

STRONGER *Together*



water 
motion®

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Dive in and experience the newest wave in water exercise. Based on the principles of SCW Fitness Education's AQUATIC FUNDAMENTALS program, WATERinMOTION® is a pre-choreographed, vertical exercise program that can meet the cardiovascular and muscular training needs of your participants in under an hour.

TRACK	TITLE	ORIGINAL ARTIST*	TYPE	TIME
1	Can't Stop The Feeling	Justin Timberlake	Warm Up	5:06
2	Better When I'm Dancing	Meaghan Trainor	Linear	5:00
3	Hand Clap	Fitz and the Tantrums	Lateral Travel	5:00
4	Paradise	Benny Benassi & Chris Brown	Speed	4:58
5	Only The Young	Journey	Group	4:58
6	Try Everything	Shakira	Suspension	4:57
7	Once Dance	Drake ft. Wizkid & Kyla	Upper Body	4:43
8	Ain't Too Cool	Lunchmoney	Lower Body	4:43
9	Army	Ellie Goulding	Core	4:45
10	Crazy Love	Van Morrison	Flexibility	4:09
11	New Romantics	Taylor Swift	Bonus (Flotation)	5:12

*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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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

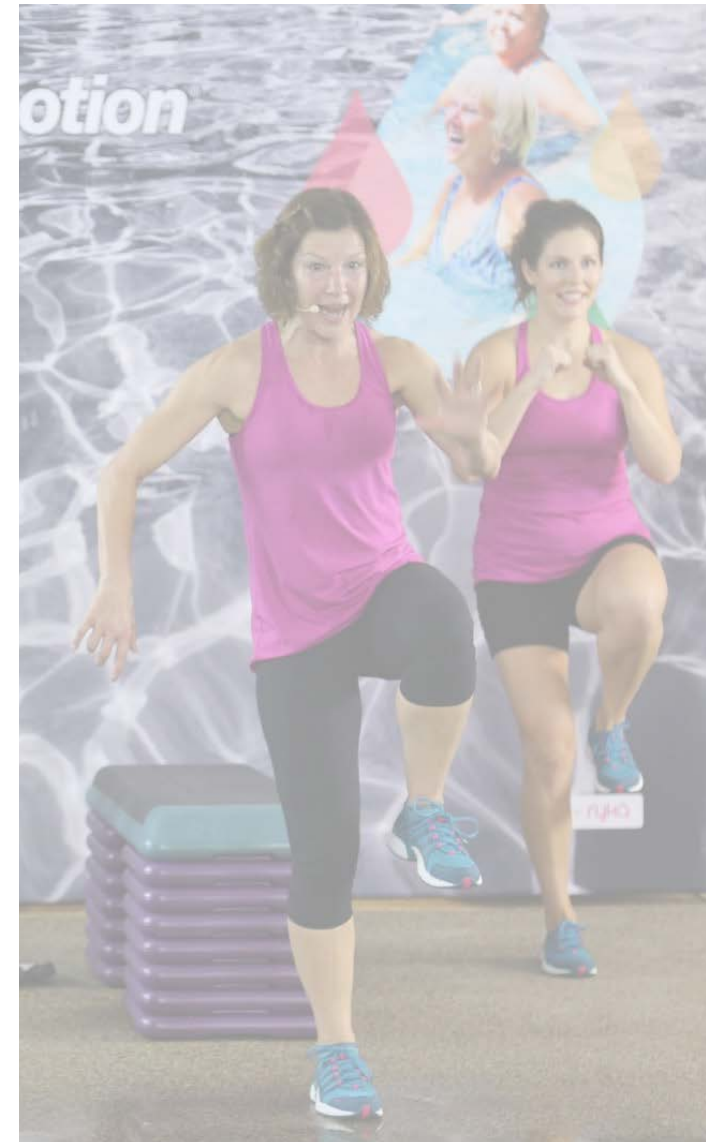
TVL Travel

R Right

F Forward

JJ Jumping Jack

Color Code: **Verse** **Chorus** **Bridge**





WATERinMOTION® stays true to the fundamentals of aquatic fitness while incorporating choreography that is unique and pre-formatted to specifically match water tempo music. Even instructors find these more challenging tracks refreshing. The difference between WATERinMOTION® and other aqua fitness classes are innumerable. The integrity of this program, however, is maintained and respected over time with each new movement installment. WATERinMOTION® is at once similar to and different with from any other aqua class you have ever experience and it is renewed 4 times a year in licensed facilities! Intelligent, ingenious movement prescribed to inspiring music frees instructors to integrate WATERinMOTION® seamlessly and reach innumerable audiences.

Choreography Notes

Track # 1
Track Focus Warm - up
Track Length 5:03
Song Title Can't Stop the Feeling
BPM 136

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type								
		Intro	2 x 8	Jog	16	R										
0:16	A	Verse 1	4 x 8	JOG AND SWEEP Jog (Arms: Breast stroke x2, Back stroke x2)	32	R	I've got this feeling	Jog, rebound, two breast strokes, reverse it								
0:44	B	Chorus 1	1 x 8	LOW FLICK KICK Flick Kick	8	R	Under the lights	Low flick kick 8								
			1 x 8	Karate Kick B	8	R	When we move	Chamber back								
			2 x 8	Flick Kick F/Knee/Karate Kick B/Knee, Run x4	4	R	Nothing I can see	Integrate the 2,								
1:12	C	Bridge 1	1 x 8	WIDE JOG 4 Wide jog x4, Jump x2 to R	1	R	Can't stop the feeling	Wide jog, sway, jump 2								
			1 x 8	Wide jog x4, Jump x2 to L	1	L	Can't stop the	Jog wide, jump								
			1 x 8	Wide jog x4, Jump x2 to R	1	R	Can't stop the	Sweep and wide								
			1 x 8	Wide jog x4, Jump x2 to L	1	L	Can't stop the	Sweep and jump								
1:40	A	Verse 2	4 x 8	JOG AND SWEEP	1	R	Ooh, its something	Breast stroke jog								
2:08	B	Chorus 2	4 x 8	LOW FLICK KICK	1	R	Under the lights	Low kick front								
2:37	C	Bridge 2	4 x 8	WIDE JOG 4	1	RL	Can't stop the	Let's go wide								
3:05	A	Verse 3	4 x 8	JOG AND SWEEP	1	R	I've got this feeling	Jog & sweep								
3:33	B	Chorus 3	4 x 8	LOW FLICK KICK	1	R	Under the lights	Kick front 8								
4:01	C	Bridge 3	4 x 8	WIDE JOG 4	1	RL	Can't stop the	Jog wide sweep								
4:30	B	Chorus 4	4 x 8	LOW FLICK KICK	1	R	Nothing I can see	Flick kick								
		Finish	1 x 1	Land wide												
V1		C1		B1	V2		C2		B2	V3		C3		B3	C4	

Move.....Muscle.....Motivation

Trainer's Tip: Bring out the fun factor in this track. Once the basic moves are introduced, add your own style to dance through the warmup.

Choreography Notes

Track # 2
Track Focus Linear: forward/backward
Track Length 4:57
Song Title Better When I'm Dancing
BPM 140

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type			
		Intro	2 x 8	Kick	16	R					
0:16	A	Verse 1	1 x 8	KICK OUT DIAG kick (Arms: Parallel Figure 8)	8	R	Don't think about it	Diagonal kick w/infinity arms	Move.....Muscle.....Motivation		
			1 x 8	Kick F (Arms: Parallel Canoe Paddles)	8	R	Just move those left	Kick front, paddle your arms back			
			1 x 8	DIAG Kick (Arms: Parallel Figure 8)	8	R	Show the world	Kick wide, infinity arms			
			1 x 8	Kick F (Arms: Parallel Canoe Paddles)	8	R	Show the room	Kick front, paddle back			
0:42	B	Chorus 1	1 x 8	CONGA Run x3 Kick B, TVL F	4	R	Better when I'm	Traveling front, run 3 kick			
			1 x 8	Run x3 Kick F, TVL B	4	R	We can do this	Now back, kick F			
			1 x 8	Run x3 Kick B, TVL F	4	R	Bum, bo, dum	Come forward			
			1 x 8	Run x3 Kick F, TVL B	4	R	Bum, bo, dum	Run back, kick F			
1:10	C	Bridge 1	4 x 8	CROSS COUNTRY 3 SLIDE ALT CC x3, Ground and slide	8	R	Oh-ay-oh	3 cross country and stick, slide in			
1:37	A	Verse 2	4 x 8	KICK OUT	1	R	When you finally	Diagonal kick out			
2:04	B	Chorus 2	4 x 8	CONGA	1	R	Better when I'm	Conga, run 3 kick			
2:33	C	Bridge 2	4 x 8	CROSS COUNTRY 3 SLIDE	1	R	Oh-ay-oh	3 cross country			
3:00	A	Verse 3	4 x 8	KICK OUT	1	R	Don't think about it	Wide kick, infinity			
3:27	B	Chorus 3	4 x 8	CONGA	1	R	Better when I'm	Come to me, run			
3:55	C	Bridge 3	4 x 8	CROSS COUNTRY 3 SLIDE	1	R	Oh-ay-oh	3 cross country			
4:22	B	Chorus 4	4 x 8	CONGA	1	R	Better when I'm	Let's make a conga line			
		Finish	1 x 1	Lunge, shake the maracas							
V1		C1		B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Tip: Crank up the intensity by cuing big range of motion (ROM). Emphasize pulling the legs back together on the KICK OUT and CROSS COUNTRY 3 SLIDE blocks.

Choreography Notes

Track # 3
Track Focus Lateral Travel
Track Length 4:57
Song Title Hand Clap
BPM 140

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type	
		Intro	2 x 8	Wide Jog	16	R			
0:16	A	Verse 1	2 x 8	WIDE JOG HANDS OUT Wide Jog (Arms: Elbow to knee)	16	R	Somebody save your	Wide jog, hands up, elbow to knee	Move.....Muscle.....Motivation
			2 x 8	Wide Run x5, Hold and clap x4	4	R	I can make your	Change to run 5	
0:42	B	Bridge 1	4 x 8	LEG SWING ROCKET Half Water-tempo Pendulum, Rocket	16	R	Every night	Leg swing, rocket	
1:09	C	Chorus 1	4 x 8	FAST ½ JACK Half JJ Fast x3, Rocket x1	8	RL	I can make your hand	Fast half jack, rocket on 4	
1:37	A	Verse 2	4 x 8	WIDE JOG HANDS OUT	1	R	My flesh is searching	Wide jog, hands	
2:05	B	Bridge 2	4 x 8	LEG SWING ROCKET	1	R	Every night	Leg swing rocket	
2:33	C	Chorus 2	4 x 8	FAST ½ JACK	1	RL	I can make your	Half jack fast	
3:00	A	Verse 3	4 x 8	WIDE JOG HANDS OUT	1	R	Somebody save	Wide jog, hit it	
3:27	B	Bridge 3	4 x 8	LEG SWING ROCKET	1	R	Every night	Half rocket swing	
3:54	C	Chorus 3	4 x 8	FAST ½ JACK	1	RL	I can make your	Half jack fast	
4:22	C	Chorus 4	4 x 8	FAST ½ JACK	1	RL	I can make your	Let's go higher	
		Finish	1 x 1	Land wide					
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4

Trainer's Tip: Some clients may be resistant to taking their hands out of the water. Keeping the hands wide will eliminate dripping onto their heads. Take your time on the LEG SWING ROCKET. It is at half-tempo, not a rhythm we use often, but valuable to increase the ROM, loading down, and time to recover from the jump.

Choreography Notes

Track # 4
Track Focus Speed
Track Length 4:56
Song Title Paradise
BPM 140

		Song Part	Count	Movement		Reps	Lead	Music Cue	Verbal Cue and Type		Move.....Muscle.....Motivation
		Intro	2 x 8	CC		16	R				
0:15	A	Verse 1	1 x 8	CROSS COUNTRY CC, neutral		8	R	I'm here at the end	Cross country, neutral		
			1 x 8	CC, rebound		8	R	Top, I'd do it again	Rebound		
			1 x 8	CC, higher rebound		8	R	For, now will you	A little bigger		
			1 x 8	CC, Power rebound		8	R	Gone, remember	Power rebound		
0:42	B	Bridge 1	1 x 8	KARATE KICK BACK & AROUND Karate Kick B, gradually bring leg around to F		8	R	Saying brighter	Kick back and around, 8		
			1 x 8	Karate Kick B, gradually bring leg around to F		8	L	Let it go	Change		
			1 x 8	Karate Kick B, gradually bring leg around to F		8	R	In Paradise	Other leg		
			1 x 8	Karate Kick B, gradually bring leg around to F		8	L	It's alright	Keep the bounce		
1:10	C	Chorus 1	1 x 8	RUN FORWARD Run F x8, Fast JJ R x4		1	R	In Paradise	Run to me for 8, 4 fast jacks		
			1 x 8	Run B x8, Fast JJ L x4		1	R	If tonight is the last	Run back, jack		
			1 x 8	Run F x8, Fast JJ L x4		1	R	In Paradise	Come to the front		
			1 x 8	Run B x8, Fast JJ R x4		1	R	If tonight is the last	Back it up		
1:37	A	Verse 2	4 x 8	CROSS COUNTRY		1	R	You better be ready	Ski, neutral		
2:04	B	Bridge 2	4 x 8	KARATE KICK BACK & AROUND		1	RL	In Paradise, the	Kick around, back		
2:31	C	Chorus 2	4 x 8	RUN FORWARD		1	R	In Paradise	Run, power up		
3:00	A	Verse 3	4 x 8	CROSS COUNTRY		1	R	I'm here at the end	Neutral ski, drop		
3:26	B	Bridge 3	4 x 8	KARATE KICK BACK & AROUND		1	R;	Saying brighter	Kick around		
3:54	C	Chorus 3	4 x 8	RUN FORWARD		1	R	In Paradise	Run to the front		
4:21	B	Chorus 4	4 x 8	RUN FORWARD		1	R	In Paradise	To the front now		
		Finish	1 x 1	Land wide							
V1		B1	C1	V2	B2	C2	V3	B3	C3	C4	

Trainer's Tip: This speed track comes to life in the RUN FORWARD block. On the other blocks focus on utilizing the large muscles groups for creating intensity.

Choreography Notes

Track # 5
Track Focus Group
Track Length 4:56
Song Title Only the Young
BPM 140

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type	
		Intro	2 x 8	Jog heel	16	R			
0:15	A	Verse 1	1 x 8	HEEL AND SWEEP Jog heel (Arms: both arms sweep across)	8	R	Another night in any	Jog heel, arms sweep across	Move.....Muscle.....Motivation
			1 x 8	Kick B (Arms: both arms push F)	8	R	Cry	Push back	
			1 x 8	Jog heel (Arms: both arms sweep across)	8	R	Time	Jog heel, sweep	
			1 x 8	Kick B (Arms: both arms push F)	8	R	They wonder why	Back, push	
0:42	B	Chorus 1	1 x 8	KICK INTO A CIRCLE Kick, TVL into circle (Arms: V-up, circle down, around neighbor)	8	R	Only the young	Kick forward, arms out, make a semi-circle	
			1 x 8	Kick, TVL B	8	R	Fly away	Travel away	
			1 x 8	Kick, TVL into circle (Arms: V-up, circle down, around neighbor)	8	R	Same desire	Come closer, long kicks	
			1 x 8	Kick, TVL B	8	R	Wildfire	Now back	
1:09	C	Bridge 1	1 x 8	RUN AROUND RIGHT Run, TVL R	16	R	Guitar solo	Right arm up, run in that direction	
			1 x 8	Run, TVL L	16	R		Change direction	
			1 x 8	Run, TVL R	16	R		Turn around	
			1 x 8	Run, TVL L	16	R		Change again	
1:37	A	Verse 2	4 x 8	HEEL AND SWEEP	1	R	Shadows of a golden	Jog heel sweep	
2:05	B	Chorus 2	4 x 8	KICK INTO A CIRCLE	1	R	Only the young	Kick front	
2:32	C	Bridge 2	4 x 8	RUN AROUND RIGHT	1	R	Guitar solo	Turn right & run	
2:59	A	Verse 3	4 x 8	HEEL AND SWEEP	1	R	They're seeing	Jog heel sweep	
3:27	B	Chorus 3	4 x 8	KICK INTO A CIRCLE	1	R	Only the young	Come closer, kick	
3:54	C	Bridge 3	4 x 8	RUN AROUND RIGHT	1	R	Guitar solo	Face right, run	
4:22	B	Chorus 4	4 x 8	KICK INTO A CIRCLE	1	R	Only the young	Kick center, come	
		Finish	1 x 1	Land wide,					
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Tip: This track uses formations to engage clients with each other; there is no touching. Cue confidently with enthusiasm to encourage participation.

Choreography Notes

Track # 6
Track Focus Suspension
Track Length 4:54
Song Title Try Everything
BPM 140

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type	
		Intro	2 x 8	Neutral ALT wide kick	8	R			
0:15	A	Verse 1	2 x 8	SIT & KICK WIDE Seated ALT V-Kick (SLOW)	8	R	I messed up	Neutral, slow kick	Move.....Muscle.....Motivation
			2 x 8	Seated ALT V-Kick (FAST)	16	R	Birds don't just fly	Speed this up	
0:42	B	Bridge 1	4 x 8	LEG SWEEP BACK ALT GRD Leg sweep B/knee/Karate kick B x2	8	R	I won't give up	Sweep back, knee, double kick	
1:09	C	Chorus 1	4 x 8	SUSPENDED JACK 5 & HOLD SUSP JJ out/in/out/in/out hold and scull SUSP JJ in/out/in/out/in hold and scull	4		Oh oh oh oh oh Try everything	Jacks suspended for 5, stay vertical	
1:37	A	Verse 2	4 x 8	SIT & KICK WIDE	1	R	Look how far you've	Kick, quads	
2:05	B	Bridge 2	4 x 8	LEG SWEEP BACK	1	R	I won't give up	Sweep back, gluts	
2:32	C	Chorus 2	4 x 8	SUSPENDED JACK 5 & HOLD	1		Oh oh oh oh oh	Suspended jacks	
2:59	A	Verse 3	4 x 8	SIT & KICK WIDE	1	R	I messed up	Kick side	
3:27	B	Bridge 3	4 x 8	LEG SWEEP BACK	1	R	I won't give up	Sweep back, knee	
3:54	C	Chorus 3	4 x 8	SUSPENDED JACK 5 & HOLD	1		Oh oh oh oh oh	5 jacks, hold	
4:22	C	Chorus 4	4 x 8	SUSPENDED JACK 5 & HOLD	1		Oh oh oh oh oh	Keep going	
		Finish	1 x 1	Feet down wide					
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4

Trainer's Tip: Multiple levels are used for this track. Neutral means that the body is low in the water with shoulders submerged and at least one foot touching. Grounded is slightly different; while one foot is always touching the bottom, the body is extended to full height, so shoulders will be out of the water. Suspension means that both feet are not touching the bottom and shoulders are submerged. A quick reminder to your clients about the different levels is always helpful for them in performing the movement.

Choreography Notes

Track # 7
Equipment Noodle
Track Focus Upper Body
Track Length 4:41
Song Title One Dance
BPM 132

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type	
		Intro	2 x 8	Lunge R, noodle in hands					
0:15	A	Verse 1	4 x 8	1-ARM FLY ALT 1-arm fly	16	R	Baby, I like your style	Single arm fly, chest lifted	Move.....Muscle.....Motivation
0:45	B	Chorus 1	4 x 8	PRESS & ROW IN 3 Lunge L, Chest press/row in 3 (out/in/out, in/out/in)	16		I need one dance	Change legs, triple press and row	
1:13	C	Bridge 1	4 x 8	DOUBLE TRICEPS PRESS DBL Triceps press x2/Stir the pot (ALT R/L)	8		Such a pretty girl	Step forward, double triceps	
1:42	A	Verse 2	4 x 8	1-ARM FLY	1	R	Strength & guidance	Single arm fly	
2:11	B	Chorus 2	4 x 8	PRESS & ROW IN 3	1		I need one dance	Change, press 3	
2:40	C	Bridge 2	4 x 8	DOUBLE TRICEPS PRESS	1		Such a pretty girl	Double triceps, stir	
3:10	A	Verse 3	4 x 8	1-ARM FLY	1	R	Tell me, I need to	Single arm fly	
3:39	B	Chorus 3	4 x 8	PRESS & ROW IN 3	1		I need one dance	Triple press & row	
4:08	C	Bridge 3	4 x 8	DOUBLE TRICEPS PRESS	1		Such a pretty girl	Double triceps	
		Finish	1 x 1	Press down					
V1		C1	B1	V2	C2	B2	V3	C3	B3

Trainer's Tip: Cue core stabilization right from the beginning of this track. The upper body will only be able to take advantage of the moves if the core is engaged. Moving clients to more shallow water will make stabilization easier.

Choreography Notes

Track # 8
Equipment Noodle
Track Focus Lower Body
Track Length 4:45
Song Title Ain't Too Cool
BPM 132

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type	
		Intro	2 x 8	Noodle around back, under arms					
0:15	A	Verse 1	4 x 8	WIDE SWING BACK ALT DIAG B sweeps	8	RL	Staring at your cell	Grounded sweep back and diagonal	Move.....Muscle.....Motivation
0:44	B	Chorus 1	2 x 8	DANCE THE JACK GRND Fast JJ (Lean R x4, Lean L x4)	16		Dance	Dance the Jack, turn just a little bit	
			2 x 8	GRND Fast JJ (ALT DIAG)	16			Alternate the jacks	
1:14	C	Bridge 1	1 x 8	FLICK IT FRONT Lifted flick kick F x4, wide x4	1	R	Break it down	Flick kick front 4	
			1 x 8	Hamstring curl x4, Run Heel x8	16	R	To the ground now	Back curl	
			1 x 8	Lifted flick kick F x4, wide x4	1	R	Break it down	Flick it front	
			1 x 8	Hamstring curl x4, Run Heel x8	16	R	To the ground now	Take it back	
1:43	A	Verse 2	4 x 8	WIDE SWING BACK	1	RL	Don't be too shy	Leg back	
2:12	B	Chorus 2	4 x 8	DANCE THE JACK	1		Dance	Dance the jack	
2:41	C	Bridge 2	4 x 8	FLICK IT FRONT	1	R	Break it down	Flick kick front 4	
3:10	A	Verse 3	4 x 8	WIDE SWING BACK	1	RL	Staring at your cell	Sweep back	
3:39	B	Chorus 3	4 x 8	DANCE THE JACK	1		Dance	Dance the jack	
4:08	C	Bridge 3	4 x 8	FLICK IT FRONT	1	R	Break it down	Flick kicks	
		Finish	1 x 1	Step wide					
V1		C1	B1	V2	C2	B2	V3	C3	B3

Trainer's Tip: Allow the buoyancy of the noodle to encourage upright posture throughout the entire track. WIDE SWING BACK focuses on the gluteal group. DANCE THE JACK focuses on the abductors and adductors. FLICK IT FRONT focuses on the quads and hamstrings. This track engages all of the large lower body muscle groups.

Choreography Notes

Track # 9
Equipment Noodle
Track Focus Core
Track Length 4:43
Song Title Army
BPM 132

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type			
		Intro	2 x 8	Wide Stance, noodle in hands F							
0:15	A	Verse 1	2 x 8	WIDE TWIST ACROSS KNEE GRD Spinal Rotation (arms sweep to R/across lifted OPP knee)	8	R	I know that I messed	Noodle pulls across, knee pulls to rotate	Move.....Muscle.....Motivation		
			2 x 8	GRD Spinal Rotation (arms sweep to L/across lifted OPP knee)	8	L	16 and you never	Other side			
0:44	B	Chorus 1	2 x 8	WOODCHOPPERS Lunge, Sweep across front leg to OPP hip	8	R	When I'm with you	Woodchopper, back and front			
			2 x 8	Lunge, Sweep across front leg to OPP hip	8	L	Standing w/ an army	Switch sides			
1:14	C	Bridge 1	4 x 8	PLANK TUCK SUSP Plank/Tuck touch toes with noodle	16		Army	Plank and tuck			
1:43	A	Verse 2	4 x 8	WIDE TWIST ACROSS KNEE	1	RL	Dark times, you	Wide sweep			
2:12	B	Chorus 2	4 x 8	WOODCHOPPERS	1	RL	When I'm with you	Woodchoppers			
2:41	C	Bridge 2	4 x 8	PLANK TUCK	1		Army	Plank and tuck			
3:10	A	Verse 3	4 x 8	WIDE TWIST ACROSS KNEE	1	RL	I know that I messed	Wide sweep			
3:39	B	Chorus 3	4 x 8	WOODCHOPPERS	1	RL	When I'm with you	Woodchoppers			
4:08	C	Bridge 3	4 x 8	PLANK TUCK	1		Army	Plank and tuck			
		Finish	1 x 1	Stand up							
V1		C1		B1	V2	C2		B2	V3	C3	B3

Trainer's Tip: Take advantage of the buoyancy and drag of the noodle for each move. Cue your clients to push the noodle down in the water and move it through the water.

Choreography Notes

Track # 10
Track Focus Flexibility Training
Track Length 3:57
Song Title Crazy Love
BPM n/a

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type		
		Intro	2 x 8	Form a circle						
0:12	A	Verse 1	1 x 8	LEG SWING Hamstring stretch x4, Warrior 3 x4	1	R	I can hear her heart	Step right, lift left leg, sweep back	Move.....	
			1 x 8	Hamstring stretch x4, Ankle rotation x4	1	R	Yeah the heavens	Lift front, circle foot		
			1 x 8	Hamstring stretch x4, Warrior 3 x4	1	L	And when I come to	Switch, lift, sweep		
			1 x 8	Hamstring stretch x4, Ankle rotation x4	1	L	I run into her like a	Lift up, circle foot		
0:36	B	Chorus 1	1 x 8	MACARENA HUG Lunge R (Reach R F, L F, R to L shoulder, L to R shoulder, hug & raise elbows, sweep arms B)	1	R	She give me love	Step right, left back, Macarena arms, front, cross, lift, stretch back	Muscle.....Motivation	
			1 x 8	Lunge L	1	L	She give me love	Switch		
			1 x 8	Lunge R	1	R	She give me love	Again		
			1 x 8	Lunge L	1	L	She give me love	Looks good		
1:02	C	Bridge 1	1 x 8	STARS Turn R, Mountain Pose x4, Star Pose R	1	R	Yeah I need her in	Mountain pose, right hand in		
			1 x 8	Mountain Pose x4, Star Pose L	1	L	Yeah I need her in	Mountain up, star		
			1 x 8	Mountain Pose x4, Star Pose R	1	R	Yeah I want to	Up and side		
			1 x 8	Mountain Pose x4, Star Pose L	1	L	And kiss and hug	Up and go out		
1:27	A	Verse 2	4 x 8	LEG SWING	1	R	She has a fine sense	Sweep up		
1:53	B	Chorus 2	4 x 8	MACARENA HUG	1	R	She give me love	Lunge, Macarena		
2:18	C	Bridge 2	4 x 8	STARS	1	R	Yeah I need her in	Mountain pose		
2:43	A	Verse 3	4 x 8	LEG SWING	1	R	And when I'm return	Sweep up/back		
3:08	B	Chorus 3	4 x 8	MACARENA HUG	1	R	She give me love	Lunge, Macarena		
3:32	B	Bridge 3	4 x 8	STARS	1	R	(Instrumental)	Mountain pose		
		Finish	1 x 1	Step together, face center, prayer pose						
V1		C1		B1	V2	C2	B2	V3	C3	B3

Trainer's Tip: Working in a circle gives you the opportunity to connect with your clients. This would be a great track to get into the pool and join the class in the circle formation.

Choreography Notes

Track # BONUS
Track Focus Flotation (insert after Track 6)
Track Length 4:42
Song Title New Romantics
BPM 132

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type	
		Intro	2 x 8	Position noodle in straddle, legs out straight F					
0:15	A	Verse 1	1 x 8	SEATED SWIM Free-style swim TVL F	8	R	We're all bored	Seated swim, free style	Move.....Muscle.....Motivation
			1 x 8	Biceps scoop TVL B	8	R	We show off our	Scoop under	
			1 x 8	Free-style swim TVL F	8	R	We're so young	Up and over	
			1 x 8	Biceps scoop TVL B	8	R	We cry tears	Back and under	
0:44	B	Chorus 1	1 x 8	FLYING LEAP SUSP Leap TVL R	4	R	Cause baby I could build	Flying leaps right 4	
			1 x 8	Pedal pushers F TVL B	16	R	Everyday is like a	Pedal push, back	
			1 x 8	SUSP Leap TVL L	4	L	If you want a new	Flying leaps left 4	
			1 x 8	Bicycle curls TVL F	16	L	We're too busy	Bicycle curl	
1:13	C	Bridge 1	4 x 8	TUCKS ROCK Tuck shoot DIAG down F Tuck shoot DIAG down B	8		Free, oh oh oh	Tuck rock forward and back	
1:42	A	Verse 2	4 x 8	SEATED SWIM	1	R	We're all here	Freestyle swim	
2:11	B	Chorus 2	4 x 8	FLYING LEAP	1	RL	Cause baby I could	Flying leaps for 4	
2:41	C	Bridge 2	4 x 8	TUCKS ROCK	1		Free, oh oh oh	Tuck rock front	
3:09	A	Verse 3	4 x 8	SEATED SWIM	1	R	We're all bored	Legs up, freestyle	
3:38	B	Chorus 3	4 x 8	FLYING LEAP	1	RL	Cause baby I could	Flying leaps	
4:07	C	Bridge 3	4 x 8	TUCKS ROCK	1		Free, oh oh oh	Tuck and rock	
	B	Chorus 4	4 x 8	FLYING LEAP	1	RL	Cause baby I could	Flying leaps	
		Finish	1 x 1	Stand up					

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Tip: Communicate that the feet stay lifted up off of the bottom for this whole track. Core control is imperative in order to perform the movements and stay upright. Use upper body moves to enable full body engagement.

Music Credits



WATERinMOTION® Wave 30
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Songs Courtesy of:

Can't Stop The Feeling ~ Written by: M. Martin -Timberlake - Shellback ; Published by: Mxm Music Ab

Better When I'm Dancing ~ Written by: Dixon - Trainor ; Published by: Year Of The Dog Music - Mtrain

HandClap ~ Written by: King - Fitzpatrick - Hollander - Wicks - W. Scaggs - Frederic - Ruzumna ; Published by: Dangerbird Songs - Funky Penguin Music - I See Dead People Music - Muffinator Music - Psycho Semitic Music - Slushie Fund - Snaqtime Music

Paradise ~ Written by: Brown - A. Benassi - M. Benassi -Daley - Kozmeniuk ; Published by: Emi Music Publ.

Only The Young ~ Written by: N. Schon - Perry - Friga ; Published by: Love Batch Music - Twist & Shout

Try Everything ~ Written by: Shakira -Sia - Stargate ; Published by: Copyright Control

One Dance ~ Written by: Reid - Smith - Shebib - Jefferies - Drake ; Published by: Emi April Music Ain't Too Cool ~ Written by: Lewis - Hindlin -Frederic ; Published by: Prescription Songs - Rap Kingpin Music

Army ~ Written by: M. Martin - Kotecha - Goulding - Payami ; Published by: Warner Chappell Music - Mxm Music Ab - Wolf Cousins

Crazy Love ~ Written by: V. Morrison ; Published by: Caledonia Pubbl. Ltd - Warner Bros Inc

New Romantics ~ Written by: Taylor - M. Martin - Shellback ; Published by: Copyright Control

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