



water  **motion**[®]

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WATER

wave  **35**

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	Shake Your Groove Thing	Peaches & Herb	Warm Up	5:02	138
2	Look What You Made Me Do	Taylor Swift	Cardio	4:58	140
3	Witness	Katy Perry	Lateral Travel	4:58	140
4	Believer	Imagine Dragons	Speed	4:57	140
5	Malibu	Miley Cyrus	Group	4:56	140
6	Weak	Ajr	Suspension	4:54	140
7	True Feeling	Galantis	Upper Body	4:41	132
8	What About Us	Pink	Lower Body	4:45	132
9	(Your Love Keeps Lifting Me) Higher And Higher	Jackie Wilson	Core	4:43	132
10	You Look Good	Lady Antebellum	Flexibility	3:57	80
11	Castle On The Hill	Ed Sheeran	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 5:01
Song Title Shake Your Groove Thing
BPM 136

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type		
		Intro	2 x 8	Jump (teach rebound)						
0:16	A	Verse 1	2 x 8	JOG Jog	16	R	Show the world	MOVE Jog, pull the knee up		
			2 x 8	Run	32			Run, change tempo		
0:44	B	Chorus 1	2 x 8	JOG HEEL Jog heel	16	R	Shake your groove	Jog Heel, heel back and sweep arms, rebound		
			2 x 8	Run heel	32			Run heel, faster		
1:12	C	Bridge 1	2 x 8	JACK JJ	8		Shake it	Jumping jack, feet come together and push out		
			2 x 8	Fast JJ	16			Fast jacks, small & fast		
1:40	A	Verse 2	4 x 8	JOG	1	R	We've got the rhythm	MUSCLE Jog, feel the quads, hip hinge		
2:08	B	Chorus 2	4 x 8	JOG HEEL	1	R	Shake your groove	Jog heel, hamstrings		
2:37	C	Bridge 2	4 x 8	JACK	1		Shake it	Jacks, adductors		
3:05	A	Verse 3	4 x 8	JOG	1	R	Show the world	MOTIVATION Jog, lift, really rebound, up & out		
3:33	B	Chorus 3	4 x 8	JOG HEEL	1	R	Shake your groove	Jog heel, kick the bum		
4:00	C	Bridge 3	4 x 8	JACK	1		Shake it	Big rebound jack		
4:30	B	Chorus 4	4 x 8	JOG HEEL	1	R	Shake your groove	Jog heel, finish big		
		Finish	1 x 1	Land wide						
V1		C1	B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Tip: This boot camp format allows the time to teach each move in detail and for students to master each move. Use this to your advantage and give your students lots of information about rebounding, joint action, and how it should feel in the water.

Choreography Notes

Track # 2
Track Focus Linear: forward/backward
Track Length 4:57
Song Title Look What You Made Me Do
BPM 140

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type		
		Intro	2 x 8	Flick kick	16	R				
0:16	A	Verse 1	2 x 8	KICK UP Kick F	16	R	I don't like your	MOVE Front kick, rebound, upright posture		
			2 x 8	Kick F, TVL F	16	R	I don't like your	Travel forward		
0:42	B	Bridge 1	2 x 8	KICK BACK Kick B	16	R	I don't trust nobody	Kick to the back, in place, extend from hip		
			2 x 8	Kick B, TVL B	16	R	But I got smarter	Travel back		
1:10	C	Chorus 1	1 x 8	HIGH SWING Leg swing F/B	4	R	Look what you made	High swing, big, move the arms, long levers		
			1 x 8	Leg swing F/B	4	L	Look what you made	Change lead		
			1 x 8	Leg swing F/B	4	R	Look what you made	Switch		
			1 x 8	Leg swing F/B	4	L	Look what you made	One more set		
1:37	A	Verse 2	4 x 8	KICK UP	1	R	I don't like your king	MUSCLE Kick, quads, point the toe		
2:05	B	Bridge 2	4 x 8	KICK BACK	1	R	I don't trust nobody	Kick back, glutes		
2:33	C	Chorus 2	4 x 8	HIGH SWING	1	RL	Look what you made	High swing, from the hip		
3:00	A	Verse 3	4 x 8	KICK UP	1	R	I don't like your little	MOTIVATION Kick front, go all in		
3:27	B	Bridge 3	4 x 8	KICK BACK	1	R	I don't trust nobody	Kick back, long legs		
3:55	C	Chorus 3	4 x 8	HIGH SWING	1	RL	Look what you made	High swing, double high intensity interval		
4:22	C	Chorus 4	4 x 8	HIGH SWING	1	RL	Look what you made	We're doing it!		
		Finish	1 x 1	Land wide						
V1		B1	C1	V2	B2	C2	V3	B3	C3	C4

Trainer's Tip: Be sure to stay in place for the beginning of the Verse and Bridge blocks, allowing your students to master the move before introducing the traveling. Remind your class that the Chorus High Swing is the high intensity interval and is an opportunity to increase their heart rate, breath rate, and metabolic burn.

Choreography Notes

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

	Song Part	Count	Count	Reps	Lead	Music Cue	Verbal Cue and Type			
	Intro	2 x 8	JJ							
0:16	Verse 1	1 x 8	JACK TRAVEL JJ, TVL R	4		If I lost it all today	MOVE Jack, travel to the side			
		1 x 8	Rocket JJ	8		It hit the fan	Rocket on the spot			
		1 x 8	JJ, TVL L	4		Cause I only got	Travel back for 4			
		1 x 8	Rocket JJ	8		And I ain't got the	8 rockets			
0:42	Bridge 1	2 x 8	DOUBLE PENDULUM DBL Pendulum	8	R	We're all just looking	Double pendulum			
		2 x 8	Pendulum	16	R	We're all just looking	Singles, sweep it			
1:10	Chorus 1	1 x 8	POWER KARATE SIDE ALT Karate Kick side	8	R	Can I get a witness	Power Karate Kick side			
		1 x 8	Power Mogul	8	L	Lookin' for a witness	Mogul side to side			
		1 x 8	ALT Karate Kick side	8	R	Instrumental	Karate, let's kick it			
		1 x 8	Power Mogul	8	L	instrumental	Mogul, feet together			
1:37	Verse 2	4 x 8	JACK TRAVEL	1		When you	MUSCLE Travel right jack, inner thighs			
2:05	Bridge 2	4 x 8	DOUBLE PENDULUM	1	R	We're all just looking	Double pendulum, glutes, inner thighs			
2:33	Chorus 2	4 x 8	POWER KARATE SIDE	1	R	Can I get a witness	Karate Kick side			
3:00	Verse 3	4 x 8	JACK TRAVEL	1		Could you go with	MOTIVATION Jack travel, bigger			
3:27	Bridge 3	4 x 8	DOUBLE PENDULUM	1	R	We're all just looking	Double Pendulum, connection in the middle			
3:55	Chorus 3	4 x 8	POWER KARATE SIDE	1	R	Can I get a witness	Karate, kick the door open, mogul bigger			
4:22	Chorus 4	4 x 8	POWER KARATE SIDE	1	R	Can I get a witness	Put it all together			
	Finish	1 x 1	Land center							
V1		B1	C1	V2	B2	C2	V3	B3	C3	C4

Trainer's Tip: Be detailed in your instruction about touching the feet together in the middle of the jacks, pendulums, and moguls – SAY IT AND SHOW IT. Bringing the feet together requires the contraction of the adductor muscle group, which is important for strong knees.

Choreography Notes

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

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type		
		Intro		Run	32	R				
		Verse 1		LEAP SIDE RUN Leap x1, Run x4, TVL R (last one only x3 runs)	4	R	1st things 1st	MOVE 1 leap 4 runs		
				Leap x1, Run x4, TVL L	4	L	2 nd things 2nd	Take it back		
0:42	B	Bridge 1	2 x 8	FAST JACK Fast JJ (Arms: Triceps press down/biceps curl)	16		I was broken from a young age	Fast jack, down and low, abduct and adduct the legs		
			2 x 8	Fast JJ (Arms: Triceps press side/biceps curl)	16		I was choking in the crowd	Change the arms, legs squeeze in		
1:10	C	Chorus 1	4 x 8	JACK AND ROCKET JJ x1, Rocket JJ x2	8		Hey, you made me a	1 jack 2 rockets, HIIT block		
1:37	A	Verse 2	4 x 8	LEAP SIDE RUN	1	R/L	2nd things 2nd	MUSCLE Leap and run,		
2:05	B	Bridge 2	4 x 8	FAST JACK	1		I was broken from a	Fast jack, inner thigh, triceps, biceps		
2:33	C	Chorus 2	4 x 8	JACK AND ROCKET	1		Hey, you made me a	1 jack 2 rockets, HIIT		
3:00	A	Verse 3	4 x 8	LEAP SIDE RUN	1	R/L	Last thing last	MOTIVATION Leap run, pop up your knees		
3:27	B	Bridge 3	4 x 8	FAST JACK	1		I was broken from a	Fast jack, slap it		
3:55	C	Chorus 3	4 x 8	JACK AND ROCKET	1		Hey, you made me a	1 jack, Rocket, HIIT		
4:22	C	Chorus 4	4 x 8	ALL ROCKETS	1		Hey, you made me a	All rockets, Go!		
		Finish	1 x 1	Land wide						
V1		B1	C1	V2	B2	C2	V3	B3	C3	C4

Trainer's Tip: This track is non-stop intensity. The class intensity should be at the top of the bell curve and challenge everyone, even if at their own speed and intensity. Take care of your own body by modifying rebound on the deck, using a stool for support, or possibly getting in the water with your class.

Choreography Notes

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

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type		
		Intro	2 x 8	Jog, travel to make an even number of lines						
0:15	A	Verse 1	2 x 8	CROSS COUNTRY PASS CC (Arms: pass water B)	16	R	I never came to the	MOVE Cross country, push back		
			2 x 8	CC (Arms: pass water F)	16	R	Here, and I'm happy	Push the water across		
0:42	B	Bridge 1	4 x 8	WIDE KICK Wide Kick (Arms: sweep open, aim to touch toes)	32	R	Ah	Wide kick, arms out, point toes, reach to the hands		
1:10	C	Chorus 1	4 x 8	RUN SWITCH LINES Run x8, TVL to switch lines, Jump rope x4	4	R	Next to you	Run, switch lines, jump rope 4 to turn		
1:37	A	Verse 2	4 x 8	CROSS COUNTRY PASS	1	R	We watched the sun	MUSCLE Cross country pass back, lats, chest		
2:05	B	Bridge 2	4 x 8	WIDE KICK	1	R	Ah	Wide kick, inner thighs, quads		
2:33	C	Chorus 2	4 x 8	RUN SWITCH LINES	1	R	Next to you	Run to switch lines, jump		
3:00	A	Verse 3	4 x 8	CROSS COUNTRY PASS	1	R	Just for a while	MOTIVATION Cross country pass water back		
3:27	B	Bridge 3	4 x 8	WIDE KICK	1	R	Ah	Wide kick, hit the hands		
3:55	C	Chorus 3	4 x 8	RUN SWITCH LINES	1	R	Next to you	Double interval, run and jump rope		
4:22	C	Chorus 4	4 x 8	RUN SWITCH LINES (change jump rope to basketball shoot)	1	R	Next to you	Run and shoot the basketball		
		Finish	1 x 1	Land wide						
V1		B1	C1	V2	B2	C2	V3	B3	C3	C4

Trainer's Tip: The turbulence created by these moves is what increases the intensity for everyone. Focus the class' attention on creating a lot of white water with every move. The closer they are to each other, the more turbulent and challenging this track will be.

Choreography Notes

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

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type		
		Intro	2 x 8	Neutral JJ	8					
0:14	A	Verse 1	4 x 8	JACK TUCK Neutral JJ out/tuck (Arms: Wide/touch ankles)	16		No thank you is what I should've said	MOVE Neutral jack out and tuck in, knees to chest		
0:42	B	Chorus 1	4 x 8	CROSS COUNTRY 4 WALLS SUSP CC, face R (1/4 turn every 8 counts)	32	R	One sip, bad for me One hit, bad for me	Suspended cross country ski, ¼ turn		
1:09	C	Bridge 1	1 x 8	MOGULS Rebound jumps R/L	4	R	I'm weak, ah-y	Mogul side to side, rebound		
			1 x 8	Neutral jumps R/L	4	R	I'm weak, ah-y	Neutral		
			1 x 8	Neutral moguls (knees tuck) R/L	4	R	I'm weak, ah-y	Take it to a tuck		
			1 x 8	SUSP shoot throughs R/L	2	R	I'm weak, ah-y	Tuck shoot		
1:37	A	Verse 2	4 x 8	JACK TUCK	1		No thank you	MUSCLE Neutral jack, core, inner thighs		
2:04	B	Chorus 2	4 x 8	CROSS COUNTRY 4 WALLS	1	R	One sip	Suspended cross country, hamstring, quad		
2:32	C	Bridge 2	4 x 8	MOGULS	1	R	I'm weak, ah-y	Rebound Mogul		
2:59	A	Verse 3	4 x 8	JACK TUCK	1		No thank you	MOTIVATION Neutral jack and tuck, bigger		
3:27	B	Chorus 3	4 x 8	CROSS COUNTRY 4 WALLS	1	R	One sip	Cross country, keep it up		
3:54	C	Bridge 3	4 x 8	MOGULS	1	R	I'm weak, ah-y	Moguls side to side		
4:22	C	Bridge 4	4 x 8	MOGULS	1	R	I'm weak, ah-y	Shoot through, suspend		
		Finish	1 x 1	Stand tall						
V1		C1	B1	V2	C2	B2	V3	C3	B3	B4

Trainer's Tip: Always offer your students the option to touch down during the suspended phases of this track so they feel confident in their movement. The intensity of the track may be compromised slightly if students always touch the bottom, but it is better to breed confidence than demand suspension.

Choreography Notes

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

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
		Intro	2 x 8	Noodle held with hands 1 ft. from ends, R Lunge				
0:15	A	Verse 1	4 x 8	CHEST FLY R Lunge, Chest sweep F/ Fly open	16		It's cold out	MOVE Chest fly, squeeze in front, squeeze upper back on open
0:45	B	Bridge 1	2 x 8	BICEPS CURL IN L Lunge, Horizontal Biceps curl in	8		It might get hard	Biceps curl in, bend the elbow
			2 x 8	L Lunge, Triceps push down	8		And though my	Triceps press down
1:13	C	Chorus 1	4 x 8	KAYAK PULLS Feet together, ALT Row B	32	R	Me&you, true feeling	Kayak row, dig it in and back
1:43	A	Verse 2	4 x 8	CHEST FLY	1		Go 'head, let your	MUSCLE Chest fly, pull back, chest & upper back
2:12	B	Bridge 2	4 x 8	BICEPS CURL IN	1		It might get hard	Biceps curl, and lats
2:41	C	Chorus 2	4 x 8	KAYAK PULLS	1	R	Me&you, true feeling	Kayak rows, shoulder
3:10	A	Verse 3	4 x 8	CHEST FLY	1		It's cold out	MOTIVATION Chest fly, try to touch fingers
3:39	B	Bridge 3	4 x 8	BICEPS CURL IN	1		It might get hard	Biceps curl, pull in
4:08	C	Chorus 3	4 x 8	KAYAK PULLS	1	R	Me&you, true feeling	Kayak row, pick it up
		Finish	1 x 1	Stand and push noodle out				

V1	B1	C1	V2	B2	C2	V3	B3	C3
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Trainer's Tip: Help your students stabilize throughout this track by getting them to engage their core muscles. Once they are stable they will be able to apply more force to the upper body movements.

Choreography Notes

Track # 8
Equipment Noodle
Track Focus Lower Body
Track Length 4:45
Song Title What About Us
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	KICK AND CURL ALT SUSP Seated Kick/Curl	32	R	We are search lights	MOVE Kick and curl, knees together, point toe
0:45	B	Bridge 1	4 x 8	SWEEP OUT V sit out x1, criss-cross fast x2	8		Sticks and stones	Sweep out, criss-cross 2, seated
1:13	C	Chorus 1	4 x 8	SWEEP DOWN Float leg up, sweep down	16	R	What about us	Sweep down, stand and lift, pull down with force
1:43	A	Verse 2	4 x 8	KICK AND CURL	1	R	We are problems	MUSCLE Kick and curl, quads and hamstrings
2:12	B	Bridge 2	4 x 8	SWEEP OUT	1		Sticks and stones	Sweep out, inner and outer thighs
2:41	C	Chorus 2	4 x 8	SWEEP DOWN	1	R	What about us	Sweep down, float up, hamstring and glutes
3:10	A	Verse 3	4 x 8	KICK AND CURL	1	R	We are search lights	MOTIVATION Kick and curl, bend and extend
3:39	B	Bridge 3	4 x 8	SWEEP OUT	1		Sticks and stones	Sweep out, criss-cross 2 Remember: Chris!
4:08	C	Chorus 3	4 x 8	SWEEP DOWN	1	R	What about us	Sweep down, float up, use core
		Finish	1 x 1	Stand tall				

V1	B1	C1	V2	B2	C2	V3	B3	C3
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Trainer's Tip: These simple moves all have an element of crispness to them. Cue your class to sharpen their movements to fully stimulate their lower body muscles.

Choreography Notes

Track # 9
Equipment Noodle
Track Focus Core
Track Length 4:43
Song Title Your Love Keeps Lifting Me Higher
BPM 132

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
		Intro	2 x 8	Noodle in hands, SUSP plank position				
0:15	A	Verse 1	4 x 8	SUPERMAN CRUNCH SUSP Prone Tuck/ EXT, toe touch	16		Once I was down	MOVE Superman crunch, c curve in spine
0:44	B	Chorus 1	4 x 8	PLYO AB TUCKS Plyometric tuck jump, aim knees for noodle (Arms: Noodle floats in F, Pull arms down to noodle)	16		Your love is lifting	Plyo Ab Tuck, jump knees to noodle that stays on top of the water
1:14	C	Bridge 1	4 x 8	TEASER TOE TOUCH SUSP Hip EXT/FLEX (Arms: toe touch)	16		instrumental	Teaser toe touch, suspended, reach for toes
1:43	A	Verse 2	4 x 8	SUPERMAN CRUNCH	1		When you wrap your	MUSCLE Superman crunch, ab crunch
2:12	B	Chorus 2	4 x 8	PLYO AB TUCKS	1		Your love keeps lift	Plyo tuck, bigger, squeeze abs in
2:41	C	Bridge 2	4 x 8	TEASER TOE TOUCH	1		instrumental	Teaser toe touch, core
3:10	A	Verse 3	4 x 8	SUPERMAN CRUNCH	1		Once I was down	MOTIVATION Superman crunch, suspension, show off your skills
3:39	B	Chorus 3	4 x 8	PLYO AB TUCKS	1		Your love is lifting	Jump to the tuck
4:08	C	Bridge 3	4 x 8	TEASER TOE TOUCH	1		instrumental	Teaser toe touch, straight legs, Make a V
		Finish	1 x 1	Stand and push down				

V1	C1	B1	V2	C2	B2	V3	C3	B3
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Trainer's Tip: Each block is performed in a different position. First is prone, then vertical, and finishing with supine. Make sure to give your class a little time to transition from position to position.

Choreography Notes

Track # 10
Track Focus Flexibility Training
Track Length 3:57
Song Title You Look Good
BPM n/a

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type		
		Intro	2 x 8	ALT tap F	8	R				
0:13	A	Verse 1	1 x 8	LEG FRONT & AROUND Hamstring stretch x4, Inner thigh stretch side x4	1	R	On a boat on the	MOVE Hamstring stretch, open wide		
			1 x 8	Warrior 3 x4, Quad stretch x4	1	R		Leg back, Warrior 3		
			1 x 8	Hamstring stretch x4, Inner thigh stretch side x4	1	L	I'm thinking every	Other leg		
			1 x 8	Warrior 3 x4, Quad stretch x4	1	L	They need to know	Warrior 3, quad stretch		
0:37	B	Bridge 1	2 x 8	SWEEP ACROSS R Lunge (Arms: L arm sweeps across to meet hands 1-2, Hand to heart 3, open wide 4)	4	R	Hey, who that there	Lunge right, sweep across		
			2 x 8	L Lunge (Arms: R arm sweeps across to meet hands 1-2, Hand to heart 3, open wide 4)	4	L	Baby, you look good	Other side		
1:02	C	Chorus 1	4 x 8	THUMBS UP Thumbs up & Reach F & Up 1-2, "W" stretch 3-4, Back stretch 5-7, Point 8	4		Baby, you look good	Thumbs up, W stretch, round the back, you look good		
1:26	A	Verse 2	4 x 8	LEG FRONT & AROUND	1	RL	Black dress, 2 the 9s	MUSCLE Leg floats up, hamstring, inner thigh, quads		
1:50	B	Bridge 2	4 x 8	SWEEP ACROSS	1	RL	Hey, who that there	Lunge side, chest		
2:14	C	Chorus 2	4 x 8	THUMBS UP	1		Baby, you look good	Thumbs up, open chest, round back		
2:39	A	Verse 3	4 x 8	LEG FRONT & AROUND	1	RL	On a boat on the	MOTIVATION Hamstring stretch, side for inner thigh		
3:04	B	Bridge 3	4 x 8	SWEEP ACROSS	1	RL	Hey, who that there	Lunge, pull across		
3:27	C	Chorus 3	4 x 8	THUMBS UP	1		Baby, you look good	Thumbs up, open chest		
		Finish	1 x 1	Stand, thumbs up						
V1		B1		C1	V2	B2	C2	V3	B3	C3

Trainer's Tip: Remind your students that the first block offers balance training during the lower body stretches. Remember to lunge on the Bridge move far enough to stretch the inner thigh. Focus on the upper body in the Chorus block and match the finger moves to the lyrics "You look good."

Choreography Notes

Track # **BONUS**
Track Focus **Cardio (insert after Track 2)**
Track Length **4:53**
Song Title **Castle on the Hill**
BPM **140**

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type		
		Intro	2 x 8	Pendulum	16	R				
0:16	A	Verse 1	2 x 8	SWING OUT CROSS Leg swing side/cross	8	R	When I was 6 years	MOVE Single leg cross, leg out and cross		
			2 x 8	Leg swing side/cross	8	L	And tasted the sweet	Switch sides		
0:42	B	Bridge 1	4 x 8	3 KICKS JUMP THE BARREL ALT Karate kick FBF, Jump the Barrel	8	RL	Found my heart broken	3 kicks, 1 barrel jump		
1:10	C	Chorus 1	2 x 8	RUN, LEAP, OR SWIM Options: TVL by Run, Leap, or Swim			I'm on my way	Run, leap, or swim		
			2 x 8	Return TVL by Run, Leap or Swim			I miss the way you	Come back to me		
1:37	A	Verse 2	4 x 8	SWING OUT CROSS	1	RL	15 years old and	MUSCLE single leg cross, inner thigh		
2:05	B	Bridge 2	4 x 8	3 KICKS JUMP THE BARREL	1	RL	Found my heart	3 kicks, 1 barrel jump, glutes		
2:33	C	Chorus 2	4 x 8	RUN, LEAP, OR SWIM	1		I'm on my way	Run, leap or swim, big arms		
3:00	A	Verse 3	4 x 8	SWING OUT CROSS	1	RL	When I was 6 years	MOTIVATION Cross the leg in front, more rebound, farther		
3:27	B	Bridge 3	4 x 8	3 KICKS JUMP THE BARREL	1	RL	Found my heart	3 kicks and a barrel jump, bigger		
3:55	C	Chorus 3	4 x 8	RUN, LEAP, OR SWIM	1		I'm on my way	Run, leap or swim, on our way		
4:22	B	Chorus 4	4 x 8	RUN, LEAP, OR SWIM	1		I'm on my way	Making some waves		
		Finish	1 x 1	Land wide						
V1		B1	C1	V2	B2	C2	V3	B3	C3	C4

Trainer's Tip: The Chorus block of this track is different than anything we've done before. Give your students the choice to Run, Leap, or Swim for the entire block. They can do the same thing every time, change it up, or even split the block. Coach them to go as fast and strong as they can.

Music Credits



WATERinMOTION® Wave 35
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