



Spread **JOY**

water*in***motion**[®]

wave*(37)*

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 | Old Time Rock And Roll | Bob Seger | Warm Up | 5:02 | 137 |
| 2 | Thunderstruck | Ac/Dc | Cardio | 4:58 | 140 |
| 3 | La Copa De La Vida (The Cup Of Life) | Ricky Martin | Lateral Travel | 4:58 | 140 |
| 4 | Rhythm Of The Night | Debarge | Speed | 4:58 | 140 |
| 5 | We're In This Together | Simply Red | Group | 4:58 | 140 |
| 6 | The Middle | Zedd, Maren Morris, Grey | Suspension | 4:58 | 140 |
| 7 | Waiting For Tonight | Jennifer Lopez | Upper Body | 4:43 | 132 |
| 8 | Savior | Iggy Azalea Ft Quavo | Lower Body | 4:43 | 132 |
| 9 | Tragedy | Bee Gees | Core | 4:43 | 132 |
| 10 | The Champion | Carrie Underwood Ft Ludacris | Flexibility | 3:52 | 82 |
| 11 | Let's Get Loud | Jennifer Lopez | 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!

Choreographer: Connie Warasila

Education Author: Connie Warasila

Education Presenter: Connie Warasila

Music: Yes! Fitness Music®

Presenters: Harley Cofield
Christopher Henry
Sara Kooperman
Cheri Kulp
Bryan Miller
Manuel Velazquez
Billie Wartenberg

Support Team: Claudio Cornejo
Karl Mendoza
Leslie Rosenzweig

© 2018 SCW Fitness Education 151 S. Pfingsten Rd, Deerfield, IL 60015. The choreography, images, and DVD material contained herein are the exclusive property of SCW Fitness Education who reserves all rights to public performance, distribution and licensing. These materials are produced singularly for licensed facilities and certified presenters who maintain licensure and the right to present WATERinMOTION® in their facilities by complying with the terms of the licensure and instructor agreements. Any unauthorized duplication, distribution, broadcasting, public performance, copying or re-recording of this audio and/or visual materials in any manner is strictly prohibited. Not for resale.



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

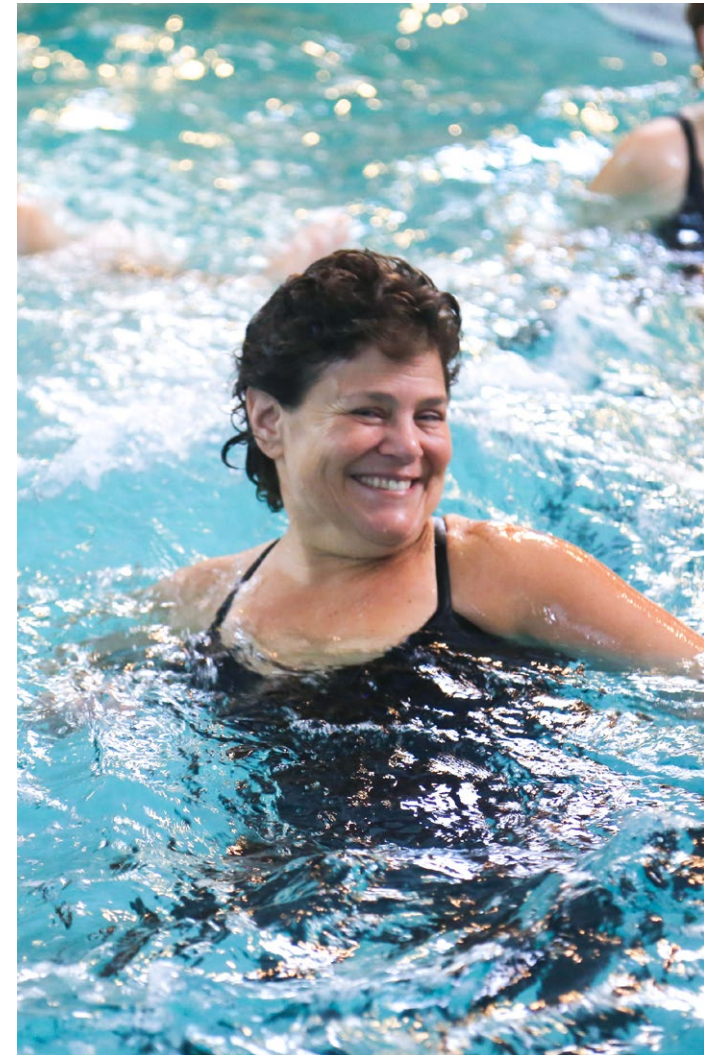
TVL Travel

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 Old Time Rock N Roll
BPM 136

| | | Song Part | Count | Movement | Reps | Lead | Music Cue | Verbal Cue and Type |
|------|---|-----------|-------|--|------|------|--------------------------------------|---|
| | | Intro | 2 x 8 | Jump | 16 | | | |
| 0:16 | A | Verse 1 | 4 x 8 | JACK N REACH JJ (Arms: R/L DIAG up, R/L EXT ROT) | 16 | | Take those old records | MOVE: Jack and reach up, feet wide and together |
| 0:44 | B | Chorus 1 | 1 x 8 | ROCK N ROLL Rocking horse x3, Jog heel/Hop knee x1 | 1 | R | Still like that old time rock n roll | 4 rocking horses, switch with a knee lift |
| | | | 1 x 8 | Rocking horse x3, Jog heel/Hop knee x1 | 1 | L | I reminisce about the | Go left |
| | | | 1 x 8 | Rocking horse x3, Jog heel/Hop knee x1 | 1 | R | I like that old time | Transition, 4 right again |
| | | | 1 x 8 | Rocking horse x3, Jog heel/Hop knee x1 | 1 | L | I reminisce about the | 4 left, pull heel up |
| 1:12 | C | Bridge 1 | 4 x 8 | RUN 4 Run wide x4, Jog Freeze x2 | 8 | R | instrumental | Run wide 4, with a fist, jog and freeze, arms in |
| 1:40 | A | Verse 2 | 4 x 8 | JACK N REACH | 1 | | Don't go and hear a | MUSCLE: Jack, manual dexterity, inner/outer thighs |
| 2:08 | B | Chorus 2 | 4 x 8 | ROCK N ROLL | 1 | RL | Still like that old time | Hamstring, gluteals |
| 2:37 | C | Bridge 2 | 4 x 8 | RUN 4 | 1 | R | instrumental | Hip flexors, abs |
| 3:05 | A | Verse 3 | 4 x 8 | JACK N REACH | 1 | | Take those old | MOTIVATION: Jack, open wide, add style |
| 3:33 | B | Chorus 3 | 4 x 8 | ROCK N ROLL | 1 | RL | Still like that old time | Rocking horse, little deeper |
| 4:00 | C | Bridge 3 | 4 x 8 | RUN 4 | 1 | R | instrumental | Run wide, wider |
| 4:30 | B | Chorus 4 | 4 x 8 | ROCK N ROLL | 1 | RL | Still like that old time | Rock n Roll, keep rebound |
| | | Finish | 1 x 1 | Land wide, disco arms | | | | |

| | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4 |
|----|----|----|----|----|----|----|----|----|----|

Trainer's Tip: Connect the moves with the lyrics in this song. For example, the reach in the first block occurs during the lyrics "take those old records off the shelf," and the disco arms occur during the lyrics "don't take me to a disco." This connection will help to make your class more memorable.

Choreography Notes

Track # 2
Track Focus Linear: forward/backward
Track Length 4:57
Song Title Thunderstruck
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 | 1 x 8 | ROCKING HORSE Rocking Horse x3, Soccer kick x1 | 1 | R | I was caught in the middle of a railroad | MOVE: Rocking horse, down four, soccer kick |
| | | | 1 x 8 | Rocking Horse x3, Soccer kick x1 | 1 | L | I looked around | Down for 4 |
| | | | 1 x 8 | Rocking Horse x3, Soccer kick x1 | 1 | R | My mind raced | On kick, point your toe |
| | | | 1 x 8 | Rocking Horse x3, Soccer kick x1 | 1 | L | And I knew | Down for 4 |
| 0:42 | B | Chorus 1 | 4 x 8 | QUICK SHUFFLE 3 CC Shuffle fast x3, CC x2 | 8 | R | Thunder | 3 quick shuffle, 2 rebound ski |
| 1:09 | C | Bridge 1 | 1 x 8 | RUN FORWARD Run TVL F x8, Fast JJ x4 (Arms: fists, punch R/L) | 1 | R | Instrumental | Run forward 8, 4 speed jacks |
| | | | 1 x 8 | Run TVL B x8, Fast JJ x4 | 1 | R | | Run back, 4 speed jacks |
| | | | 1 x 8 | Run TVL F x8, Fast JJ x4 | 1 | R | | Come to me with a run |
| | | | 1 x 8 | Run TVL B x8, Fast JJ x4 | 1 | R | | Go back |
| 1:37 | A | Verse 2 | 4 x 8 | ROCKING HORSE | 1 | RL | I was caught | MUSCLE: Rocking horse, hamstrings, quads |
| 2:04 | B | Chorus 2 | 4 x 8 | CROSS COUNTRY SHUFFLE 2 | 1 | RL | Thunder | 3 quick shuffles, core and glutes |
| 2:32 | C | Bridge 2 | 4 x 8 | RUN FORWARD | 1 | R | Instrumental | Let's go forward, fast twitch muscles |
| 2:59 | A | Verse 3 | 4 x 8 | ROCKING HORSE | 1 | RL | I was caught | MOTIVATION: Rocking horse, big "HA" on the kick |
| 3:27 | B | Chorus 3 | 4 x 8 | CROSS COUNTRY SHUFFLE 2 | 1 | RL | Thunder | 3 quick shuffles, go with the music |
| 3:54 | C | Bridge 3 | 4 x 8 | RUN FORWARD | 1 | R | Instrumental | Run up, explosive power |
| 4:22 | B | Chorus 4 | 4 x 8 | CROSS COUNTRY SHUFFLE 2 | 1 | RL | Thunder | 3 quick shuffles, give everything you've got |
| | | Finish | 1 x 1 | Land wide, "Rock on" sign | | | | |

| | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4 |
|----|----|----|----|----|----|----|----|----|----|

Trainer's Tip: Land speed moves make this track a real challenge, so encourage your class to find a ROM (range of motion) that takes effort, yet is achievable. Have them explore what speed means to them.

Choreography Notes

Track # 3
Track Focus Lateral Travel
Track Length 4:57
Song Title La Copa De La Vida
BPM 140

| | | Song Part | Count | Movement | Reps | Lead | Music Cue | Verbal Cue and Type | | |
|------|---|-----------|-------|--|------|------|------------------|--|----|----|
| | | Intro | 2 x 8 | Jog | 16 | R | | | | |
| 0:16 | A | Verse 1 | 4 x 8 | SAMBA ALT Fast Kick wide/run/jog freeze | 16 | RL | The cup of life | MOVE: Samba move, knees high, use hands | | |
| 0:42 | B | Chorus 1 | 4 x 8 | DOUBLE JACKS DBL fast JJ out/jump in, jump R x2 DBL fast JJ out/jump in, jump L x2 | 4 | R | Here we go | Double jack together, jump 2 | | |
| 1:09 | C | Bridge 1 | 1 x 8 | TRAVELING JACK JJ TVL R x3, Cross kick x1 | 1 | R | We come together | Jumping jacks traveling side | | |
| | | | 1 x 8 | JJ TVL L x3, Cross kick x1 | 1 | L | We come together | Other side | | |
| | | | 1 x 8 | JJ TVL R x3, Cross kick x1 | 1 | R | Ale, Ale | Reach for the kick | | |
| | | | 1 x 8 | JJ TVL L x3, Cross kick x1 | 1 | L | Ale Ale | Big rebound | | |
| 1:37 | A | Verse 2 | 4 x 8 | SAMBA | 1 | RL | La vida es pura | MUSCLES: Samba, Abs, glutes, quads | | |
| 2:04 | B | Chorus 2 | 4 x 8 | DOUBLE JACKS | 1 | R | Here we go | Double jacks, inner thighs | | |
| 2:32 | C | Bridge 2 | 4 x 8 | TRAVELING JACK L | 1 | RL | We come together | Travel jacks, glutes, inner/outer thighs | | |
| 2:59 | A | Verse 3 | 4 x 8 | SAMBA | 1 | RL | The cup of life | MOTIVATION: Samba, show me your personality | | |
| 3:27 | B | Chorus 3 | 4 x 8 | DOUBLE JACKS | 1 | R | Here we go | Double jack, | | |
| 3:54 | C | Bridge 3 | 4 x 8 | TRAVELING JACK | 1 | RL | We come together | Traveling jacks, farther | | |
| 4:22 | B | Chorus 4 | 4 x 8 | DOUBLE JACKS | 1 | R | Here we go | Double jacks, make it yours | | |
| | | Finish | 1 x 1 | Land wide, arms up | | | | | | |
| V1 | | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4 |

Trainer's Tip: Create a dance party during this track by teaching the Samba move right away and emphasizing the rhythm. Continue the party with the Double Jacks. Then bring an athletic twist to the party with the Traveling Jacks with the soccer kick finish. Refer to real-life movement patterns to help your class better understand the moves and perform them with more intensity.

Choreography Notes

Track # 4
Track Focus Speed
Track Length 4:56
Song Title Rhythm of the Night
BPM 140

| | | Song Part | Count | Movement | Reps | Lead | Music Cue | Verbal Cue and Type | | | |
|------|---|-----------|-------|---|------|------|------------------------|--|----|----|----|
| | | Intro | 2 x 8 | Low kick | 16 | R | | | | | |
| 0:14 | A | Verse 1 | 2 x 8 | FLICK KICK RISING Flick kick x8 (low, medium, high, HIGH) | 4 | R | When it feels like the | MOVE: Flick kick, low 2, a little higher, rebound | | | |
| 0:42 | B | Chorus 1 | 4 x 8 | JACK PIVOT L-leg fast JJ x4 turn R, R-leg fast JJ x4 turn L | 4 | RL | To the beat | Jack and pivot, 1-leg jack, turning | | | |
| 1:09 | C | Bridge 1 | 1 x 8 | SKATE 4 RUN HEEL 7 Jog heel (skate wide) x4, Run Heel x7 (Arms: pull across x4) | 1 | R | La la la | 4 skate, run heel 7 | | | |
| | | | 1 x 8 | Jog heel (side jump) x4, Run Heel x7 | 1 | L | | Skate | | | |
| | | | 1 x 8 | Jog heel (side jump) x4, Run Heel x7 | 1 | R | | Arms work in opposition | | | |
| | | | 1 x 8 | Jog heel (side jump) x4, Run Heel x7 | 1 | L | | Push side | | | |
| 1:37 | A | Verse 2 | 4 x 8 | FLICK KICK RISING | 1 | R | Look out on the | MUSCLE: Rising kick, quads, hips | | | |
| 2:04 | B | Chorus 2 | 4 x 8 | JACK PIVOT | 1 | RL | To the beat | Jack pivot, glute and inner thigh | | | |
| 2:32 | C | Bridge 2 | 4 x 8 | SKATE 4 RUN HEEL 7 | 1 | R | La la la | Skate 4, hamstrings | | | |
| 2:59 | A | Verse 3 | 4 x 8 | FLICK KICK RISING | 1 | R | When it feels like the | MOTIVATION: Low kick, show me your pedicure | | | |
| 3:27 | B | Chorus 3 | 4 x 8 | JACK PIVOT | 1 | RL | To the beat | Jack and pivot – to the beat, are you dancing? | | | |
| 3:54 | C | Bridge 3 | 4 x 8 | SKATE 4 RUN HEEL 7 | 1 | R | La la la | 4 skates, kick yourself in the butt | | | |
| 4:22 | B | Chorus 4 | 4 x 8 | JACK PIVOT | 1 | R | To the beat | Jack pivot, longer leg, tall | | | |
| | | Finish | 1 x 1 | Land wide, punch up | | | | | | | |
| V1 | | C1 | | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4 |

Trainer's Tip: Give your class permission to choose how high or low they kick. Encourage them to find the height that takes a bit of effort but remains doable. As well, give your class permission to move at a tempo that also takes a bit of effort but remains doable. Speed movements train our bodies to react more quickly and that's a valuable skill to have in order to avoid injury.

Choreography Notes

Track # 5
Track Focus Group
Track Length 4:56
Song Title We're In This Together
BPM 140

| | | Song Part | Count | Movement | Reps | Lead | Music Cue | Verbal Cue and Type | | | |
|------|---|-----------|-------|---|------|------|------------------------|--|----|----|----|
| | | Intro | 2 x 8 | Jog to face a partner | 16 | R | | | | | |
| 0:15 | A | Verse 1 | 2 x 8 | JUMP ROPE JACK Jump Rope JJ x8 (Arms: open hand rope turns) | 1 | R | All eyes are closed | MOVE: Jump rope jack | | | |
| | | | 2 x 8 | Jump Rope Run x32 (Arms: fist ed rope turns) | 1 | | My eyes are open | Jump rope run, option to circle your partner | | | |
| 0:42 | B | Chorus 1 | 4 x 8 | JACKS & DOUBLE DUTCH JJ x2, Land wide & hold x4 (Arms: Sweep out/in x2, Double-Dutch Ropes) | 4 | R | We're in this together | Jack Double Dutch, land wide, hands circle wide | | | |
| 1:09 | C | Bridge 1 | 4 x 8 | CROSS COUNTRY BATTLE ROPES CC x5, Land in a lunge & hold x4 (Arms: Long lever F/B x4, Fast Battle Ropes x8) | 4 | RL | Instrumental | Cross country battle ropes, 5 times and land, battle ropes, land low | | | |
| 1:37 | A | Verse 2 | 4 x 8 | JUMP ROPE JACK | 1 | R | My line is long | MUSCLE: Shoulder rotation, inner thighs | | | |
| 2:04 | B | Chorus 2 | 4 x 8 | JACKS & DOUBLE DUTCH | 1 | R | We're in this | Jack Double Dutch, upper body, chest | | | |
| 2:32 | C | Bridge 2 | 4 x 8 | CROSS COUNTRY BATTLE ROPES | 1 | RL | Instrumental | Cross country 5, work chest and upper back | | | |
| 2:59 | A | Verse 3 | 4 x 8 | JUMP ROPE JACK | 1 | R | All eyes were closed | MOTIVATION: Jump rope jacks, make white water | | | |
| 3:27 | B | Chorus 3 | 4 x 8 | JACKS & DOUBLE DUTCH | 1 | R | We're in this | Jack Double Dutch, bigger together | | | |
| 3:54 | C | Bridge 3 | 4 x 8 | CROSS COUNTRY BATTLE ROPES | 1 | RL | Instrumental | Cross country battle, who can whip up more | | | |
| 4:22 | B | Chorus 4 | 4 x 8 | JACKS & DOUBLE DUTCH | 1 | R | We're in this | Jack Double Dutch, challenge your partner | | | |
| | | Finish | 1 x 1 | Land wide, arms side | | | | | | | |
| V1 | | C1 | | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4 |

Trainer's Tip: This track uses the jump rope as a tool for creativity and motivation. Each block is designed to use the metaphor of a jump rope in some way. Help your class increase the intensity of their moves by offering metaphors about jumping rope and using ropes for core stability.

Choreography Notes

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

| | | Song Part | Count | Movement | Reps | Lead | Music Cue | Verbal Cue and Type |
|------|---|-----------|-------|---|------|------|---------------------|--|
| | | Intro | 2 x 8 | Lower to neutral, seated position | | | | |
| 0:14 | A | Verse 1 | 4 x 8 | TAKE A SEAT Hold SUSP L-seat x4, sweep out/in/out/down | 4 | | Take a seat | MOVE: Take a seat, L seat and 2 V sits |
| 0:42 | B | Bridge 1 | 1 x 8 | KARATE FRONT BACK Neutral Karate kick F/B, tap the bottom w/heel/toe | 4 | R | Lookin' at you | Karate front back, right leg only |
| | | | 1 x 8 | Neutral Karate kick F/B, tap the bottom w/heel/toe | 4 | L | Regardless of my | Other leg |
| | | | 2 x 8 | Neutral CC, heel F/toe B | 16 | R | Baby, why don't | Ski together, neutral |
| 1:10 | C | Chorus 1 | 1 x 8 | SWEEP OUT RIGHT Neutral R Sweep out/tuck in | 4 | R | Baby, why don't you | Sweep out right, 4 |
| | | | 1 x 8 | Neutral L Sweep out/tuck in | 4 | L | Just a little | Other leg |
| | | | 2 x 8 | Neutral Both Sweep out/tuck in | 8 | | Baby, why don't you | Together, sweep & tuck |
| 1:37 | A | Verse 2 | 4 x 8 | TAKE A SEAT | 1 | | Take a step back | MUSCLE: Outer/inner thigh, abs |
| 2:05 | B | Bridge 2 | 4 x 8 | KARATE FRONT BACK | 1 | RL | Lookin' at you | Karate kick 1 leg, glutes |
| 2:33 | C | Chorus 2 | 4 x 8 | SWEEP OUT RIGHT | 1 | RL | Baby, why don't you | Sweep out, glutes, inner thigh |
| 3:00 | A | Verse 3 | 4 x 8 | TAKE A SEAT | 1 | | Take a seat | MOTIVATION: Take a seat, more ROM |
| 3:27 | B | Bridge 3 | 4 x 8 | KARATE FRONT BACK | 1 | RL | Lookin' at you | Karate kick, chamber the knee, |
| 3:55 | C | Chorus 3 | 4 x 8 | SWEEP OUT RIGHT | 1 | RL | Baby, why don't you | Sweep tuck, bring it to the middle, it's the words |
| 4:22 | C | Chorus 4 | 4 x 8 | SWEEP OUT RIGHT | 1 | RL | Baby, why don't you | You want to do this again? Yes! |
| | | Finish | 1 x 1 | Push feet down | | | | |

| | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|
| V1 | B1 | C1 | V2 | B2 | C2 | V3 | B3 | C3 | C4 |
|----|----|----|----|----|----|----|----|----|----|

Trainer's Tip: The use of one leg and one side at a time allows focus on one side of the body, balance practice, and a core challenge. After performing the one-leg move, encourage your students to intensify their movement when both legs get involved.

Choreography Notes

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

| | | Song Part | Count | Movement | Reps | Lead | Music Cue | Verbal Cue and Type | | | |
|------|---|-----------|-------|--|------|------|-------------------------|---|----|----|----|
| | | Intro | 2 x 8 | Lunge R, noodle held in wide grip | | | | | | | |
| 0:15 | A | Verse 1 | 4 x 8 | TRICEPS PRESS Triceps press x3, fast x2 | 4 | | Like a movie scene | MOVE: Triceps press, 3 slow, 2 fast | | | |
| 0:45 | B | Bridge 1 | 4 x 8 | PUNCH AND PULL ALT Punch F/Row B x6, fast x4 (Lunge L) | 4 | R | Waiting for tonight, oh | Switch stance, punch and pull, noodle is straight | | | |
| 1:13 | C | Chorus 1 | 4 x 8 | SWEEP BACK ALT Side sweep (Wide stance) | 16 | R | Waiting for tonight | Step wide and sweep back | | | |
| 1:43 | A | Verse 2 | 4 x 8 | TRICEPS PRESS | 1 | | Tender word you say | MUSCLE: Triceps press | | | |
| 2:12 | B | Bridge 2 | 4 x 8 | PUNCH AND PULL | 1 | R | Waiting for, oh | Punch and pull, back, lats, chest | | | |
| 2:41 | C | Chorus 2 | 4 x 8 | SWEEP BACK | 1 | R | Waiting for tonight | Step wide, pull across, posterior shoulder | | | |
| 3:10 | A | Verse 3 | 4 x 8 | TRICEPS PRESS | 1 | | I think of the days | MOTIVATION: Triceps press, getting stronger | | | |
| 3:39 | B | Bridge 3 | 4 x 8 | PUNCH AND PULL | 1 | R | Waiting for, oh | Punch and pull, 6 slow, go fast, unleash your inner fighter | | | |
| 4:08 | C | Chorus 3 | 4 x 8 | SWEEP BACK | 1 | R | Waiting for tonight | Sweep back, bigger, the crowd looks great. | | | |
| | | Finish | 1 x 1 | Sweep across | | | | | | | |
| V1 | | B1 | | C1 | V2 | B2 | | C2 | V3 | B3 | C3 |

Trainer's Tip: Use the noodle as a piece of drag equipment. Every push and pull through the water offer the opportunity to build resistance for muscle endurance gains. PUNCH AND PULL and SWEEP BACK focuses on posterior muscles that are integral for upright posture.

Choreography Notes

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

| | | Song Part | Count | Movement | Reps | Lead | Music Cue | Verbal Cue and Type | | | |
|------|---|-----------|-------|--|------|------|-------------------------|---|----|----|----|
| | | Intro | 2 x 8 | Position noodle in hands, shoulder width apart | | | | | | | |
| 0:15 | A | Verse 1 | 4 x 8 | KARATE KICK GRD Karate Kick F chamber, B, chamber | 2 | R | Been around the world | MOVE: Kick front, chamber and back | | | |
| | | | | GRD Karate Kick F chamber, B, chamber - fast | 4 | R | Got me walkin' | Now faster | | | |
| | | | | GRD Karate Kick F chamber, B, chamber | 2 | L | 'Cause my heart | Switch feet | | | |
| | | | | GRD Karate Kick F chamber, B, chamber - fast | 4 | L | I wonder if you even | And faster | | | |
| 0:44 | B | Chorus 1 | 2 x 8 | NEUTRAL JACK Neutral JJ x1, Neutral JJ tuck x1 | 4 | | Savior | Neutral jack, slide in, then jack and tuck | | | |
| | | | 2 x 8 | Neutral JJ x1, Neutral JJ tuck x1 - fast | 8 | | Savior | Try it fast | | | |
| 1:14 | C | Bridge 1 | 4 x 8 | PLANK LEG LIFTS Plank position, ALT Hip EXT | 16 | R | Ah, na | Plank and lift back leg | | | |
| 1:43 | A | Verse 2 | 4 x 8 | KARATE KICK | 1 | RL | I feel like God playin' | MUSCLE: Kick and chamber, glutes and quads | | | |
| 2:12 | B | Chorus 2 | 4 x 8 | NEUTRAL JACK | 1 | | Savior | Jack and slide in, core and inner thigh | | | |
| 2:41 | C | Bridge 2 | 4 x 8 | PLANK LEG LIFTS | 1 | R | Ah, na | Plank and leg lift, glutes, core | | | |
| 3:10 | A | Verse 3 | 4 x 8 | KARATE KICK | 1 | RL | Been around the | MOTIVATION: Kick and chamber, Kick the door open | | | |
| 3:39 | B | Chorus 3 | 4 x 8 | NEUTRAL JACK | 1 | | Savior | Neutral jack, big to start | | | |
| 4:08 | C | Bridge 3 | 4 x 8 | PLANK LEG LIFTS | 1 | R | Ah, na | Plank and hit the glutes | | | |
| | | Finish | 1 x 1 | Hold leg lift | | | | | | | |
| V1 | | C1 | | B1 | V2 | C2 | | B2 | V3 | C3 | B3 |

Trainer's Tip: The first two blocks involve practicing a move slow at first and then speeding it up. The slower beginning gives everyone a chance to see the move, learn about it, and then execute with speed and strength.

Choreography Notes

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

| | | Song Part | Count | Movement | Reps | Lead | Music Cue | Verbal Cue and Type |
|------|---|-----------|-------|--|------|------|---------------------------------------|---|
| | | Intro | 2 x 8 | Position noodle around back, under arms | | | | |
| 0:15 | A | Verse 1 | 2 x 8 | JACK KNIFE CURL Lay back, R knee in, crunch | 8 | R | Here I lie, in a lost and lonely part | MOVE: Jack knife curl |
| | | | 2 x 8 | L knee in , crunch | 8 | L | Goin' home, I just | Bend the other knee |
| 0:45 | B | Bridge 1 | 4 x 8 | PENCIL & BANANA Extended position x1, ALT Lateral FLEX x1 | 16 | RL | Instrumental (bells) | Pencil and banana, lateral flexion |
| 1:13 | C | Chorus 1 | 4 x 8 | CANNONBALL CRUNCH Tuck x1, Extend arms and legs wide | 16 | | Tragedy | Cannonball, crunch and lengthen out |
| 1:43 | A | Verse 2 | 4 x 8 | JACK KNIFE CURL | 1 | RL | Night and day | MUSCLE: Jack knife curl, lower abs, rectis |
| 2:12 | B | Bridge 2 | 4 x 8 | PENCIL & BANANA | 1 | RL | Instrumental (bells) | Pencil and banana, Obliques |
| 2:41 | C | Chorus 2 | 4 x 8 | CANNONBALL CRUNCH | 1 | | Tragedy | Cannonball, go big, flexion and extend |
| 3:10 | A | Verse 3 | 4 x 8 | JACK KNIFE CURL | 1 | RL | Here I lie | MOTIVATION: Jack knife curl, how are you? |
| 3:39 | B | Bridge 3 | 4 x 8 | PENCIL & BANANA | 1 | RL | Instrumental (bells) | Pencil and banana, feel like you're flying |
| 4:08 | C | Chorus 3 | 4 x 8 | CANNONBALL CRUNCH | 1 | | Tragedy | Cannonball, make it the best that you can |
| | | Finish | 1 x 1 | Tuck | | | | |

| | | | | | | | | |
|----|----|----|----|----|----|----|----|----|
| V1 | B1 | C1 | V2 | B2 | C2 | V3 | B3 | C3 |
|----|----|----|----|----|----|----|----|----|

Trainer's Tip: The inspiration for this track is based on dives we did as kids. Let your inner child come out and make this track playful.

Choreography Notes

Track # 10
Track Focus Flexibility Training
Track Length 3:51
Song Title The Champion
BPM n/a

| | | SongPart | Count | Movement | Reps | Lead | Music Cue | Verbal Cue and Type |
|------|---|----------|-------|--|------|------|-------------------------------|---|
| | | Intro | 2 x 8 | Pray to Mountain | 2 | | | |
| 0:12 | A | Verse 1 | 1 x 8 | MOUNTAIN TO STRONG Mountain 1-4, Strong Pose 5-8 | 1 | | I'll be the last one standing | MOVE: Pray to mountain pose, strong arms |
| | | | 1 x 8 | Warrior 2 1-4, Reverse 5-8 | 1 | R | Live for the battle | Warrior 2, reverse |
| | | | 1 x 8 | Mountain 1-4, Strong Pose 5-8 | 1 | | Rocky | Mountain, strong arm |
| | | | 1 x 8 | Warrior 2 1-4, Reverse 5-8 | 1 | L | stronger | Warrior 2, reverse |
| 0:36 | B | Chorus 1 | 1 x 8 | QUAD STRETCH Quad stretch/EXT ROT arms 1-4, Hold foot 5-8 | 1 | R | I am invincible, un-breakable | Quad stretch, option to hold |
| | | | 1 x 8 | Knee to chest, knee swings B, Knee to chest 5-8 | 1 | | Knock me down | Swing in and back |
| | | | 1 x 8 | Quad stretch/EXT ROT arms 1-4, Hold foot 5-8 | 1 | L | Champion | Left side, hold if you want |
| | | | 1 x 8 | Knee to chest, knee swings B, Knee to chest 5-8 | 1 | | Made for this | Pull in and out |
| 1:00 | C | Bridge 1 | 1 x 8 | HAMSTRING REACH ACROSS Hamstring stretch 1-4, rotate leg side 5-8 | 1 | L | Champion | Leg lifts front, side |
| | | | 1 x 8 | Figure 4 1-4, add twist 5-8 | 1 | L | Made for this | Cross over, twist |
| | | | 1 x 8 | Hamstring stretch 1-4, rotate leg side 5-8 | 1 | R | Champion | Front with a flexed foot |
| | | | 1 x 8 | Figure 4 1-4, add twist 5-8 | 1 | R | Made for this | Cross, open to the back |
| 1:23 | A | Verse 2 | 4 x 8 | MOUNTAIN TO CHAMPION | 1 | RL | When they write my | MUSCLE: Pray to a mountain, chest open |
| 1:46 | B | Chorus 2 | 4 x 8 | QUAD STRETCH | 1 | RL | I am invincible | Quad stretch |
| 2:10 | C | Bridge 2 | 4 x 8 | HAMSTRING REACH ACROSS | 1 | LR | Champion | Leg front for hamstring stretch, then inner thigh |
| 2:33 | A | Verse 3 | 4 x 8 | MOUNTAIN TO CHAMPION | 1 | RL | C is for the courage | MOTIVATION: Pray to mountain, enjoy this |
| 2:57 | B | Chorus 3 | 4 x 8 | QUAD STRETCH | 1 | RL | I am invincible | Dancer, invisible! |
| 3:20 | C | Bridge 3 | 4 x 8 | HAMSTRING REACH ACROSS | 1 | LR | Champion | Lift, side, sink into the hip stretch |
| | | Finish | 1 x 1 | Pray to mountain, Strong pose | | | | |

| | | | | | | | | |
|----|----|----|----|----|----|----|----|----|
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 |
|----|----|----|----|----|----|----|----|----|

Trainer's Tip: Leave your class feeling like Champions with this flexibility track. The moves and the lyrics underline the message to our students that their efforts are noticed, appreciated, and inspirational. Take the time during this track to communicate not only the muscles being stretched but also the accomplishments of the fitness session.

Choreography Notes

Track # **BONUS**
Track Focus **Cardio (insert after Track 2)**
Track Length **4:53**
Song Title **Let's Get Loud**
BPM **140**

| | | Song Part | Count | Movement | Reps | Lead | Music Cue | Verbal Cue and Type |
|------|---|-----------|-------|--|------|------|-----------------------|--|
| | | Intro | 2 x 8 | Low Flick Kick | 16 | R | | |
| 0:14 | A | Verse 1 | 4 x 8 | KICK RUN RUN Flick kick F x1, Run x2 (Arms: Triceps down around leg, pull in/up) | 16 | R | You want to live your | MOVE: Flick and run run, hands push side |
| 0:42 | B | Chorus 1 | 4 x 8 | 4 JACKS JJ (Arms: Reach up R 1-2/L 3-4, Breast stroke R 5-6, L 7-8) | 16 | | Let's get loud | 4 jacks, reach right overhead, then left, sweep right and left |
| 1:09 | C | Bridge 1 | 1 x 8 | WIDE RUN Wide Run, x8, Karate Kick SFSF | 1 | R | Hey, hey | Wide run, drive your knees up |
| | | | 1 x 8 | Wide Run, x8, Karate Kick SFSF | 1 | L | Hey, hey | Karate kick side, front |
| | | | 1 x 8 | Wide Run, x8, Karate Kick SFSF | 1 | R | Let's get loud | Wide run |
| | | | 1 x 8 | Wide Run, x8, Karate Kick SFSF | 1 | L | Let's get loud | Karate kick wide, front |
| 1:37 | A | Verse 2 | 4 x 8 | KICK RUN RUN | 1 | R | Make it hot | MUSCLE: Flick run run, quads |
| 2:04 | B | Chorus 2 | 4 x 8 | 4 JACKS | 1 | | Let's get loud | 4 jacks, upper back, inner/outer thighs |
| 2:32 | C | Bridge 2 | 4 x 8 | WIDE RUN | 1 | RL | Hey, hey | Wide run, glutes |
| 2:59 | A | Verse 3 | 4 x 8 | KICK RUN RUN | 1 | R | Life's meant to be | MOTIVATION: Flick kick run run, push the water through, dance |
| 3:27 | B | Chorus 3 | 4 x 8 | 4 JACKS | 1 | | Let's get loud | 4 jacks – let me hear you |
| 3:54 | C | Bridge 3 | 4 x 8 | WIDE RUN | 1 | RL | Hey, hey | Wide run, karate, I want to see some power |
| 4:22 | B | Chorus 4 | 4 x 8 | 4 JACKS | 1 | | Let's get loud | 4 jacks, Let's get loud! |
| | | Finish | 1 x 1 | Land wide, arms up | | | | |

| | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4 |
|----|----|----|----|----|----|----|----|----|----|

Trainer's Tip: This bonus track is a cardio challenge. Be bold and big with your voice and movement to inspire your students to go the extra mile. Motivation will play a key role in making this track successful.

Music Credits



WATERinMOTION® Wave 37
YES2192 • Yes! Fitness Music

Songs Courtesy of:

Old Time Rock And Roll ~ Written by: Jackson, Jones ; Published by: Peer Music

Thunderstruck ~ Written by: Young ; Published by: Carlin Music Corp.

La Copa De La Vida (The Cup Of Life) ~ Written by: I. Blake, A. Gomez Alonso, H. Porter ; Published by: Universal Music Italia Srl

Rhythm Of The Night ~ Written by: Warren ; Published by: Universal Music, Mgb Songs

We're In This Together ~ Written by: N. Huck ; Published by: Emi Ltd

The Middle ~ Written by: Johnson, Zaslavski, Lomax, Trewartha, Aaron ; Published by: Zedd Music Empire

Waiting For Tonight ~ Written by: H. Christiansen, Temple, Garvin ; Published by: Sony Music Entertainment (Italy) Spa Ora 03896

Savior ~ Written by: King, Marshall, Morris, Kelly, L. Stansfield, Gottwald, R. Owens, I. Devaney, H. Walter, Simmonds ; Published by: Kasz Money Publishing, Prescription Songs, Sony Atv Music

Tragedy ~ Written by: B. Gibb, M. Gibb, R. Gibb ; Published by: Polygram Gmbh

The Champion ~ Written by: Bridges, James, Underwood, Destefano ; Published by: Emi April Music, Warner Bros Inc, Songs Of Brett

Let's Get Loud ~ Written by: Estefan, K. Santander ; Published by: Foreign Music Publishing

All Recordings Property of THE SAIFAM GROUP under license to Yes! Fitness Music

© 2018 SCW Fitness Education

151 S. Pfingsten Rd.

Deerfield, IL 60015.

The choreography, images, and DVD material contained herein are the exclusive property of SCW Fitness Education who reserves all rights to public performance, distribution and licensing. These materials are produced singularly for licensed facilities and certified presenters who maintain licensure and the right to present WATERinMOTION® in their facilities by complying with the terms of the licensure and instructor agreements. Any unauthorized duplication, distribution, broadcasting, public performance, copying or re-recording of this audio and/or visual materials in any manner is strictly prohibited. Not for resale.

All Recordings Property of THE SAIFAM GROUP under license to Yes! Fitness Music