

water*in***motion**[®]

wave³⁴

**TAKE
OFF**



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	BPM
1	Fighter	Keith Urban ft Carrie Underwood	Warm Up	5:04	138
2	That's What I Like	Bruno Mars	Cardio	4:57	140
3	China Grove	Doobie Brothers	Lateral Travel	4:57	140
4	We Run The Night	Havana Brown ft Pitbull	Speed	4:57	140
5	Waterloo	Abba	Group	4:57	140
6	Something Just Like This	The Chainsmokers And Coldplay	Suspension	4:54	140
7	Issues	Julia Michaels	Upper Body	4:41	132
8	Chained To The Rhythm	Katy Perry ft Skip Marley	Lower Body	4:45	132
9	Stay	Zedd ft Alessia Cara	Core	4:43	132
10	Scars To Your Beautiful	Alessia Cara	Flexibility	3:58	80
11	Shake It Up	The Cars	Bonus (Flotation)	4:54	140

*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 5:04
Song Title Fighter
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	1 x 8	JOG HEEL REBOUND Jog heel	8	R	I knew he hurt you	MOVE: Jog heel
			1 x 8	Jog	8	R	He didn't deserve	Knees up, Jog
			1 x 8	Rocking horse x7, jump	1	R	He didn't know what	4 Rocking horse
			1 x 8	Rocking horse x7, jump	1	L	It's gonna take a	Let's switch
0:44	B	Chorus 1	4 x 8	JACK JUMP OUT JJ jump R/CTR, jump rope x2 JJ jump L/CTR, jump rope x2	4	R	What if I fall	Jumping Jack and jump rope
1:12	C	Bridge 1	1 x 8	WIDE JOG PUNCH Wide Jog, Face L x7, hop knee ½ turn (Arms: Punch R x4)	1	R	I want to believe	Wide punch, come to me
			1 x 8	Wide Jog, Face R x7, hop knee ½ turn (Arms: Punch L x4)	1	L	I want to believe	Other side
			1 x 8	Wide Jog, Face L x7, hop knee ½ turn (Arms: Punch R x4)	1	R	I want to believe	Let's switch
			1 x 8	Wide Jog, Face R x7, hop knee ½ turn (Arms: Punch L x4)	1	L	I want a love	Hop turn
1:40	A	Verse 2	4 x 8	JOG HEEL REBOUND	1	R	Look in the mirror	MUSCLE: Jog heel, Hamstring
2:08	B	Chorus 2	4 x 8	JACK JUMP OUT	1	R	What if I fall	Jack, inner/outer thigh
2:37	C	Bridge 2	4 x 8	WIDE JOG PUNCH	1	RL	I want to believe	Wide jog, leg muscles
3:05	A	Verse 3	4 x 8	JOG HEEL REBOUND	1	R	Want to believe	MOTIVATION: Jog heel, feel that turbulence
3:33	B	Chorus 3	4 x 8	JACK JUMP OUT	1	R	What if I fall	Jack, How ya doin'?
4:01	C	Bridge 3	4 x 8	WIDE JOG PUNCH	1	RL	I want to believe	Wide jog, Stare 'em down
4:30	B	Chorus 4	4 x 8	JACK JUMP OUT	1	R	What if I fall	Jack, Little wider
		Finish	1 x 1	Land wide				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Tip: In the first block, teach your class that a rocking horse is simply a Jog heel in the back and a Jog in the front. Once they master the legs, adding strong arm movements will be more easily accomplished. Take advantage of the song's title to inspire your class to punch strongly on the Bridge block.

Choreography Notes

Track # 2
Track Focus Linear: forward/backward
Track Length 4:57
Song Title That's What I Like
BPM 140

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type		
		Intro	2 x 8	Jump rope	16					
0:16	A	Verse 1	4 x 8	JUMP FRONT JACK Tuck F, Neutral Power JJ Tuck B, Neutral Power JJ	4		I got a condo in	MOVE: Jump tuck forward and Power Jack		
0:42	B	Bridge 1	1 x 8	KICK UP Kick F (Arms: EXT rotation)	8	R	Good time	Kick up moving forward		
			1 x 8	Kick B (Arms: Wide chest press)	8	R	Talk to me	Back now		
			1 x 8	Kick F (Arms: EXT rotation)	8	R	If you want it	Kick up, lift leg		
			1 x 8	Kick B (Arms: Wide chest press)	8	R		Kick back and push		
1:10	C	Chorus 1	1 x 8	FLYING LEAP Leap F	4	R	Gold jewelry be shining	Leap forward		
			1 x 8	Bow & Arrow JJ B (face L)	4		That's what I like	Jack and arrow		
			1 x 8	Leap F	4	L	Sit by the fire	Change sides, leap		
			1 x 8	Bow & Arrow JJ B (face R)	4		That's what I like	Jack to the back		
1:37	A	Verse 2	4 x 8	JUMP FRONT JACK	1		I'm talkin' trips to	MUSCLE: Tuck jump forward		
2:05	B	Bridge 2	4 x 8	KICK UP	1	R	Good time	Kick up, quads		
2:33	C	Chorus 2	4 x 8	FLYING LEAP	1	RL	Gold jewelry	Leap forward, Glutes		
3:00	A	Verse 3	4 x 8	JUMP FRONT JACK	1		Jump in the Cadillac	MOTIVATION: Jump tuck, a little further		
3:27	B	Bridge 3	4 x 8	KICK UP	1	R	Good time	Kick, Kick a little higher		
3:55	C	Chorus 3	4 x 8	FLYING LEAP	1	RL	Gold jewelry	Leap forward, Jack back Travel like crazy		
4:22	B	Chorus 4	4 x 8	FLYING LEAP	1	RL	Gold jewelry	Do it again, Last chance		
		Finish	1 x 1	Wide stance, arrow						
V1		B1	C1	V2	B2	C2	V3	B3	C3	C4

Trainer's Tip: In the Verse block, take advantage of the strong beat to inspire your students to drive their speed on the power jack. The Bridge block offers a moment for fun. The lyrics start out with "If you want a good time." Ask your class if they want a good time, then show them how to have fun. On the Chorus block, emphasize traveling and rebound to increase the cardiovascular intensity.

Choreography Notes

Track # 3
Track Focus Lateral Travel
Track Length 4:57
Song Title China Grove
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	ROUNDHOUSE ALT Knee lift side/flick kick	16	R	When the sun comes up on a	MOVE: Roundhouse kick, lift hip & kick front		
0:42	B	Chorus 1	1 x 8	CROSS OVER JOG Jog (ALT cross F/B)	8	R	Talkin' 'bout China	Cross over jog, jog right		
			1 x 8	JJ cross	4		China grove	Cross Jack		
			1 x 8	Jog (ALT cross F/B)	8	L	When the	Cross over jog left		
			1 x 8	JJ cross	4		Whoa china grove	Jack cross		
1:09	C	Bridge 1	4 x 8	DOUBLE WIDE DBL Wide Jog Leap R/L, wide jog x4	4	R	Everyday there's a new	Double wide jog, 4 singles, rebound		
1:37	A	Verse 2	4 x 8	ROUNDHOUSE	1	R	Well the preacher	MUSCLE: Roundhouse, quads		
2:05	B	Chorus 2	4 x 8	CROSS OVER JOG	1	RL	Talkin' 'bout China	Cross Jog, Inner/outer thigh		
2:33	C	Bridge 2	4 x 8	DOUBLE WIDE JOG LEAP	1	R	Everyday there's	Double wide jog, core		
3:00	A	Verse 3	4 x 8	ROUNDHOUSE	1	R	When the sun	MOTIVATION: Round-house, kick it to me		
3:27	B	Chorus 3	4 x 8	CROSS OVER JOG	1	RL	Talkin' 'bout China	Cross jog, big rebound		
3:55	C	Bridge 3	4 x 8	DOUBLE WIDE JOG LEAP	1	R	Everyday there's	Double wide jog, make an energy change		
4:22	B	Chorus 4	4 x 8	CROSS OVER JOG	1	RL	Talkin' 'bout China	Cross over jog, have fun		
		Finish	1 x 1	Land wide						
V1		C1	B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Tip: The Roundhouse kick is a new move to a cardio song, but a move that we have used before in the leg track of WIM 29. Build on their past experience to master this cardio move. The Cross Over Jog is reminiscent of a Cariola move (used in athletic training). The Double Wide block offers a great opportunity for kicked-up cardio challenge. Ask you clients for their best on the wide jog.

Choreography Notes

Track # 4
Track Focus Speed
Track Length 4:56
Song Title We Run the Night
BPM 140

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type		
		Intro	2 x 8	CC	16	R				
0:14	A	Verse 1	4 x 8	CROSS COUNTRY SHUFFLE CC x4, CC fast shuffle x8 (Arms: long lever x4, ALT up-percut x8)	4	R	When the sun goes down	MOVE: Cross country, shuffle with upper cut		
0:42	B	Chorus 1	4 x 8	RUN WIDE Run wide x4, Run in x4, Run heel x4, jump shoot	4	R	We run, yes, we run the night	Run wide, narrow, heel, shoot		
1:10	C	Bridge 1	4 x 8	FAST JACK Land-speed JJ x16 (Arms: Speed bag Rx8, Lx8, ALT F x16)	2		Instrumental	Fast jack, add a speed bag		
1:37	A	Verse 2	4 x 8	CROSS COUNTRY SHUFFLE	1	R	From the bottom of	MUSCLE: Shoulders, biceps, core		
2:04	B	Chorus 2	4 x 8	RUN WIDE	1	R	We run, yes, we run	Run wide, run, run heel,		
2:31	C	Bridge 2	4 x 8	FAST JACK	1		Instrumental	Fast jack speed bag Glutes, inner thigh		
3:00	A	Verse 3	4 x 8	CROSS COUNTRY SHUFFLE	1	R	Feel the life go rush	MOTIVATION: Cross country, Be your best		
3:26	B	Chorus 3	4 x 8	RUN WIDE	1	R	We run, yes, we run	Run wide, Show me		
3:54	C	Bridge 3	4 x 8	FAST JACK	1		Instrumental	Jack, show me your best		
4:21	B	Chorus 4	4 x 8	RUN WIDE	1	R	We run, yes, we run	Run wide, Explode		
		Finish	1 x 1	Land wide, punch forward						
V1		C1	B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Tip: The Cross Country Shuffle block uses water and land speed changes to keep the cardio intensity high and train for agility. All the moves in this track are inspired by boxing training techniques. Inspire your students to find their inner fighter.

Choreography Notes

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

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
		Intro	2 x 8	JJ, Split students into two groups, R/L sides	8			
0:15	A	Verse 1	4 x 8	JACK HANDS UP JJ (Arms: Biceps curl, hands to head/up/circle out)	16		My, my at Waterloo	MOVE Jacks, curl, salute, up and in
0:42	B	Chorus 1	1 x 8	RUN TOGETHER Run towards other group	16	R	Waterloo, I was	Run towards each other, knees up
			1 x 8	Run backwards, away from other group	16	R	Waterloo, promise	Run apart
			1 x 8	Run towards other group	16	R	Waterloo, couldn't	Run towards
			1 x 8	Run around one person of the other group/re-turn	16	R	Waterloo, finally	Run, circle someone
1:09	C	Bridge 1	4 x 8	BATTLE KICKS ALT Kick F/B	16	R	Ah	Battle kicks, front first, arms opposite of legs
1:37	A	Verse 2	4 x 8	JACK HANDS UP	1		My, my I tried to hold	MUSCLE Jacks, inner/outer thighs
2:05	B	Chorus 2	4 x 8	RUN TOGETHER	1	R	Waterloo, I was	Run to each other, knees up
2:32	C	Bridge 2	4 x 8	BATTLE KICKS	1	R	Ah	Battle kicks, quads, glutes
2:59	A	Verse 3	4 x 8	JACK HANDS UP	1		My, my at Waterloo	MOTIVATION My Mind Jacks, notice progress
3:27	B	Chorus 3	4 x 8	RUN TOGETHER	1	R	Waterloo, I was	Let's run, all the way in
3:54	C	Bridge 3	4 x 8	BATTLE KICKS	1	R	Ah	Battle kicks, white water
4:22	B	Chorus 4	4 x 8	RUN TOGETHER	1	R	Waterloo, I was	Finish with a run
		Finish	1 x 1	Land wide				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Tip: The Verse block takes some concentration for coordination. Get the jack going first and then clean up the arms. The rest of the moves are more easily mastered and offer a great opportunity for interaction and fun.

Choreography Notes

Track # 6
Track Focus Suspension
Track Length 4:54
Song Title Something Just Like This
BPM 140

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type			
		Intro	2 x 8	Jog	16	R					
0:14	A	Verse 1	4 x 8	RUN CHARGE FOWARD Run, TVL F x8, V-Sweep x2 (Arms: Fists, reverse fly x2)	4	R	I've been reading books of old	MOVE Run charge 8, V back			
0:42	B	Chorus 1	1 x 8	KARATE REPEATER Karate Kick F x4, B x4	1	R	I want something just like this	Karate Repeater, rebound			
			1 x 8	Karate Kick F x4, B x4	1	L	Just like this	Other leg			
			2 x 8	Karate Kick R F x2, B x2, L F x2, B x2	2	R	Just like this	Cut it in half			
1:09	C	Bridge 1	4 x 8	JACK SUSPEND SUSP JJ out, tuck 2-4, ALT touch down x4	4	R	Instrumental	Jack suspend tuck, touch 4			
1:37	A	Verse 2	4 x 8	RUN CHARGE FOWARD	1	R	I've been reading	MUSCLE Run charge, inner thighs, chest, core			
2:04	B	Chorus 2	4 x 8	KARATE REPEATER	1	RL	I want something	Karate repeater, glutes			
2:32	C	Bridge 2	4 x 8	JACK SUSPEND	1	R	Instrumental	Jack suspend, touch, glute medius			
2:59	A	Verse 3	4 x 8	RUN CHARGE FOWARD	1	R	I've been reading	MOTIVATION Run it, Charge!, Squeeze			
3:27	B	Chorus 3	4 x 8	KARATE REPEATER	1	RL	I want something	Karate, push, kick out the back of the pool			
3:54	C	Bridge 3	4 x 8	JACK SUSPEND	1	R	Instrumental	Jack suspend, find your challenge			
4:22	B	Chorus 4	4 x 8	KARATE REPEATER	1	RL	I want something	Karate repeater, your best kicks			
		Finish	1 x 1	Land wide, punch							
V1		C1		B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Tip: Minimize the rebound on the Run Charge Forward so that transitioning to the V-Sweep is smooth. Cue your students to really lean into the run and push forward to travel. Also, minimize rebounding on the Karate Repeater and emphasize increasing range of motion for the legs.

Choreography Notes

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

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type			
		Intro	2 x 8	Noodle in straddle position							
0:15	A	Verse 1	4 x 8	CHEST PRESS OPEN Chest press F/Breast Stroke open	16		I'm jealous, I'm over	MOVE Push front, open			
0:45	B	Chorus 1	4 x 8	CLOSE SWEEP DOWN Back stroke/Shoulder EXT down and back	16		'Cause I got issues	Opposite, sweep front, push down			
1:13	C	Bridge 1	1 x 8	BICEPS PULL BACK Biceps curls, TVL B	16	R	Yeah, I got issues	Biceps, travel backwards			
			1 x 8	Triceps press down, TVL F	16	R	I got issues	Now triceps, forward			
			1 x 8	Biceps curls, TVL B	16	R	I got issues	Biceps again			
			1 x 8	Triceps press down, TVL F	16	R	I got issues	Finish with triceps			
1:43	A	Verse 2	4 x 8	CHEST PRESS OPEN	1		You do stuff on	MUSCLE: Push again, & open, chest, back			
2:12	B	Chorus 2	4 x 8	CLOSE SWEEP DOWN	1		'Cause I got issues	Close, press down, Lats			
2:41	C	Bridge 2	4 x 8	BICEPS PULL BACK	1	R	Yeah, I got issues	Biceps, triceps			
3:10	A	Verse 3	4 x 8	CHEST PRESS OPEN	1		I'm jealous, I'm over	MOTIVATION: Push & open, show me power			
3:39	B	Chorus 3	4 x 8	CLOSE SWEEP DOWN	1		'Cause I got issues	Opposite direction Feel it in your muscles			
4:08	C	Bridge 3	4 x 8	BICEPS PULL BACK	1	R	Yeah, I got issues	Biceps, show me your muscles			
		Finish	1 x 1	Stand up, wide stance							
V1		C1		B1	V2	C2		B2	V3	C3	B3

Trainer's Tip: Set up a very stable seated position right from the beginning so your clients can push with the upper body without losing their balance. The Verse and Chorus blocks use opposing moves, so students should stay in the same location. Travel on the Bridge block.

Choreography Notes

Track # 8
Equipment Noodle
Track Focus Lower Body
Track Length 4:45
Song Title Chained to the Rhythm
BPM 132

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type		
		Intro	2 x 8	Noodle held in hands in front, Karate kick demo						
0:15	A	Verse 1	2 x 8	KARATE BACK Karate kick/chamber (knee touches noodle)	8	R	Are we crazy, living our lives through	MOVE Karate kick back, knee		
			2 x 8	Karate kick/chamber (knee touches noodle)	8	L	Are you lonely	Hit the other side		
0:44	B	Bridge 1	2 x 8	SIDE SWEEP UP ABD, pt./ADD flex. leg	8	R	Ah	Side sweep and cross, flex and point		
			2 x 8	ABD pt./ADD flex. Leg	8	L	Ah, so put on your	Squeeze out, pull in		
1:14	C	Chorus 1	2 x 8	KICK CURL Standing 1-leg kick/curl, slow x1, fast x2	4	R	Turn it up, it's your favorite song	Kick curl, slow then 2 fast		
			2 x 8	Standing 1-leg kick/curl, slow x1, fast x2	4	L		Switch sides		
1:43	A	Verse 2	4 x 8	KARATE BACK	1	RL	Are we tone deaf?	MUSCLES Kick back, glutes, hip flexor		
2:12	B	Bridge 2	4 x 8	SIDE SWEEP UP	1	RL	Ah, so put on your	Side sweep, Inner/outer thigh		
2:41	C	Chorus 2	4 x 8	KICK CURL	1	RL	Turn it up, it's your	Kicking, quad, hams		
3:10	A	Verse 3	4 x 8	KARATE BACK	1	RL	Are we crazy, living	MOTIVATION Karate, increase ROM		
3:39	B	Bridge 3	4 x 8	SIDE SWEEP UP	1	RL	Ah, so put on your	Side, zip up the core		
4:08	C	Chorus 3	4 x 8	KICK CURL	1	RL	Turn it up, it's your	Kick curl, POW		
		Finish	1 x 1	Stand tall, push down						
V1		B1		C1	V2	B2	C2	V3	B3	C3

Trainer's Tip: Use the noodle as a target for the "chamber" part of the Verse block. Teach the details of the pointed and flexed foot on the Bridge block.

Choreography Notes

Track # 9
Equipment Noodle
Track Focus Muscle 3 (Core)
Track Length 4:43
Song Title Stay
BPM 132

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type		
		Intro	2 x 8	Noodle around back, under arms, SUSP (OPT: supine layout)						
0:15	A	Verse 1	4 x 8	DIAMOND TOUCH Legs held in Diamond shape (1 st Pos. plie') ALT Knee to Elbow touch, Oblique contraction	16	R	Waiting for the time to pass you by	MOVE Diamond touch, swing knees up to noodle		
0:45	B	Chorus 1	2 x 8	SPLIT CRUNCH Hold splits, AB crunch	8	R	All you have to do is stay a minute	Suspended splits and crunch		
			2 x 8	Hold splits, AB crunch	8	L	Stay a minute	Change legs, crunch		
1:13	C	Bridge 1	4 x 8	TUCK HOLD Pull noodle ends to chest, pull knees up into tuck, maintain contact with noodle ALT leg down/tuck	16		Synthesizer	Tuck, touch down, one and then the other		
1:43	A	Verse 2	4 x 8	DIAMOND TOUCH	1	R	Won't admit what I	MUSCLE: Diamond, feet together, vertical or horizontal, obliques		
2:12	B	Chorus 2	4 x 8	SPLIT CRUNCH	1	RL	Stay a minute	Splits, crunch, Abs		
2:41	C	Bridge 2	4 x 8	TUCK HOLD	1		Synthesizer	Tuck, touch, Abs		
3:10	A	Verse 3	4 x 8	DIAMOND TOUCH	1	R	Waiting for the time	MOTIVATION Diamond, swing it		
3:39	B	Chorus 3	4 x 8	SPLIT CRUNCH	1	RL	Stay a minute	Split, really tuck abs in		
4:08	C	Bridge 3	4 x 8	TUCK HOLD	1		Synthesizer	Tuck, touch down, focus on the tuck		
		Finish	1 x 1	Tuck						
V1		C1		B1	V2	C2	B2	V3	C3	B3

Trainer's Tip: The Diamond Touch is a new move that may take a couple classes for your students to embrace. It can be done horizontally for maximum range of motion or vertically, especially if a student is fearful of floating or simply wants to protect their hair from the water. The Split Crunch requires lower body stabilization. Try to set that up and then cue the crunch.

Choreography Notes

Track # 10
Track Focus Flexibility Training
Track Length 3:15
Song Title Scars to Your Beautiful
BPM n/a

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type			
		Intro	2 x 8	Mountain/Goddess	2						
0:00	A	Verse 1	1 x 8	MOUNTAIN Mountain/Goddess	1	R	She just wants to be	MOVE Mountain, goddess			
			1 x 8	Knee to chest, arms wrap knee L/R Hamstring stretch, hands on shin or foot	1	R	Goes unnoticed	Wrap the arm around the knee, hamstring			
			1 x 8	Mountain/Goddess	1	L	Craves attention	Mountain			
			1 x 8	Knee to chest, arms wrap knee L/R Hamstring stretch, hands on shin or foot	1	L	Prays to be	Other knee			
0:21	B	Chorus 1	2 x 8	LUNGE SIDE Lunge side (Arms: R sweeps out/L reach overhead)	2	L	Hope that's waiting	Lunge, come back to heart			
			2 x 8	Lunge side (Arms: L sweeps out/R reach overhead)	2	R	Change a thing	Other side			
0:42	C	Bridge 1	1 x 8	STEP RIGHT QUAD STRETCH Step and ¼ turn R, hold quad stretch	1	R	Oh-oh, oh-oh	Quad stretch			
			1 x 8	Dancer	1	R	Oh-oh, oh-oh	Dip to Dancer			
			1 x 8	Step and ¼ turn L, hold quad stretch	1	L	Change a thing	Knee, shin, ankle, quad			
			1 x 8	Dancer	1	L	beautiful	Reach to Dancer			
1:03	A	Verse 2	4 x 8	MOUNTAIN	1	RL	She has dreams to be	MUSCLE Mountain pose, Goddess			
1:24	B	Chorus 2	4 x 8	LUNGE SIDE	1	LR	Hope that's waiting	Lunge, inner thigh			
1:45	C	Bridge 2	4 x 8	STEP RIGHT QUAD STRETCH	1	RL	Oh-oh, oh-oh	Turn to quad stretch			
2:06	A	Verse 3	4 x 8	MOUNTAIN	1	RL	No better you than	MOTIVATION Last time, Mountain			
2:27	B	Chorus 3	4 x 8	LUNGE SIDE	1	LR	Hope that's waiting	Lunge side, a little drama			
2:47	C	Bridge 3	4 x 8	STEP RIGHT QUAD STRETCH	1	RL	Oh-oh, oh-oh	Quad stretch			
		Finish	1 x 1	Step together, hands to heart center							
V1		C1		B1	V2	C2		B2	V3	C3	B3

Trainer's Tip: The Lunge Side is an artistic move for stretching your inner thigh. Use the lower arm to assist moving in the water.

Choreography Notes

Track # **BONUS**
Track Focus **Floatation (insert after Track 6)**
Track Length **4:53**
Song Title **Shake It Up**
BPM **132**

		Song Part	Count	Movement		Reps	Lead	Music Cue	Verbal Cue and Type				
		Intro	2 x 8	Noodle in straddle position									
0:15	A	Verse 1	1 x 8	CROSS COUNTRY CC		8	R	Dance all night, play all day	MOVE Floating ski				
			1 x 8	Staff seated position, ALT 1-leg back to splits		4	R	Dance all night	Staff pose and kick back				
			1 x 8	CC		8	R	Shake it up	Ski				
			1 x 8	Staff seated position, ALT 1-leg back to splits		4	R	Shake it up	Legs front, one back				
0:45	B	Chorus 1	4 x 8	EGGBEATERS ALT EXT ROT, fast, fast, slow		16	R	Dance all night, go go go	Eggbeater, fast, fast, slow				
1:13	C	Bridge 1	2 x 8	KICK IT UP ALT Seated kick (Arms: OPP reach to toes)		16	R	Shake it up, Dance	Kick it up, reach for opposite foot				
			2 x 8	ALT Seated kick (DIAG) (Arms: OPP reach to toes)		16	R	Instrumental	Really wide now				
1:43	A	Verse 2	4 x 8	CROSS COUNTRY		1	R	Dance all night	MUSCLE Ski, glutes and hip flexors				
2:12	B	Chorus 2	4 x 8	EGGBEATERS		1	R	Dance all night, go	Eggbeaters, quads				
2:41	C	Bridge 2	4 x 8	KICK IT UP		1	R	Shake it up, Dance	Kick it up, quads & core				
3:10	A	Verse 3	4 x 8	CROSS COUNTRY		1	R	Dance all night, whirl	MOTIVATION Ski again, best split				
3:39	B	Chorus 3	4 x 8	EGGBEATERS		1	R	Dance all night, go	Eggbeaters, sharp, to the neighbor				
4:08	C	Bridge 3	4 x 8	KICK IT UP		1	R	Shake it up, Dance	Kick it up, you're killin' it				
		Finish	1 x 1	Land wide									
V1		C1		B1		V2		C2		B2	V3	C3	B3

Trainer's Tip: Use the Bridge block to increase the intensity of this track. Increase the range of motion by reach the opposite hand towards the kicking leg.

Music Credits



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Songs Courtesy of:

Fighter ~ Written by: Busbee, Shebib, Urban, Graham, Bediako ; Published by: Songs Of Universal, Inc., Bmg Platinum Songs / Damien Leroy Music (Bmi)

That's What I Like ~ Written by: Brown, Lawrence, Reeves, McCulloch, Yip, J. Fauntleroy, Romulus, Hernandez ; Published by: Late 80'S Music, Thou Art The Hunger, Westside Independent Music Publishing

China Grove ~ Written by: Johnstone ; Published by: Warner Tamerlane

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