

water*in***motion**[®]
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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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

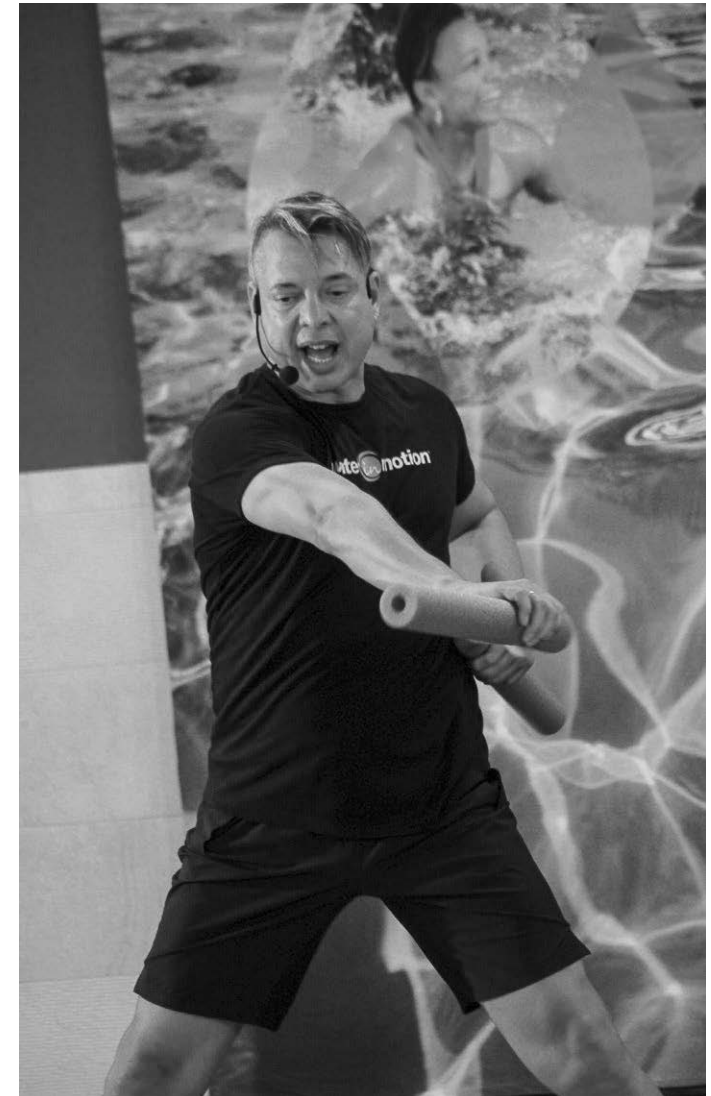
TVL Travel

R Right

F Forward

JJ Jumping Jack

Color Code: Verse Chorus Bridge



About WATERinMOTION® Platinum

waterinmotion®
Platinum



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 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 Jog x2, Wide jog x2, Jog heel x4 (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 GRD Heel/Toe touch, CC shuffle x7	1	R	Y'all, Join in (Ride this train) 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
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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 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 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 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
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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 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 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 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
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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 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 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 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				
V1C1B1V2C2B2V3C3B3C4							

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 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 JOG SSD (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 NEUROPLASTICITY: Math test (add) 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 NEUROPLASTICITY: 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 NEUROPLASTICITY: 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 NEUROPLASTICITY: 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 Alt ham curl (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 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 Lunge (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 (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 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 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 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 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 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 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 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 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 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
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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 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 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 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
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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

Yes! Fitness Music

Songs Courtesy Of:

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

Believe ~ Written by: Barry, D. Gray, B. Higgins, Powell, Torch, McLennan ; Published by: Warner Bros Music

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

Jumpin' Jack Flash ~ Written by: Richards, Jagger ; Published by: Copyright Control

So Far Away ~ Written by: King ; Published by: Emi Music Publ.

Sweet Caroline ~ Written by: Diamond ; Published by: Copyright Control

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

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