

GET  
INTO  
IT



**water** *in* **motion**®

**wave** (32)

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	Queen Of The Night	Whitney Houston	Warm Up	5:04
2	She Sets The City On Fire	Gavin Degraw	Linear	4:57
3	A-Yo	Lady Gaga	Lateral Travel	4:57
4	This One's For You	David Guetta Ft Zara Larsson	Speed	4:56
5	Boogie Nights	Heatwave	Group	4:56
6	High And Low	Empire Of The Sun	Suspension	4:54
7	Don't Wanna Know	Maroon 5 Ft Kendrick Lamar	Upper Body	4:41
8	If You Could Read My Mind	Obscure	Lower Body	4:41
9	Water Under The Bridge	Adele	Core	4:43
10	Hymn For The Weekend	Coldplay Ft Beyonce	Flexibility	3:13
11	Got To Be Real	Cheryl Lynn	Bonus (Flotation)	4:42
12	Feliz Navidad (I Wanna Wish You A Merry Christmas)	Jose Feliciano	Bonus (Alternate)	4:43

\*Songs not performed by the original artist



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

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Produced exclusively for Water in Motion® by Yes! Fitness Music

# Abbreviation Key

**\*\*Use the following, if needed, to decode the choreography notes listed on the following pages:**

OPP ..... Opposite

B ..... Back

ALT ..... Alternating

DBL ..... Double

CC ..... Cross Country

SSD ..... Single – Single – Double

L ..... Left

TVL ..... Travel

R ..... Right

F ..... Forward

JJ ..... Jumping Jack

**Color Code:**  Verse  Chorus  Bridge





WATERinMOTION® 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 5:04  
Song Title Queen of the Night  
BPM 136

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
		Intro	2 x 8	Jog heel	16	R		
0:16	A	Verse 1	4 x 8	HEELS UP SWEEP Jog heel (Arms: Thumbs up breast stroke x4, curl under x4)	32	R	Don't make no	<b>MOVE:</b> Heels up sweep, Jog heel with a breast stroke, angel wing arms
0:44	B	Chorus 1	4 x 8	JOG KICK BACK ALT Jog/ Leg swing B	16	RL	I got the stuff that	Jog kick back, pull the arms in and push out
1:12	C	Bridge 1	4 x 8	JOG 4 SWING Jog x4, ALT leg swing side/jump in x2 (Arms: palms up EXT/INT rotation)	1	R	Instrumental	Jog 4, swing out with external rotation
1:40	A	Verse 2	4 x 8	HEELS UP SWEEP	1	R	Don't make no	<b>MUSCLE:</b> Hamstrings, back muscles, biceps
2:08	B	Chorus 2	4 x 8	JOG KICK BACK	1	RL	I got the stuff that	Abdominals, gluteals, back and chest
2:37	C	Bridge 2	4 x 8	JOG 4 SWING	1	RL	Instrumental	Inner thighs, abductors, biceps
3:05	A	Verse 3	4 x 8	HEELS UP SWEEP	1	R	Don't make no	<b>MOTIVATION:</b> Even bigger
3:33	B	Chorus 3	4 x 8	JOG KICK BACK	1	RL	I got the stuff that	Reach farther
4:01	C	Bridge 3	4 x 8	JOG 4 SWING	1	RL	Instrumental	Really squeeze this time
4:30	B	Chorus 4	4 x 8	JOG KICK BACK	1	RL	I got the stuff that	Finish it like you own it!
		Finish	1 x 1	Land wide				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Tip: Remember to control your ROM (Range of Motion) when demonstrating this track since it is the warm-up and students need to use this time to gradually increase ROM.

# Choreography Notes

Track # 2  
Track Focus Linear: forward/backward  
Track Length 4:57  
Song Title She Sets The City On Fire  
BPM 140

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type		
		Intro	2 x 8	Jog heel	16	R				
0:16	A	Verse 1	4 x 8	ROCK 3 KICK ALT Rocking Horse FBF, Kick	8	RL	Somebody told me	<b>MOVE:</b> Rock 3 soccer kick		
0:42	B	Chorus 1	4 x 8	JOG 4 TURN 1/4 turn R, Jog x4 TVL F, JJ x2 TVL B (Arms: Breast Stroke L/R, Sweep in x2)	4	R	Everybody knows	Jog 4 turn, jack back 2		
1:10	C	Bridge 1	4 x 8	JACK KICK 3 JJ out/Kick x3 (R), JJ out/Kick x3 (L)	4	RL	Ooh, Ooh	Jack kick 3		
1:37	A	Verse 2	4 x 8	ROCK 3 KICK	1	RL	New scene, next	<b>MUSCLE:</b> Quad, hamstrings, chest, back		
2:05	B	Chorus 2	4 x 8	JOG 4 TURN	1	R	Everybody knows	Quads, chest		
2:33	C	Bridge 2	4 x 8	JACK KICK 3	1	RL	Ooh, Ooh	Inner/outer thighs		
3:00	A	Verse 3	4 x 8	ROCK 3 KICK	1	RL	I don't know if I'm	<b>MOTIVATION:</b> Splashes off of your toe		
3:27	B	Chorus 3	4 x 8	JOG 4 TURN	1	R	Everybody knows	Splash to the back		
3:55	C	Bridge 3	4 x 8	JACK KICK 3	1	RL	Ooh, Ooh	Come on! Set it on fire.		
4:22	B	Chorus 4	4 x 8	JOG 4 TURN	1	R	Everybody knows	Turn and go.		
		Finish	1 x 1	Land wide						
V1		C1	B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Tip: Get in the pool and practice the "JOG TURN" block so that you feel the resistance of the water against your arms as you use them to assist the turn. Once you feel it, you will be able to describe it to your students.

# Choreography Notes

Track # 3  
 Track Focus Lateral Travel  
 Track Length 4:57  
 Song Title A-Yo  
 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	4 x 8	KICK OUT ALT Wide Kick x2, Run wide x4	8	R	I can't wait to smoke	<b>MOVE:</b> Wide kick out, 4 run wide
0:42	B	Chorus 1	1 x 8	JACK 3 TRAVEL JJ x3 TVL R, Land speed JJ twist x2	1		Get off on me	Jack 3 travel, 2 fast jacks
			1 x 8	JJ x3 TVL L, Land speed JJ twist x2	1		For me	Travel back
			1 x 8	JJ x3 TVL R, Land speed JJ twist x2	1		A-Yo, A-Yo	Jack right
			1 x 8	JJ x3 TVL L, Land speed JJ twist x2	1		A-Yo, A-Yo	Jack left
1:09	C	Bridge 1	4 x 8	SWING OUT 3 Pendulum x3, Karate kick side x1	4	RL	A-Yo, A-Yo	Swing out with a pendulum, add a karate
1:37	A	Verse 2	4 x 8	KICK OUT	1	R	I can't wait to blaze	<b>MUSCLE:</b> Quads, shoulders
2:05	B	Chorus 2	4 x 8	JACK 3 TRAVEL	1		Get off on me	Inner/outer thighs
2:33	C	Bridge 2	4 x 8	SWING OUT 3	1	RL	A-Yo, A-Yo	Gluteals, inner thighs
3:00	A	Verse 3	4 x 8	KICK OUT	1	R	I can't wait to rev	<b>MOTIVATION:</b> Knees up, add life to the party
3:27	B	Chorus 3	4 x 8	JACK 3 TRAVEL	1		Get off on me	Dig in there, your style
3:55	C	Bridge 3	4 x 8	SWING OUT 3	1	RL	A-Yo, A-Yo	Biggest set yet
4:22	B	Chorus 4	4 x 8	JACK 3 TRAVEL	1		Get off on me	Let's have fun
		Finish	1 x 1	Land wide				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Tip: Notice that all of the moves in this track are in the frontal plane so that we can target the muscles that move the body laterally. The traveling moves are also lateral.

# Choreography Notes

Track # 4  
Track Focus Speed  
Track Length 4:56  
Song Title This One's For You  
BPM 140

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type	
		Intro	2 x 8	Run	32	R			
0:14	A	Verse 1	4 x 8	RUN 4 KICK IT ALT Run x4, Hitch kick, hop knee	8	RL	We're born to fly	<b>MOVE:</b> Run 4 & kick and hop	
0:42	B	Chorus 1	4 x 8	HEEL AND SWEEP Jog heel x2, Run heel x4 (Arms: Sweep in x3, fast x4)	8	R	We're in this to	Heel sweep, big and short	
1:10	C	Bridge 1	4 x 8	ROCKET JACK SKI 3 Rocket JJ x1, CC x3 (R), Rocket JJ x1, CC x3 (L)	4	RL	You, hey, hey, hey	Rocket jack and cross country 3	
1:37	A	Verse 2	4 x 8	RUN 4 KICK IT	1	RL	We're born to fly	<b>MUSCLE:</b> Hamstrings, quads	
2:04	B	Chorus 2	4 x 8	HEEL AND SWEEP	1	R	We're in this to	Hamstrings, chest	
2:31	C	Bridge 2	4 x 8	ROCKET JACK SKI 3	1	RL	You, hey, hey, hey	Inner thighs	
3:00	A	Verse 3	4 x 8	RUN 4 KICK IT	1	RL	We're born to fly	<b>MOTIVATION:</b> More power	
3:26	B	Chorus 3	4 x 8	HEEL AND SWEEP	1	R	We're in this to	Big levers, white water	
3:54	C	Bridge 3	4 x 8	ROCKET JACK SKI 3	1	RL	You, hey, hey, hey	Jump higher, bellies out	
4:21	B	Chorus 4	4 x 8	HEEL AND SWEEP	1	RL	We're in this to	Looking fantastic!	
		Finish	1 x 1	Land wide, sweep arms side					
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Tip: This speed track can be very fun and distract you from maintaining form and safe demonstration while on deck. You can always incorporate a chair for visually showing the power moves while saving your body from high impact.

# Choreography Notes

Track # 5  
Track Focus Group  
Track Length 4:56  
Song Title Boogie Nights  
BPM 140

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
		Intro	2 x 8	JJ	8			
0:15	A	Verse 1	4 x 8	TWIST JACK JJ Twist R, Jump in, JJ Twist L, Jump in	8	RL	Boogie nights, there	MOVE: Twist Jack, chest front
0:42	B	Chorus 1	2 x 8	RUN TRAVEL Run x7 hold, TVL R, Run x7 hold, TVL L	1	RL	Got to keep on	Run 7 travel sideways
			1 x 8	Run x3 hold, TVL R, Run x3 hold, TVL L	2	RL	Boogie nights	Cut the run to 3
			1 x 8	Power wide jog	8	R	Boogie nights	Power jog
1:09	C	Bridge 1	4 x 8	JOG HEEL CIRCLE Jog heel x4, in small circle (3-6 people) Kick x4	4	R	Party right	Find your group with jog heels 4, Kick 4
1:37	A	Verse 2	4 x 8	TWIST JACK	1	RL	Boogie nights, ain't	MUSCLE: Obliques, inner/outer thighs
2:05	B	Chorus 2	4 x 8	RUN TRAVEL	1	RL	Got to keep on	Core
2:32	C	Bridge 2	4 x 8	JOG HEEL CIRCLE	1	R	Party right	Hamstrings, biceps, Quads
2:59	A	Verse 3	4 x 8	TWIST JACK	1	RL	Boogie nights, ain't	MOTIVATION: Bigger rebound
3:27	B	Chorus 3	4 x 8	RUN TRAVEL	1	RL	Got to keep on	More attitude
3:54	C	Bridge 3	4 x 8	JOG HEEL CIRCLE	1	R	Party right	Be a strong partner
4:22	B	Chorus 4	4 x 8	RUN TRAVEL	1	RL	Got to keep on	Last time
		Finish	1 x 1	Land wide, splash side				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Tip: As you move the class into the 3rd block circle, help them recognize their class mates by name to encourage team work. Accomplishing something together will motivate them to perform not only for themselves but for each other.

# Choreography Notes

Track # 6  
 Track Focus Suspension  
 Track Length 4:54  
 Song Title High and Low  
 BPM 140

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
		Intro	2 x 8	Kick	16	R		
0:14	A	Verse 1	4 x 8	SIT AND KICK Neutral Seated kick x4, SUSP Seated kick x4	4	R	Now we are running	<b>MOVE:</b> Sit and kick, touching 4, suspend 4
0:42	B	Chorus 1	4 x 8	FLYING SIDE KARATE ALT SUSP Karate kick side x2, SUSP JJ/touch x2	4	R	I feel most times	Flying side karate kick, suspended jack 2
1:09	C	Bridge 1	1 x 8	CROSS COUNTRY 4 SPIN 4 SUSP CC X4, Tuck and spin R x4	1	R	Alice D. you're on	Cross country 4, sit and spin
			1 x 8	SUSP CC X4, Tuck and spin L x4	1	R	She's been out all	Spin the other way
			1 x 8	SUSP CC X4, Tuck and spin R x4	1	R	All night long	This is all suspended
			1 x 8	SUSP CC X4, Tuck and spin L x4	1	R	She's got	Last time
1:37	A	Verse 2	4 x 8	SIT AND KICK	1	R	Let's get together	<b>MUSCLE:</b> Quads, abs
2:04	B	Chorus 2	4 x 8	FLYING SIDE KARATE	1	R	I feel most times	Outer/inner thigh
2:32	C	Bridge 2	4 x 8	SKI 4 SPIN 4	1	R	Alice D. you're on	Extend hip flexor, core
2:59	A	Verse 3	4 x 8	SIT AND KICK	1	R	Down where the	<b>MOTIVATION:</b> Pick 'em up
3:27	B	Chorus 3	4 x 8	FLYING SIDE KARATE	1	R	I feel most times	Full ROM
3:54	C	Bridge 3	4 x 8	SKI 4 SPIN 4	1	R	Alice D. you're on	Spin! Spin twice!
4:22	B	Chorus 4	4 x 8	KARATE SIDE & JACK	1	R	I feel most times	Fly!
		Finish	1 x 1	Stand tall				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Tip: There are a lot of opportunities to touch down during the suspended portions of this track. So, if you have students who may not be completely confident during suspension, remind them to just touch down when they need to – AS OPPOSED TO GOING UNDER!

# Choreography Notes

Track # 7  
 Equipment Noodle  
 Track Focus Upper Body  
 Track Length 4:41  
 Song Title Don't Wanna Know  
 BPM 132

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
		Intro	2 x 8	Position noodle in straddle				
0:15	A	Verse 1	4 x 8	HALF MOON ALT Arm sweep open/close	16	R	Wasted, and the	<b>MOVE:</b> Half moon push out & in
0:45	B	Chorus 1	2 x 8	SWEEP DOWN & BACK Tandem arm sweep F/B, curl, triceps x2	4		Don't wanna know	Sweep down and back, 2 triceps push
			2 x 8	Tandem arm sweep B/F curl, biceps x2	4		Don't wanna know	Reverse it
1:13	C	Bridge 1	1 x 8	CURL TO SPIN Biceps curl R (spin in circle)	8	R	I-I-I don't wanna	Curl to spin with your right arm
			1 x 8	Biceps curl L (spin in OPP circle)	8	L	I-I-I don't wanna	Other side
			1 x 8	Triceps press R (Spin in circle)	8	R	I-I-I don't wanna	Triceps press down
			1 x 8	Triceps press L (Spin in OPP circle)	8	L	I-I-I don't wanna	Other side
1:43	A	Verse 2	4 x 8	HALF MOON	1	R	Every time I go out	<b>MUSCLE:</b> Chest, back, shoulders
2:12	B	Chorus 2	4 x 8	SWEEP DOWN & BACK	1		Don't wanna know	Posterior deltoid, triceps, Chest, biceps
2:41	C	Bridge 2	4 x 8	CURL TO SPIN	1	RL	I-I-I don't wanna	Biceps, Triceps
3:10	A	Verse 3	4 x 8	HALF MOON	1	R	Wasted, and the	<b>MOTIVATION:</b> Have fun, more twist
3:39	B	Chorus 3	4 x 8	SWEEP DOWN & BACK	1		Don't wanna know	Big strokes
4:08	C	Bridge 3	4 x 8	CURL TO SPIN	1	RL	I-I-I don't wanna	Ready to spin!
		Finish	1 x 1	Double biceps curl				

V1	C1	B1	V2	C2	B2	V3	C3	B3
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Trainer's Tip: Some of these moves will be unfamiliar to your students, so patiently teach these moves, class after class, to help students get comfortable with these moves. Try focusing on just one block each week in the beginning to really master posture, alignment, proper form, and muscle usage. Build on successes each week and soon your whole class will be able to perform each block with intensity.

# Choreography Notes

Track # 8  
Equipment Noodle  
Track Focus Lower Body  
Track Length 4:45  
Song Title If You Could Read My Mind  
BPM 132

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Tyle
		Intro	2 x 8	Position Noodle around back				
0:15	A	Verse 1	2 x 8	SIDE SWEEP CIRCLE Grounded ABD, knee up/in/down	8	R	If you could read my	<b>MOVE:</b> Side sweep circle leg in
			2 x 8	Grounded ABD, knee up/in/down	8	L	In a castle dark	Other leg
0:44	B	Chorus 1	2 x 8	REBOUND KICK BACK ALT Kick B	16	R	Never thought	Rebound kick back
			2 x 8	ALT DIAG Kick B	16	R	I don't know where	Back on the diagonal
1:14	C	Bridge 1	1 x 8	ONE LEG KICK Grounded kick/curl x2, fast x4	1	R	If you could, If you	1-leg kick curl, 2 slow, 4 fast
			1 x 8	Grounded kick/curl x2, fast x4	1	L	If you could, If you	Other side
			1 x 8	Grounded kick/curl x2, fast x4	1	R	Instrumental	Switch sides
			1 x 8	Grounded kick/curl x2, fast x4	1	L	Instrumental	Last time
1:43	A	Verse 2	4 x 8	SIDE SWEEP CIRCLE	1	RL	If you could read my	<b>MUSCLE:</b> AB/ADDuctors
2:12	B	Chorus 2	4 x 8	REBOUND KICK BACK	1	R	Never thought	Gluteals (buttocks)
2:41	C	Bridge 2	4 x 8	ONE LEG KICK	1	RL	If you could, If you	Quad, hamstrings
3:10	A	Verse 3	4 x 8	SIDE SWEEP CIRCLE	1	RL	If you could read my	<b>MOTIVATION:</b> Glue your legs together
3:39	B	Chorus 3	4 x 8	REBOUND KICK BACK	1	R	Never thought	A little wider
4:08	C	Bridge 3	4 x 8	ONE LEG KICK	1	RL	If you could, If you	Point your toe and push stronger
		Finish	1 x 1	Stand tall				
V1	C1	B1	V2	C2	B2	V3	C3	B3

Trainer's Tip: Balance is challenged in this track by using one-leg moves. Cue students to engage their core muscles to support the leg movement.

# Choreography Notes

Track # 9  
Equipment Noodle  
Track Focus Muscle 3 (Core)  
Track Length 4:43  
Song Title Water Under the Bridge  
BPM 132

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
		Intro	2 x 8	Noodle stays around back, under arms, Neutral				
0:15	A	Verse 1	4 x 8	TUCK TWIST ALT Neutral tuck/Lower body rotation R/L	16	R	Maybe you're not the	<b>MOVE:</b> Tuck and twist
0:44	B	Bridge 1	4x 8	LEAN & SCOOP Grounded Wide stance: ALT LAT FLEX (Arms: holding noodle, ALT scoop under B/F)	16	R	It's so cold out here	Stand, lean and scoop, lateral flexion
1:14	C	Chorus 1	4 x 8	RUNNING MAN 3 SUSP ALT knee tuck x3/hold	16	RL	If you're gonna let	Running man 3, single single double knee to chest, lean forward
1:43	A	Verse 2	4 x 8	TUCK TWIST	1	R	What are you waiting	<b>MUSCLE:</b> Obliques
2:12	B	Bridge 2	4 x 8	LEAN & SCOOP	1	R	It's so cold out here	Obliques
2:41	C	Chorus 2	4 x 8	RUNNING MAN 3	1	RL	If you're gonna let	Abdominals
3:10	A	Verse 3	4 x 8	TUCK TWIST	1	R	If you're not the one	<b>MOTIVATION:</b> Like a rainbow
3:39	B	Bridge 3	4 x 8	LEAN & SCOOP	1	R	It's so cold out here	Ooh, let's dig in
4:08	C	Chorus 3	4 x 8	RUNNING MAN 3	1	RL	If you're gonna let	Best set yet
		Finish	1 x 1	Tuck				

V1	B1	C1	V2	B2	C2	V3	B3	C3
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Trainer's Tip: Teach your students to engage the entire core during this track and then concentrate their focus on the specific muscles for each block.

# Choreography Notes

Track # 10  
Track Focus Flexibility Training  
Track Length 3:57  
Song Title Hymn for the Weekend  
BPM n/a

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
0:00	A	Verse 1	1 x 8	TANGO WALK Step curl x3, knee circle to open F	1	R	Oh angel sent from	<b>MOVE:</b> Tango walk, hip rotation
			1 x 8	Step curl x3, knee circle to open F	1	L	You make my world	Other side
			1 x 8	Step R DIAG, hold Quad stretch L	1	R	When I was down	Quad stretch
			1 x 8	Step L DIAG, hold Quad stretch R	1	L	You came to lift	Other side
0:21	B	Chorus 1	2 x 8	STEP OUT LUNGE ALT step out to lunge, slide foot in x3, Mountain/ Goddess	1	R	Said drink from me	Step out lunge, slide like a matador
			2 x 8	ALT step out to lunge, slide foot in x3, Mountain/ Goddess	1	L	Drinks on me	Other side
0:42	C	Bridge 1	1 x 8	ANKLE ROTATE AND LIFT Hamstring stretch, ankle rotation	1	R	I, oh I, got me feeling	Ankle rotate and lift leg
			1 x 8	Hold Hamstring stretch, lift higher 1-6, step down	1	R	High, so high	Lift the leg high
			1 x 8	Hamstring stretch, ankle rotation	1	L	I, oh I, oh I	Other side rotates
			1 x 8	Hold Hamstring stretch, lift higher 1-6, step down	1	L	High, so high	Hamstring lengthens
1:03	A	Verse 2	4 x 8	TANGO WALK	1	RL	Oh Angel sent from	<b>MUSCLES:</b> Quad, hip rotators
1:24	B	Chorus 2	4 x 8	STEP OUT LUNGE	1	RL	said drink from me	Inner thigh
1:45	C	Bridge 2	4 x 8	ANKLE ROTATE AND LIFT	1	RL	I, oh I, got me feeling	Hamstring, ankle, wrists
2:06	A	Verse 3	4 x 8	TANGO WALK	1	RL	Sky, that we shoot	<b>MOTIVATION:</b> Be a little sassy
2:27	B	Chorus 3	4 x 8	STEP OUT LUNGE	1	RL	said drink from me	Let the drama take over
2:47	C	Bridge 3	4 x 8	ANKLE ROTATE AND LIFT	1	RL	I, oh I, got me feeling	This is a sexy move
		Finish	1 x 1	Stand, Goddess arms				

V1	C1	B1	V2	C2	B2	V3	C3	B3
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Trainer's Tip: Take note that there is no introduction music at the beginning of this song. Start right away with the first block. Stylize these moves and encourage self-expression from you students.

# Choreography Notes

Track # BONUS  
Track Focus Flotation (insert after Track 6)  
Track Length 4:53  
Song Title Got To Be Real (Alternative Holiday Song: Feliz Navidad, see next page)  
BPM 132

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
		Intro	2 x 8	Position noodle around back, under arms Lower to neutral, seated kick				
0:16	A	Verse 1	1 x 8	SEATED KICK ALT Seated kick	8	R	What ya think	<b>MOVE:</b> Alternating seated kicks
			1 x 8	ALT DBL Seated kick	4	R	What ya love	Doubles
			1 x 8	Kick Repeater, turn in a circle	8	R	What ya think	Kick repeater
			1 x 8	Kick Repeater, turn in a circle	8	L	What ya love	Other side
0:45	B	Bridge 1	1 x 8	SKI CIRCLE CC F	8	R	Ooh, your love's for	Ski Circle, cross country
			1 x 8	CC, lean R, TVL in a circle	8	R	Your love is my love	Lean right and travel
			1 x 8	CC F	8	R	What ya think	To the front
			1 x 8	CC, lean L, TVL in a circle	8	R	What ya love	Lean left and turn
1:15	C	Chorus 1	4 x 8	PEDAL PUSHERS ALT Pedal pushers side x3, tuck	8	RL	To be real, got to be	Pedal pushers left, leaning right, 3 and pull
1:43	A	Verse 2	4 x 8	SEATED KICK	1	R	What ya think	<b>MUSCLE:</b> Quadriceps, core
2:12	B	Bridge 1	4 x 8	SKI CIRCLE	1	R	Ooh, your love's for	Hip flexors, quadriceps
2:42	C	Chorus 2	4 x 8	PEDAL PUSHERS	1	RL	To be real, got to be	Core, gluteals
3:11	A	Verse 3	4 x 8	SEATED KICK	1	R	What ya think	<b>MOTIVATION:</b> Kick your shoes off
3:40	B	Bridge 1	4 x 8	SKI CIRCLE	1	R	Ooh, your love's for	Your ski is so real!
4:08	C	Chorus 3	4 x 8	PEDAL PUSHERS	1	RL	To be real, got to be	Throw a temper tantrum
		Finish	1 x 1	Tuck				

V1	B1	C1	V2	B2	C2	V3	B3	C3
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Trainer's Tip: All of the leaning moves incorporate a challenge for the obliques. Cue students to engage the core for the whole track.

Track # BONUS  
Track Focus Flotation (insert after Track 6)  
Track Length 4:43  
Song Title Alternative Holiday Song: Feliz Navidad  
BPM 132

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
		Intro	2 x 8	Position noodle around back, under arms Lower to neutral, seated kick				
0:16	A	Verse 1	1 x 8	SEATED KICK ALT Seated kick	8	R	Merry Christmas	<b>MOVE:</b> Alternating seated kicks
			1 x 8	ALT DBL Seated kick	4	R	Merry Christmas	Doubles
			1 x 8	Kick Repeater, turn in a circle	8	R	Merry Christmas	Kick repeater
			1 x 8	Kick Repeater, turn in a circle	8	L	Merry Christmas	Other side
0:45	B	Bridge 1	1 x 8	SKI CIRCLE CC F	8	R	Feliz Navidad	Ski Circle, cross country
			1 x 8	CC, lean R, TVL in a circle	8	R	Prospero anno	Lean right and travel
			1 x 8	CC F	8	R	Feliz Navidad	To the front
			1 x 8	CC, lean L, TVL in a circle	8	R	Prospero anno	Lean left and turn
1:15	C	Chorus 1	4 x 8	PEDAL PUSHERS ALT Pedal pushers side x3, tuck	4	RL	Instrumental	Pedal pushers left, leaning right, 3 and pull
1:43	A	Verse 2	4 x 8	SEATED KICK	1	R	Merry Christmas	<b>MUSCLE;</b> Quadriceps, core
2:12	B	Bridge 1	4 x 8	SKI CIRCLE	1	R	Feliz Navidad	Hip flexors, quadriceps
2:42	C	Chorus 2	4 x 8	PEDAL PUSHERS	1	RL	Instrumental	Core, gluteals
3:11	A	Verse 3	4 x 8	SEATED KICK	1	R	Merry Christmas	<b>MOTIVATION:</b> Kick your shoes off
3:40	B	Bridge 1	4 x 8	SKI CIRCLE	1	R	Feliz Navidad	Your ski is so real!
4:08	C	Chorus 3	4 x 8	PEDAL PUSHERS	1	RL	Instrumental	Throw a temper tantrum
		Finish	1 x 1	Tuck				

V1	B1	C1	V2	B2	C2	V3	B3	C3
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