

A young woman with blonde hair, wearing a blue swimsuit, is smiling and splashing in the ocean. The background is a vibrant blue sea with white foam from the waves.

**water**  **motion**®

**immerse  
yourself**

**wave**  **36**



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	Invisible Touch	Genesis	Warm Up	5:06	138
2	Feel It Still	Portugal. The Man	Cardio	5:00	140
3	Hot Blooded	Foreigner	Lateral Travel	5:00	140
4	Let's Go	Tiesto Ft Icona Pop	Speed	4:58	140
5	Good Old Days	Macklemore Ft Kesha	Group	4:58	140
6	Hold My Hand	Jess Glynne	Suspension	4:56	140
7	Love So Soft	Kelly Clarkson	Upper Body	4:43	132
8	Wait	Maroon 5	Lower Body	4:43	132
9	Attention	Charlie Puth	Core	4:45	132
10	Signed, Sealed, Delivered	Stevie Wonder	Flexibility	2:53	110
11	Dance To The Music	Sly And The Family Stone	Bonus (Flotation)	4:50	128

\*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!

**Choreographer:** Connie Warasila

**Education Author:** Connie Warasila

**Education Presenter:** Connie Warasila

**Music:** Yes! Fitness Music®

**Presenters:** Christopher Henry  
Cheri Kulp  
Bryan Miller  
Harley Ritchie  
Billie Wartenberg  
Amy Weisenmiller

**Support Team:** Claudio Cornejo  
Karl Mendoza  
Leslie Rosenzweig

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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 Invisible Touch  
 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	JOG HEEL NARROW AND WIDE Jog heel narrow x4, wide x4 (Arms: ALT curl x4, ALT side sweep x4)	4	R	I've been waiting	<b>MOVE:</b> Jog heel, rebound, 4 narrow, 4 wide
0:44	B	Chorus 1	4 x 8	JOG PUSH SIDE AND FRONT Jog (Arms: Curl 1/Push side 2/Sweep F 3-4)	32	R	She seems to have	Jog with Invisible Touch arms, pull, push, sweep in
1:12	C	Bridge 1	1 x 8	JUMP ROPE Jump rope	8		She reaches in	Jump rope
			1 x 8	Side jumps (Arms: ALT Sweep side)	8	R		Mogul, side to side
			1 x 8	Jump rope	8		synthesizer	Jump rope
			1 x 8	Side jumps (Arms: ALT Sweep side)	8	R	synthesizer	Mogul
1:40	A	Verse 2	4 x 8	JOG HEEL NARROW AND WIDE	1		I don't really know her	<b>MUSCLE:</b> Warming up Triceps and ham-strings
2:08	B	Chorus 2	4 x 8	JOG PUSH SIDE AND FRONT	1		She seems to have	Jog, legs and chest
2:37	C	Bridge 2	4 x 8	JUMP ROPE	1		She reaches in	Jump rope, bigger, core
3:05	A	Verse 3	4 x 8	JOG HEEL NARROW AND WIDE	1		She don't like losing	<b>MOTIVATION:</b> Jog heel, get warm, looking good
3:33	B	Chorus 3	4 x 8	JOG PUSH SIDE AND FRONT	1		She seems to have	Really squeeze pecs
4:01	C	Bridge 3	4 x 8	JUMP ROPE	1		She reaches in	Jump rope
4:30	B	Chorus 4	4 x 8	JOG PUSH SIDE AND FRONT	1		She seems to have	Invisible Touch jog
		Finish	1 x 1	Land wide				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Tip: Use these simple moves to get your students warmed up. Start small and end with large, full range of motion (ROM) moves.

# Choreography Notes

Track # 2  
 Track Focus Linear: forward/backward  
 Track Length 4:57  
 Song Title Feel It Still  
 BPM 140

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type	
		Intro	2 x 8	JJ	8				
0:16	A	Verse 1	4 x 8	JACK PUSH SIDE JJ x1, Jump F/B (OPT Power tuck) (Arms: Open, Sweep F, B, F)	8		Can't keep my hands to myself	<b>MOVE</b> Jack push out, jump front and back	
0:42	B	Chorus 1	1 x 8	KICK AND TRAVEL FRONT Kick F, TVL F	8	R	Ooh, I'm a rebel	Kick travel to me	
			1 x 8	Wide Jog, TVL B (Arms: sweep side)	8	R	Might be	Wide jog travel back	
			1 x 8	Kick F, TVL F	8	R	Ooh, I'm a rebel	Kick forward travel front	
			1 x 8	Wide Jog, TVL B (Arms: sweep side)	8	R	Might be	Wide jog, take it back	
1:09	C	Bridge 1	2 x 8	KICK BACK SCOOP ALT Back kick, TVL F (Arms: ALT scoop)	16	R	Is it coming	Kick back travel front, scoop under with arms	
			2 x 8	ALT Back kick, TVL B (Arms: ALT freestyle swim)	16	R		Change arms to swim, travel back	
1:37	A	Verse 2	4 x 8	JACK PUSH SIDE	1		We can try to walk	<b>MUSCLE:</b> Jack push out, jump, core & arms	
2:05	B	Chorus 2	4 x 8	KICK AND TRAVEL FRONT	1	R	Ooh, I'm a rebel	Kick travel, quads	
2:33	C	Bridge 2	4 x 8	KICK BACK SCOOP	1	R	Is it coming	Kick back, glutes	
3:00	A	Verse 3	4 x 8	JACK PUSH SIDE	1		Can't keep my hands to myself	<b>MOTIVATION:</b> Jack push out, further forward	
3:27	B	Chorus 3	4 x 8	KICK AND TRAVEL FRONT	1	R	Ooh, I'm a rebel	Kick travel, just for kicks	
3:55	C	Bridge 3	4 x 8	KICK BACK SCOOP	1	R	Is it coming	Kick back, keep it comin'	
4:22	B	Chorus 4	4 x 8	KICK AND TRAVEL FRONT	1	R	Ooh, I'm a rebel	Kick forward travel front	
		Finish	1 x 1	Land wide, push side					
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Tip: Use the traveling blocks of this track to increase the exercise intensity for your students. Both the Chorus and Bridge blocks involve traveling.

# Choreography Notes

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

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type											
		Intro	2 x 8	Run	16	R													
0:16	A	Chorus 1	1 x 8	RUN SIDEWAYS Run x8 TVL R, Fast Flick Kicks x7	1	R	Hot blooded	<b>MOVE:</b> Run 8, flick kick 7, hold, other side											
			1 x 8	Run x8 TVL L, Fast Flick Kicks x7	1	L	Come on baby you	Run											
			1 x 8	Run x8 TVL R, Fast Flick Kicks x7	1	R	Hot blooded	Run											
			1 x 8	Run x8 TVL L, Fast Flick Kicks x7	1	L	Come on baby	Run											
0:42	B	Verse 1	4 x 8	JACK 3 POWER IN JJ/JJ Power in	8		You don't have to read my mind	Jack power in, make a difference in level											
1:09	C	Bridge 1	2 x 8	KARATE KICK SIDE ALT Karate kick side	8	R	Now its up to you, we can make a	Rebound chamber and karate kick											
			2 x 8	Fast ALT Karate kick side	16	R	Now its up to you	Go fast 16											
1:37	A	Chorus 2	4 x 8	RUN SIDEWAYS	1	RL	Hot blooded	<b>MUSCLE:</b> Run 8, flick, Quads and core											
2:05	B	Verse 2	4 x 8	JACK 3 POWER IN	1		If it feels alright	Jack, hips & inner thighs											
2:33	C	Bridge 2	4 x 8	KARATE KICK SIDE	1	R	Now its up to you	Chamber & karate, hips											
3:00	A	Chorus 3	4 x 8	RUN SIDEWAYS	1	RL	Hot blooded	<b>MOTIVATION:</b> Run side, knees up, Hot											
3:27	B	Verse 3	4 x 8	JACK 3 POWER IN	1		You don't have to	Jack & power, athletic											
3:55	C	Bridge 3	4 x 8	KARATE KICK SIDE	1	R	Now its up to you	Karate kick, w/a face											
4:22	B	Chorus 4	4 x 8	RUN SIDEWAYS	1	RL	Hot blooded	Run side, heart rates up											
		Finish	1 x 1	Land wide															
C1		V1		B1		C2		V2		B2		C3		V3		B3		C4	

Trainer's Tip: The addition of fast moves in this track is a useful tool to further increase exercise intensity. As always, encourage students to work at "their" fast pace while demonstrating the moves at the tempo of the music.



# Choreography Notes

Track # 4  
 Track Focus Speed  
 Track Length 4:56  
 Song Title Let's Go  
 BPM 140

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
		Intro	2 x 8	JJ				
0:14	A	Verse 1	1 x 8	JACK 4 COUNT DOWN JJ x4, Power in	1		I want to scream at the top of my lungs	<b>MOVE:</b> Jack 4 count down
			1 x 8	JJ x3, Rocket JJ x2	1		I want to light the	3 jacks, 2 rockets
			1 x 8	JJ x2, Rocket JJ x4	1		I want to dance	2 jacks, 4 rockets
			1 x 8	JJ x1, Rocket JJ x6	1		All in the name	1 jack, 6 rockets
0:42	B	Bridge 1	4 x 8	CROSS COUNTRY 3 POWER UP CC x 3, Power jump in	8	RL	One night is all it	Cross country 3 jump in, go vertical
1:10	C	Chorus 1	1 x 8	FAST JACK TRAVEL Fast JJ, TVL R	8		Let's go	Fast jacks right
			1 x 8	Fast JJ, TVL L	8		(instrumental)	Other way
			1 x 8	Fast CC shuffle, TVL F	16	R	Let's go	Shuffle ski to me
			1 x 8	Fast CC shuffle, TVL B	16	R	(instrumental)	Back up
1:37	A	Verse 2	4 x 8	JACK 4 COUNT DOWN	1		Lovers and others along for the ride	<b>MUSCLE:</b> Jack 4 count down, inner thighs
2:05	B	Bridge 2	4 x 8	CROSS COUNTRY 3 POWER UP	1	RL	One night is all it	3 skis & power in, glutes
2:33	C	Chorus 2	4 x 8	FAST JACK TRAVEL	1	R	Let's go	Fast jack go, glutes
3:00	A	Verse 3	4 x 8	JACK 4 COUNT DOWN	1		I want to scream	<b>MOTIVATION:</b> Jack 4 count down, levels
3:27	B	Bridge 3	4 x 8	CROSS COUNTRY 3 POWER UP	1	RL	One night is all it	Ski 3 jump in, lift up
3:55	C	Chorus 3	4 x 8	FAST JACK TRAVEL	1	R	Let's go	Fast jack right, push
4:22	C	Chorus 4	4 x 8	FAST JACK TRAVEL	1	R	Let's go	Fast jack again, hit it
		Finish	1 x 1	Lunge				

V1	B1	C1	V2	B2	C2	V3	B3	C3	C4
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Trainer's Tip: An easy way to remember the moves in this track is to remember that the first block is Jacks, the second block in Cross Country, and the third block is both with travel. While the first and second blocks rely on power moves to increase the exercise intensity, the third block relies on speed. Help your students identify the difference between power and speed.

# Choreography Notes

Track # 5  
 Track Focus Group  
 Track Length 4:56  
 Song Title Good Old Days  
 BPM 140

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type		
		Intro	2 x 8	Jog, join a partner						
0:15	A	Verse 1	3 x 8	LONDON BRIDGE KICK BACK Kick B (Arms: Palms press together)	24	R	I was thinking about	<b>MOVE:</b> London Bridge kick back, push against each other		
			1 x 8	Kick B, TVL B (Arms: push off of partner)	8	R		Push off and head back		
0:42	B	Chorus 1	1 x 8	JOG TRAVEL SHAKE Jog, TVL F (Arms: Shake R hands and do-si-do)	8	R	I wish somebody	Jog travel shake, right hands shake, circle around		
			1 x 8	Jog, TVL to HOME	8	R	All the love you	Jog back to your spot		
			1 x 8	Jog, TVL F (Arms: Shake L hands and do-si-do)	8	R	Cause someday	Repeat the jog, shake left		
			1 x 8	Jog, TVL to HOME	8	R	Cause someday	Jog back to your spot		
1:09	C	Bridge 1	4 x 8	2 KICKS 2 V ALT Kicks x2, V Kicks x2 (Arms: reach for OPP toe)	8	R	Those good old days	2 kicks, 2 v-kicks, reach for your opposite toes		
1:37	A	Verse 2	4 x 8	LONDON BRIDGE KICK BACK			I wish I didn't think	<b>MUSCLE:</b> Kick back, glutes, shoulders		
2:05	B	Chorus 2	4 x 8	JOG TRAVEL SHAKE			I wish somebody	Jog travel shake, quads		
2:32	C	Bridge 2	4 x 8	2 KICKS 2 V			Those good old days	2 kicks 2 Vs, obliques		
2:59	A	Verse 3	4 x 8	LONDON BRIDGE KICK BACK			I never thought we'd	<b>MOTIVATION:</b> London bridge kick, bigger		
3:27	B	Chorus 3	4 x 8	JOG TRAVEL SHAKE			I wish somebody	Nice to meet you jog		
3:54	C	Bridge 3	4 x 8	2 KICKS 2 V			Those good old days	2 kicks 2 Vs, party time		
4:22	B	Chorus 4	4 x 8	JOG TRAVEL SHAKE			I wish somebody	Jog travel shake to finish		
		Finish	1 x 1	London Bridge, land wide						
V1		C1	B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Tip: Each block of this track relies on different techniques to increase exercise intensity. The first block uses a long lever kick and pushing against your partner, the second block uses travel. The third block uses increased ROM. Cue your students to use each technique for their own maximum intensity.

# Choreography Notes

Track # 6  
 Track Focus Suspension  
 Track Length 4:54  
 Song Title Hold My Hand  
 BPM 140

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
		Intro	2 x 8	Lower to Neutral, JJ	8			
0:14	A	Verse 1	4 x 8	NEUTRAL STEP TOUCH Neutral Step side/touch	16	R	Standing in a crowded room	<b>MOVE:</b> Step touch, slide side to side
0:42	B	Bridge 1	1 x 8	TUCK HEEL TOUCH FRONT Tuck hold x4, ALT heel touch F x4	1	R	Break my bones	Suspend tuck, lean back and touch heels
			1 x 8	Tuck hold x4, ALT toe touch B x4	1	R	The rising tide will	Tuck, lean forward, toes
			1 x 8	Tuck hold x4, ALT heel touch F x4	1	R	Break my bones	Tuck, lean back, heels
			1 x 8	Tuck hold x4, ALT toe touch B x4	1	R	The rising tide wil	Tuck, lean forward, toes
1:10	C	Chorus 1	4 x 8	NEUTRAL CROSS COUNTRY NEUTRAL CC x8, ¼ turn R (heel F, Toe B) (Arms: clasp hands up in F, push together)	4	R	Hand, oh won't you	Cross country, clasp hands, heel touch front, toe touch back
1:37	A	Verse 2	4 x 8	NEUTRAL STEP TOUCH	1	R	Soul is like a melting pot	<b>MUSCLE:</b> Step touch, inner thighs, lats
2:05	B	Bridge 2	4 x 8	TUCK HEEL TOUCH FRONT	1	R	Break my bones	Suspended tuck, core
2:33	C	Chorus 2	4 x 8	NEUTRAL CROSS COUNTRY	1	R	Hand, oh won't you	Cross country, slide, glutes and core
3:00	A	Verse 3	4 x 8	NEUTRAL STEP TOUCH	1	R	Standing in a crowded room	<b>MOTIVATION:</b> Step touch, we're ready
3:27	B	Bridge 3	4 x 8	TUCK HEEL TOUCH FRONT	1	R	Break my bones	Tuck, use arms, no fall
3:55	C	Chorus 3	4 x 8	NEUTRAL CROSS COUNTRY	1	R	Hand, oh won't you	Cross country, heel&toe
4:22	C	Chorus 4	4 x 8	NEUTRAL CROSS COUNTRY (Turn L)	1	R	Hand, oh won't you	Challenge – turn left
		Finish	1 x 1	Stand				

V1	B1	C1	V2	B2	C2	V3	B3	C3	C4
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Trainer's Tip: Maintain exercise intensity during this track by cuing full ROM. The farther your students reach away from their core, the more intense the movement will be. That means a wide step movement in block one. Block two uses the forward and back touches to the bottom of the pool. Block three uses a heel touch front and toe touch back to encourage full ROM.



# Choreography Notes

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

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
		Intro	2 x 8	Position noodle in straddle, SUSP seated				
0:15	A	Verse 1	2 x 8	BICEPS CURLS ALT Biceps curls (Legs: SUSP Seated)	16	R	Every kiss is a door	<b>MOVE:</b> Biceps curl, rotating just a bit
			2 x 8	DBL Biceps curls	8	R	Let me in	Doubles
0:45	B	Chorus 1	4 x 8	REACH SIDE PULL DOWN ALT Side stroke/down (Legs: Straight leg L-sit)	16	R	Love so soft	Reach out pull down, arms in the water, chest up, legs extended
1:13	C	Bridge 1	1 x 8	BREAST STROKE 4 Breast stroke TVL F (Legs: Straight leg L-sit)	4		If you want this love	Breast stroke forward
			1 x 8	Back stroke TVL B	4		If you want this love	Back 4
			1 x 8	Breast stroke TVL F x2, Back stroke TVL B x2	1		If you want this love	Reduce to 2
			1 x 8	ALT Breast stroke/Backstroke	4		Love so soft	Reduce to singles
1:43	A	Verse 2	4 x 8	BICEPS CURLS	1	R	If a thought was the truth	<b>MUSCLE:</b> Biceps curl, Biceps and core
2:12	B	Chorus 2	4 x 8	REACH SIDE PULL DOWN	1	R	Love so soft	Lats and core
2:41	C	Bridge 2	4 x 8	BREAST STROKE 4	1		If you want this love	Upper back, chest
3:10	A	Verse 3	4 x 8	BICEPS CURLS	1	R	Every kiss is a door	<b>MOTIVATION:</b> give me all you've got
3:39	B	Chorus 3	4 x 8	REACH SIDE PULL DOWN	1	R	Love so soft	Body so hard
4:08	C	Bridge 3	4 x 8	BREAST STROKE 4	1		If you want this love	Travel a bit further
		Finish	1 x 1	Open arms				

V1	C1	B1	V2	C2	B2	V3	C3	B3
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Trainer's Tip: Cue your students to engage their core from the beginning to the end of this track. The asymmetrical use of their arms will challenge core integrity.

# Choreography Notes

Track # 8  
 Equipment Noodle  
 Track Focus Lower Body  
 Track Length 4:45  
 Song Title Wait  
 BPM 132

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
			2 x 8	Position noodle around back, extend noodle, encourage upright posture				
0:15	A	Verse 1	2 x 8	KICK SWEEP BACK Kick F x1, Sweep B x3	4	R	Dirty looks from your mother	<b>MOVE:</b> Big kick front, sweep back
			2 x 8	Kick F x1, Sweep B x3	4	L		Left leg 4 times
0:45	B	Chorus 1	4 x 8	POINT SIDE HEEL SQUEEZE 3 ALT Leg ABD w/point x1, Leg ADD w/dorsi flex x3	8	R	Wait, can you turn	Point out, flex in 3, higher option
1:13	C	Bridge 1	2 x 8	SIDE KICK CURL GRND Side kick/curl (toe to knee)	8	R	instrumental	Right extends and bends in
			2 x 8	GRND Side kick/curl (toe to knee)	8	L	You say I'm just	Switch sides
1:43	A	Verse 2	4 x 8	KICK SWEEP BACK	1	RL	Can we talk for a moment	<b>MUSCLE:</b> Big kick, posture, quads, glutes
2:12	B	Chorus 2	4 x 8	POINT SIDE HEEL SQUEEZE 3	1	R	Wait, can you turn	Right side, inner thighs
2:41	C	Bridge 2	4 x 8	SIDE KICK CURL	1	RL	instrumental	Quads, hamstrings
3:10	A	Verse 3	4 x 8	KICK SWEEP BACK	1	RL	Dirty looks from your mother	<b>MOTIVATION:</b> Right leg front, lengthen
3:39	B	Chorus 3	4 x 8	POINT SIDE HEEL SQUEEZE 3	1	R	Wait, can you turn	Options, low, medium, hi
4:08	C	Bridge 3	4 x 8	SIDE KICK CURL	1	RL	instrumental	Passé
		Finish	1 x 1	1 <sup>st</sup> position				

V1	C1	B1	V2	C2	B2	V3	C3	B3
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Trainer's Tip: Cue proper posture throughout this track. Visualize the noodle as a ballet barre, rigid and supportive.

# Choreography Notes

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

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
		Intro	2 x 8	Position noodle in hands				
0:15	A	Verse 1	4 x 8	RUN HIT THE NOODLE Run x4, 1-leg crunch L/1-leg crunch R (Arms: hold noodle on surface as a target)	8	R	You've been runnin' around	<b>MOVE:</b> Run, hit the noodle, arms at the surface, knees up
0:45	B	Chorus 1	2 x 8	CROSSED-LEG TWIST R leg crosses, Rotate upper body R (Arms: noodle around body)	8	R	You just want attention	Cross over, turn right, arms straight, obliques
			2 x 8	L leg crosses, Rotate upper body L	8	L		Other side
1:13	C	Bridge 1	4 x 8	WIDE SLIDE SWEEP DOWN GRND Legs ABD/ADD (Arms: long lever press up/down lift chest)	16		instrumental	Wide slide pulldown, wrinkle your shirt, pull with your abs
1:43	A	Verse 2	4 x 8	RUN HIT THE NOODLE	1	R	Runnin', runnin', runnin'	<b>MUSCLE:</b> Rectus abdominis
2:12	B	Chorus 2	4 x 8	CROSSED-LEG TWIST	1	RL	Attention	Internal&external oblique
2:41	C	Bridge 2	4 x 8	WIDE SLIDE SWEEP DOWN	1		instrumental	Rectus abdominis, lats
3:10	A	Verse 3	4 x 8	RUN HIT THE NOODLE	1	R	You've been runnin' around	<b>MOTIVATION:</b> Who's up for this challenge?
3:39	B	Chorus 3	4 x 8	CROSSED-LEG TWIST	1	RL	Attention	Brace for the punch
4:08	C	Bridge 3	4 x 8	WIDE SLIDE SWEEP DOWN	1		instrumental	Zip it up
		Finish	1 x 1	Wide stance, noodle front				

V1	C1	B1	V2	C2	B2	V3	C3	B3
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Trainer's Tip: Encourage your students to move from the abdominal area on each block. Even though their limbs are very active in each block, the movement needs to originate from the center of the core to stimulate abdominal muscle usage.



# Choreography Notes

Track # 10  
 Track Focus Flexibility Training  
 Track Length 3:15  
 Song Title Signed, Sealed, Delivered  
 BPM n/a

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
		Intro	2 x 8	Heel taps F	8	R		
0:09	A	Verse 1	1 x 8	FLEX & POINT LIFT Leg sweep up, flex/pt foot x4	1	R	Like a fool I went and stayed too long	<b>MOVE:</b> Flex point lift
			1 x 8	Hold Hamstring stretch, flex foot	1	R	Now I'm wondering	Hold the flex
			1 x 8	Leg sweep up, flex/pt foot	1	L	Baby, here I am	Other side, flex point
			1 x 8	Hold Hamstring stretch, flex foot	1	L	Yours	Hold the flex
0:26	B	Chorus 1	2 x 8	FIGURE 4 Figure 4 hold (Arms: Sweep in/out x2, hold F for back stretch)	1	L	Baby, signed, sealed	Figure 4, internal and external rotation from the shoulders, hug it out
			2 x 8	Figure 4 hold (Arms: Sweep in/out x2, hold F for back stretch)	1	R	Here I am	Other side, bring it in
0:43	C	Bridge 1	1 x 8	KICK UP YOUR HEEL Hamstring curl 1-2, down 3-4	2	R	I've done a lot of	Kick up your heels, practice the quad stretch
			1 x 8	Quad stretch hold	1	R	Hey yeah	Quad stretch
			1 x 8	Hamstring curl 1-2, down 3-4	2	L	That I really didn't	Other side
			1 x 8	Quad stretch hold	1	L	A broken man	Hold the quad stretch
1:02	A	Verse 2	4 x 8	FLEX & POINT LIFT	1	RL	Then that time I went a said goodbye	<b>MUSCLE:</b> Hamstring, calves
1:20	B	Chorus 2	4 x 8	FIGURE 4	1	LR	Baby, signed, sealed	Hips, shoulders, spine
1:37	C	Bridge 2	4 x 8	KICK UP YOUR HEEL	1	RL	I've done a lot of	Quad stretch
1:54	A	Verse 3	4 x 8	FLEX & POINT LIFT	1	RL	Ain't a lot of things	<b>MOTIVATION:</b> Pull up a little higher
2:12	B	Chorus 3	4 x 8	FIGURE 4	1	LR	Baby, signed, sealed	Sink lower, open chest
2:30	C	Bridge 3	4 x 8	KICK UP YOUR HEEL	1	RL	I've done a lot of	Get your foot
		Finish	1 x 1	Step wide, arms sweep open				

V1	C1	B1	V2	C2	B2	V3	C3	B3
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Trainer's Tip: Use the lyrics of the song to send a positive message to your students at the end of class. Express appreciation, relaxation, and fun, especially on the hug move.

# Choreography Notes

Track # **BONUS**  
 Track Focus **Flotation (insert after Track 6)**  
 Track Length **4:53**  
 Song Title **Dance to the Music**  
 BPM **132**

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
		Intro	2 x 8	Position noodle around back, lower to SUSP tuck, face R				
0:15	A	Verse 1	1 x 8	<b>KICK AND TRAVEL BACK</b> Seated kick, TVL B facing R x7, tuck & ½ turn	1	R	All we need is a drummer	<b>MOVE:</b> 7 seated kicks, travel back
			1 x 8	Seated kick, TVL B facing L x7, tuck & ½ turn	1	R	(drums)	Spin to the left
			1 x 8	Fast kick, TVL B facing R x14, tuck & ½ turn	1	R	I'm gonna add	To the right, fast 14
			1 x 8	Fast kick, TVL B facing L x14, tuck & face F	1	R	(guitar)	Spin left
0:45	B	Chorus 1	1 x 8	<b>LEAN RIGHT CROSS COUNTRY</b> Lean R, CC x2, Flutter kick x4	2	R	Dance to the music	Slow leaning ski then a flutter
			1 x 8	Lean R, CC x2, shoot through	1	R		Just ski & shoot through
			1 x 8	Lean L, CC x2, Flutter kick x4	2	L	Dance to the music	Other side
			1 x 8	Lean L, CC x2, shoot through	1	L		Shoot front
1:13	C	Bridge 1	4 x 8	<b>V &amp; FROG</b> L-sit ABD/ADD x1, Frog (Diamond) in/out	8		(trumpets)	V sit and frog, push out, pull in
1:43	A	Verse 2	4 x 8	<b>KICK AND TRAVEL BACK</b>	1	R	I'm gonna add some	<b>MUSCLES:</b> Right for the kicks, quads
2:13	B	Chorus 2	4 x 8	<b>LEAN RIGHT CROSS COUNTRY</b>	1	RL	Dance to the music	Hip flexors, quad, glutes
2:44	C	Bridge 2	4 x 8	<b>V &amp; FROG</b>	1		(trumpets)	Outer/inner thighs
3:15	A	Verse 3	4 x 8	<b>KICK AND TRAVEL BACK</b>	1	R	If I could hear the horn	<b>MOTIVATION:</b> really travel, splash more up
3:46	B	Chorus 3	4 x 8	<b>LEAN RIGHT CROSS COUNTRY</b>	1	RL	Dance to the music	White water turbulence
4:16	C	Bridge 3	4 x 8	<b>V &amp; FROG</b>	1		(trumpets)	A Frog goes "rib-it"
		Finish	1 x 1	Hold wide				

V1	C1	B1	V2	C2	B2	V3	C3	B3
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Trainer's Tip: Flotation demands core engagement to facilitate balance. Cue core engagement and posture throughout the track.


Track # HOLIDAY BONUS  
 Track Focus Substitute for Track 7, 8, 9, or BONUS Flotation  
 Track Length 4:53  
 Song Title Jingle Bell Rock  
 BPM 132

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
		Intro	2 x 8					
0:15	A	Verse 1	1 x 8				Jingle Bell Jingle Bell Jingle Bell Rock	<b>MOVE</b>
			1 x 8					
			1 x 8					
			1 x 8					
0:45	B	Chorus 1	4 x 8				What a bright time	
1:13	C	Bridge 1	2 x 8				Jingle Bell (chorus)	
			2 x 8					
1:43	A	Verse 2	4 x 8				Jingle Bell Jingle Bell Jingle Bell Rock	<b>MUSCLE</b>
2:12	B	Chorus 2	4 x 8				What a bright time	
2:41	C	Bridge 2	4 x 8				Jingle Bell (chorus)	
3:10	A	Verse 3	4 x 8					<b>MOTIVATION</b>
3:39	B	Chorus 3	4 x 8				What a bright time	
4:08	C	Bridge 3	4 x 8				Jingle Bell (chorus)	
		Finish	1 x 1					

V1	C1	B1	V2	C2	B2	V3	C3	B3
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Northbrook, IL 60062.

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