead | Music Cue                              | Verbal Cue   |    |    |    |
|------|-----------|-------|--|------|------|--|--|----|----|----|
|      | Intro     | 2x8   | Jump Rope  | 16   |      | Instrumental                           | Get into two groups  |    |    |    |
| 0:16 | Verse 1   | 4x8   | MOGULS<br>Moguls R/L, Jump F/B                                 | 8    | R    | I'm a poor man's son, form across the  | Powerful jump side to side and front & back, like jumping a fence. |    |    |    |
| 0:45 | Chorus 1  | 4x8   | JACK TRAVEL FAST JACK<br>JJ Travel switch sides x1, Fast JJ x2 | 8    |      | Baby, everything is all right, uptight | Rebound jack and side travel, fast jack and group changes sides    |    |    |    |
| 1:30 | Bridge 1  | 2x8   | JOG<br>Jog   | 16   | R    | Instrumental                           | High knee jog, shoulders on top of your hips                       |    |    |    |
|      |           | 2x8   | Run x4, Wide Run x4  | 4    | R    | Instrumental                           | Focus on neutral & external rotation                               |    |    |    |
| 1:44 | Verse 2   | 4x8   | MOGULS   | 1    | R    | She says no one is                     | Muscle: abs, obliques, shoulders                                   |    |    |    |
| 2:15 | Chorus 2  | 4x8   | JACK TRAVEL FAST JACK  | 1    |      | Baby, everything is                    | Abductors, adductors, lats, chest                                  |    |    |    |
| 2:44 | Bridge 2  | 4x8   | RUN NARROW & WIDE  | 1    |      | Instrumental                           | Hip flexors, glutes, biceps  |    |    |    |
| 3:13 | Verse 3   | 4x8   | MOGULS   | 1    | R    | I'm a poor man's son,                  | Motivation: show me your best                                      |    |    |    |
| 3:42 | Chorus 3  | 4x8   | JACK TRAVEL FAST JACK  | 1    |      | Baby, everything is                    | Show me more travel  |    |    |    |
| 4:12 | Bridge 3  | 4x8   | RUN NARROW & WIDE  | 1    |      | Instrumental                           | Can you run a litter wider?  |    |    |    |
| 4:26 | Chorus 4  | 4x8   | JACK TRAVEL FAST JACK  | 1    |      | Baby, everything is                    | Who can fast jack the strongest?                                   |    |    |    |
|      | Finish    | 1x1   | Step wide open arms  |      |      |  |  |    |    |    |
| V1   |           | C1    | B1   | V2   | C2   | B2                                     | V3   | C3 | B3 | C4 |

Trainer's Tip: Try to use images like "jumping a fence" on the first block to avoid the sometimes floppy hip twist on the MOGULS section.

# Choreography Notes

Track # 5  
Track Focus Anchored  
Track Length 5:15  
Song Title Rebel Rebel  
BPM 130

|      | Song Part | Count | Movement  | Reps | Lead | Music Cue                            | Verbal Cue   |    |    |    |
|------|-----------|-------|---|------|------|--------------------------------------|--|----|----|----|
|      | Intro     | 2x8   | Lower to neutral stance chamber torso   | 8    |      | Instrumental                         | We're solving math equations   |    |    |    |
| 0:16 | Verse 1   | 2x8   | POINT AROUND<br>Stomp R leg F/S/B/S, half circle leg B and F                  | 2    | R    | You've got your mother in a whirl    | Clasp your hands strongly for better stability and core engagement               |    |    |    |
|      |           | 2x8   | Stomp L leg F/S/B/S, half circle leg B and F                                  | 2    | L    | You like me and I like               |  |    |    |    |
| 0:45 | Bridge 1  | 4x8   | JOG PUSH DOWN<br>JOG SSD<br>(Arms: Push down)                                 | 8    | R    | They put you down they say I'm wrong | Keep your torso long and strong with the rebound jog and hands pushing down      |    |    |    |
| 1:17 | Chorus 1  | 4x8   | JACK & TUCK<br><b>NEUROPLASTICITY:</b> Math test (add)<br>Neutral JJ out/tuck | 16   | R    | Rebel, rebel you've torn your dress  | We are going to start with addition problems: 2+2=, 2+7=, 1+9=, 5+5= 10+4=, 6+9+ |    |    |    |
| 1:44 | Verse 2   | 4x8   | POINT AROUND  | 1    | R    | You've got your                      | Muscle: core, hip stability  |    |    |    |
| 2:13 | Bridge 2  | 4x8   | JOG PUSH DOWN   | 1    | R    | They put you down                    | Glutes, triceps and the brain muscle   |    |    |    |
| 2:44 | Chorus 2  | 4x8   | JACK & TUCK<br><b>NEUROPLASTICITY:</b> Math test (subtract)                   | 1    | R    | Rebel, rebel you've                  | We are going to move on into subtraction: 8-4=, 5-3=,10-8=                       |    |    |    |
| 3:13 | Verse 3   | 4x8   | POINT AROUND  | 1    | R    | You've got your                      | Motivation: can you point further  |    |    |    |
| 4:17 | Bridge 3  | 4x8   | JOG PUSH DOWN   | 1    | R    | They put you down                    | We got this! Put on your thinking cap .  |    |    |    |
| 4:12 | Chorus 3  | 4x8   | JACK & TUCK<br><b>NEUROPLASTICITY:</b> Math test (multiply)                   | 1    | R    | Rebel, rebel you've                  | We're going to multiplication: 3x3=, 8x4=, 30x2=. 6x2=, 0x0=, 8x8=               |    |    |    |
| 4:40 | Chorus 4  | 4x8   | JACK & TUCK<br><b>NEUROPLASTICITY:</b> Math test (mix)                        | 1    | R    | Rebel, rebel you've                  | Mix it up! 3+7=, 6+9=, 8x4=, 40-10=, 3x3=, 8x8=                                  |    |    |    |
|      | Finish    | 1x1   | Step wide open arms   |      |      |                                      | You guys were amazing!   |    |    |    |
| V1   |           | B1    | C1  | V2   | B2   | C2                                   | V3   | B3 | C3 | C4 |

Trainer's Tip: Be creative when you build the Math challenge, but try to keep it as simple as possible. Less is more when you have to think and move.

# Choreography Notes

Track # 6  
Track Focus Toning  
Track Length 5:18  
Song Title A Little Less Conversation  
BPM 130

|      | Song Part | Count | Movement  | Reps | Lead | Music Cue   | Verbal Cue   |    |    |    |
|------|-----------|-------|---|------|------|---|--|----|----|----|
|      | Intro     | 2x8   | Stand tall, prepare to begin  |      |      | Instrumental  | Bend the noodle in front of you  |    |    |    |
| 0:17 | Verse 1   | 4x8   | HAMSTRING CURLS & TRICEPS PRESS<br>Alt ham curl<br>(Arms: Triceps press/squeeze together) | 16   | R    | Baby, close your eyes and listen to the summer breeze | Triceps press and chest squeeze, keep the torso tall and your hips stable. Strong core connection. |    |    |    |
| 0:47 | Bridge 1  | 2x8   | HALF FLY & LEG OUT<br>R arm ABD/ADD to R, L Leg ABD/ADD                                   | 8    | R    | Instrumental  | Keep the shoulder blades down, pelvic floor and hip control  |    |    |    |
|      |           | 2x8   | L arm Abd to L, opposite Leg ABD/ADD  | 8    | L    | Come on baby I'm tire                                 | Strong adduction with the leg  |    |    |    |
| 1:18 | Chorus 1  | 2x8   | ROCK 'N ROLL ARMS<br>Lunge<br>(Arms: ALT circle push/pull)                                | 4    | R    | A Little less conversation                            | Lean forward to strongly engage your abs for bigger arm movement. Elbows hug yourself.             |    |    |    |
|      |           | 2x8   | Lunge<br>(Arms: ALT circle push/pull)   | 4    | L    | Satisfy me baby                                       | Keep your straddle lunge stance for a strong core challenge.                                       |    |    |    |
| 1:49 | Verse 2   | 4x8   | HAMSTRING CURLS & TRICEPS PRESS   | 8    | R    | Baby, close your                                      | Muscle: triceps, chest and hams  |    |    |    |
| 2:19 | Bridge 2  | 4x8   | HALF FLY & LEG OUT  | 16   |      | Instrumental  | Anterior deltoids, adductors, glutes   |    |    |    |
| 2:50 | Chorus 2  | 4x8   | ROCK 'N ROLL ARMS   | 8    | R    | A Little less   | Lats, shoulders, chest and abs   |    |    |    |
| 3:21 | Verse 3   | 4x8   | HAMSTRING CURLS & TRICEPS PRESS   | 8    | R    | Baby, close your                                      | Motivation: squeeze harder   |    |    |    |
| 3:52 | Bridge 3  | 4x8   | HALF FLY & LEG OUT  | 16   |      | Instrumental  | Pull with more force   |    |    |    |
| 4:13 | Chorus 3  | 4x8   | ROCK 'N ROLL ARMS   | 8    | R    | A Little less   | Have fun on this move! Rock!   |    |    |    |
| 4:43 | Chorus 4  | 4x8   | ROCK 'N ROLL ARMS   | 8    | R    | A Little less   | And rock back. Move more water!  |    |    |    |
|      | Finish    | 1x1   | Step Wide   |      |      |   |  |    |    |    |
| V1   |           | B1    | C1  | V2   | B2   | C2  | V3   | B3 | C3 | C4 |

Trainer's Tip: This is a very fun song and a total body exercise sequence. Be aware and cue about form and proper alignment on each segment. From hip stability and pelvic floor engagement to head, shoulders, arms-elbows, and foot placement.



# Choreography Notes

Track # 7  
Track Focus Core  
Track Length 4:46  
Song Title Jumping Jack Flash  
BPM 130

|      | Song Part | Count | Movement                            | Reps | Lead | Music Cue                            | Verbal Cue  |    |    |
|------|-----------|-------|-------------------------------------|------|------|--------------------------------------|---|----|----|
|      | Intro     | 2x8   | Step R foot F, Lunge                |      |      | Jumping, jumping                     | Split stance with tall torso  |    |    |
| 0:16 | Verse 1   | 2x8   | CURL & CHOP<br>Lunge, curl/ROT chop | 8    | R    | I was born in a cross-fire hurricane | Keep elbows flexed without push to curl the torso.                      |    |    |
|      |           | 2x8   | Lunge, curl/ROT chop                | 8    | L    | I was raised by a                    | Only extend the arms during the chop or torso rotation                  |    |    |
| 0:47 | Chorus 1  | 4x8   | JACK TUCK<br>JJ tuck                | 16   | R    | But it's all right now               | Big extended torso during the jack, push hard and curl on the tuck.     |    |    |
| 1:15 | Bridge 1  | 1x8   | PLANK<br>Plank position             | 1    | R    | Instrumental                         | Take your time to stabilize the body. Keep arms aligned under the chest |    |    |
|      |           | 3x8   | Plank, ALT Leg ABD/ADD & tuck       | 6    | R    | Instrumental                         | Compress both abs and pelvic floor                                      |    |    |
| 1:49 | Verse 2   | 4x8   | CURL & CHOP                         | 1    | R    | I was downed, I                      | Muscle: rectus abs, obliques, chest                                     |    |    |
| 2:19 | Chorus 2  | 4x8   | JACK TUCK                           | 1    | R    | But it's all right now               | Lats, glutes, inner/outer thighs  |    |    |
| 2:50 | Bridge 2  | 4x8   | PLANK                               | 1    | R    | Instrumental                         | Shoulder girdle, back extensors   |    |    |
| 3:21 | Verse 3   | 4x8   | CURL & CHOP                         | 1    | R    | I was born in a                      | Motivation: Very strong chop  |    |    |
| 3:52 | Chorus 3  | 4x8   | JACK TUCK                           | 1    | R    | But it's all right now               | Noodle to your ankles with power  |    |    |
| 4:24 | Bridge 3  | 4x8   | PLANK                               | 1    | R    | Instrumental                         | Find your best plank, your best form!                                   |    |    |
|      | Finish    | 1x1   | Stand Wide                          |      |      |                                      |   |    |    |
| V1   |           | C1    | B1                                  | V2   | C2   | B2                                   | V3  | C3 | B3 |

Trainer's Tip: Each of these exercise sequences move in multiple planes and target not only multiple muscles of the core but almost the entire body which connect as an extension of the core.

# Choreography Notes

Track # 8  
Track Focus Flexibility  
Track Length 4:18  
Song Title So Far Away  
BPM 80

|      | Song Part | Count | Movement  | Reps | Lead | Music Cue  | Verbal Cue  |    |    |
|------|-----------|-------|---|------|------|--|---|----|----|
|      | Intro     | 2x8   | Shoulders roll  |      |      | So far away...   | Soften your knees, let yourself flow  |    |    |
| 0:13 | Verse 1   | 1x8   | WIDE STANCE REACH<br>Wide stance R arm reach R x3, Arm overhead torso twist and release | 1    | R    | Just time away long ago I reached for you                  | Wide stance to stabilize the body, reach far for a nice lateral stretch keep the flow for warrior 2 |    |    |
|      |           | 1x8   | Warrior II, reverse warrior, warrior I  | 1    | R    | Do me good, oh how I                                       | Reach over head   |    |    |
|      |           | 1x8   | Warrior III to Dancer, ABD leg side, point/flex   | 1    | R    | One more song about  | Extend hip for warrior 3, inner thigh   |    |    |
|      |           | 1x8   | INT/EXT ROT x2, Figure 4 glutes stretch   | 1    | R    | If I could only work this                                  | Hip rotation and glutes stretch   |    |    |
| 1:00 | Chorus 1  | 1x8   | WIDE STANCE REACH<br>Wide stance L arm reach R x3, Arm overhead torso twist and release | 1    | L    | Just so far away doesn't anybody stay in one place anymore | Wide stance to stabilize the body, reach far for a nice lateral stretch keep the flow for warrior 2 |    |    |
|      |           | 1x8   | Warrior II, reverse warrior, warrior I  | 1    | L    | Face at my door  | Reach over head   |    |    |
|      |           | 1x8   | Warrior III to Dancer, ABD leg side, point/flex   | 1    | L    | One more song about  | Extend hip for warrior 3, inner thigh   |    |    |
|      |           | 1x8   | INT/EXT ROT x2, Figure 4 glutes stretch   | 1    | L    | If I could only work this                                  | Hip rotation and glutes stretch   |    |    |
| 1:48 | Bridge 1  | 1x8   | MOUNTAIN & OPEN<br>Mountain, Open, DIAG lunge (Parting the Sea)                         | 1    | R    | Just so far away...  | Hands together, move overhead reach to open chest elbows back                                       |    |    |
|      |           | 1x8   | Mountain, Open, DIAG lunge (Parting the Sea)  | 1    | L    | So far away, far away                                      | Side lunge to reach diagonal & back   |    |    |
|      |           | 1x8   | Mountain, Open, DIAG lunge (Parting the Sea)  | 1    | R    | So far away, so far..                                      | Hands together, move overhead   |    |    |
|      |           | 1x8   | Mountain, Open, DIAG lunge (Parting the Sea)  | 1    | L    | So far away, far away                                      | Side lunge to reach diagonal & back   |    |    |
| 2:12 | Verse 3   | 4x8   | WIDE STANCE REACH   | 1    | R    | Time away, long ago  | Motivation: Breath deeply   |    |    |
| 3:00 | Chorus 3  | 4x8   | WIDE STANCE REACH   | 1    | R    | Just so far away   | Fill lungs with renewed air and energy  |    |    |
| 3:49 | Bridge 2  | 4x8   | MOUNTAIN & OPEN   | 1    | R    | Just so far away...  | Hands together move overhead  |    |    |
|      |           |       | Step Wide with open arms  |      |      |  |   |    |    |
| V1   |           | C1    |   | B1   |      | V2   | C2  | B2 | V3 |

Trainer's Tip: Try to match the tone of your voice with the soft and gentle tone of the song. Notice the smoothness and fluidity of each exercise element influenced by yoga and Ai-chi/Tai-Chi movement.

# Choreography Notes

Track # BONUS  
Track Focus Cardio  
Track Length 5:15  
Song Title Sweet Caroline  
BPM 130

|      | Song Part | Count | Movement  | Reps | Lead | Music Cue                             | Verbal Cue  |    |    |    |    |    |
|------|-----------|-------|---|------|------|---------------------------------------|---|----|----|----|----|----|
|      | Intro     | 2x8   | Jump rope feet together                         | 16   | R    | Instrumental                          | Feel that bounce in the water                                 |    |    |    |    |    |
| 0:15 | Verse 1   | 4x8   | JUMP ROPE TUCK<br>Jump rope/jump tuck in place  | 16   |      | Where it began, I can't begin to know | Jump rope one and tuck one, arms circle, rotate the shoulders |    |    |    |    |    |
| 0:45 | Bridge 1  | 1x8   | RUN SIDEWAYS & JACK<br>Run TVL R x8, Fast JJ x4 | 1    | R    | Hands,                                | Side lateral run with high knees arms punch forward, fast JJ  |    |    |    |    |    |
|      |           | 1x8   | Run TVL L x8, Fast JJ x4                        | 1    | L    | Touching hands                        | Repeat to the left  |    |    |    |    |    |
|      |           | 1x8   | Run TVL R x8, Fast JJ x4                        | 1    | R    | Reaching out                          | Reach far with your arms                                      |    |    |    |    |    |
|      |           | 1x8   | Run TVL L x8, Fast JJ x4                        | 1    | L    | Touching me, touching                 | Travel further with the run                                   |    |    |    |    |    |
| 1:15 | Chorus 1  | 1x8   | CROSS COUNTRY SKI<br>CC                         | 8    | R    | Sweet Caroline, good times never      | Cross country with infinity figure 8 arms                     |    |    |    |    |    |
|      |           | 1x8   | DBL power CC                                    | 4    |      | So good so good                       | Double power cross country, arms push over leg                |    |    |    |    |    |
|      |           | 1x8   | CC  | 8    |      | I'd be incline                        | Full range of motion on the cross country                     |    |    |    |    |    |
|      |           | 1x8   | DBL power CC                                    | 4    |      | Would but now I                       | Bring knees up high   |    |    |    |    |    |
| 1:44 | Verse 2   | 4x8   | JUMP ROPE TUCK                                  | 1    | R    | Where it began, I                     | Muscle: big jump, core connection                             |    |    |    |    |    |
| 2:14 | Bridge 2  | 4x8   | RUN SIDEWAYS & JACK                             | 1    | R    | Hands, touching                       | Run for glutes inner/outer thighs                             |    |    |    |    |    |
| 2:43 | Chorus 2  | 4x8   | CROSS COUNTRY SKI                               | 1    | R    | Sweet Caroline,                       | Obliques, shoulders, chest, lats                              |    |    |    |    |    |
| 3:12 | Verse 3   | 4x8   | JUMP ROPE TUCK                                  | 1    | R    | Where it began, I                     | Motivation: bigger jump & tuck                                |    |    |    |    |    |
| 3:42 | Bridge 3  | 4x8   | RUN SIDEWAYS & JACK                             | 1    | R    | Hands, touching                       | Can you run further? Jack stronger?                           |    |    |    |    |    |
| 4:12 | Chorus 3  | 4x8   | CROSS COUNTRY SKI                               | 1    | R    | Sweet Caroline,                       | Use your hands more powerfully                                |    |    |    |    |    |
| 4:41 | Chorus 4  | 4x8   | CROSS COUNTRY SKI                               | 1    | R    | Sweet Caroline,                       | Long lever legs, open the hip                                 |    |    |    |    |    |
|      | Finish    | 1x1   | Stand tall, feet together                       |      |      |                                       |   |    |    |    |    |    |
|      |           |       |   |      |      |                                       |   |    |    |    |    |    |
| V1   |           | B1    |   | C1   | V2   |                                       | B2  | C2 | V3 | B3 | C3 | C4 |

Trainer's Tip: This Bonus Cardio track boost the cardio intensity with the jump tucks and the rhythm changes during the runs and fast jacks. Encourage your students to challenge themselves traveling, jumping and moving a little bit over their comfort zone to have more FUN!



# Choreography Notes

Track # BONUS  
Track Focus Deep Water Training  
Track Length 5:15  
Song Title Tossin' And Turnin'  
BPM 130

|      | Song Part | Count | Movement  | Reps | Lead | Music Cue                                | Verbal Cue and Type  |
|------|-----------|-------|---|------|------|--|--|
|      | Intro     | 2 x 8 | Noodle in straddle  |      |      | Instrumental                             | Straddle the noodle, chair seat  |
| 0:19 | Verse 1   | 4 x 8 | COSSACK KICKS<br>Cossack kicks SSD  | 8    | R    | I couldn't sleep a wink last night       | Heels kick side both legs, heels touch single one and double                         |
| 0:54 | Chorus 1  | 4 x 8 | CROSS COUNTRY<br>CC x2, Fast CC/tuck x3 hold  | 8    | R    | Tossin' and turnin', tunin' and tossin'  | Cross country 2, three fast and hold. Full ROM knee tuck                             |
| 1:30 | Bridge 1  | 1 x 8 | CHAIR TRAVEL TWIST<br>Seated position TVL x4, Twist x3 & hold (Arms: circle pulling to TVL R) | 1    | R    | Jump out of bed, turn on the light       | Travel chair sit position, pulling with the arms to move. Knee/hip twist x3 and hold |
|      |           | 1 x 8 | Seated position TVL x4, Twist x3 & hold (Arms: circle pulling to TVL L)                       | 1    | L    | Rolled up the shade turned off the light | Keep a tall torso and bring the knees high. Scoop hands to pull                      |
|      |           | 1 x 8 | Seated position TVL x4, Twist x3 & hold (Arms: circle pulling to TVL R)                       | 1    | R    | Instrumental                             | Keep the legs quiet and without moving until the hip/knee twist                      |
|      |           | 1 x 8 | Seated position TVL x4, Twist x3 & hold (Arms: circle pulling to TVL L)                       | 1    | L    | Instrumental                             | Try to cover big surface area on each side.  |
| 2:05 | Verse 2   | 4 x 8 | COSSACK KICKS   | 1    | R    | I threw the blankets on                  | Muscle: inner/outer thighs, quad   |
| 2:40 | Chorus 2  | 4 x 8 | CROSS COUNTRY   | 1    | R    | Tossin' and turnin'                      | Glutes and hamstrings  |
| 3:15 | Bridge 2  | 4 x 8 | CHAIR TRAVEL TWIST  | 1    | R    | Jump out of bed, turn                    | Obliques, shoulders, chest, lats   |
| 3:51 | Verse 3   | 4 x 8 | COSSACK KICKS   | 1    | R    | I couldn't sleep a wink                  | Motivation: Show me power  |
| 4:26 | Chorus 3  | 4 x 8 | CROSS COUNTRY   | 1    | R    | Tossin' and turnin'                      | Reach even further this time   |
| 5:01 | Bridge 3  | 4 x 8 | CHAIR TRAVEL TWIST  | 1    | R    | Jump out of bed, turn                    | Can you travel even more   |
| 5:37 | Chorus 4  | 4 x 8 | CROSS COUNTRY   | 1    | R    | Tossin' and turnin'                      | Time? Let's finish Strong!   |
|      | Finish    | 1 x 1 | Knee tuck   |      |      |  |  |

|    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4 |
|----|----|----|----|----|----|----|----|----|----|

Trainer's Tip: This deep-water track blends cardio with a lot of core stabilization for a great fun challenge. Remind your group to re-group, re-align and re-set their bodies for maximal benefits especially during the bridge part of the track.

# Music Credits



**WATERinMOTION® Platinum 21 - YES2220-2**

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## Songs Courtesy Of:

Love Train ~ Written by: Gamble, Huff ; Published by: Warner Tamerlane

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Never Can Say Goodbye ~ Written by: D. Davis ; Published by: Emi Ltd

Uptight (Everything's Alright) ~ Written by: Cosby, Moy, Wonder ; Published by: Black Bull Music, Jobete Music

Rebel Rebel ~ Written by: D. Bowie ; Published by: Copyright Control

A Little Less Conversation ~ Written by: Davis, Strange ; Published by: Chrysalis Music

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Tossin' And Turnin' ~ Written by: Adams, Rene ; Published by: Warner Tamerlane

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