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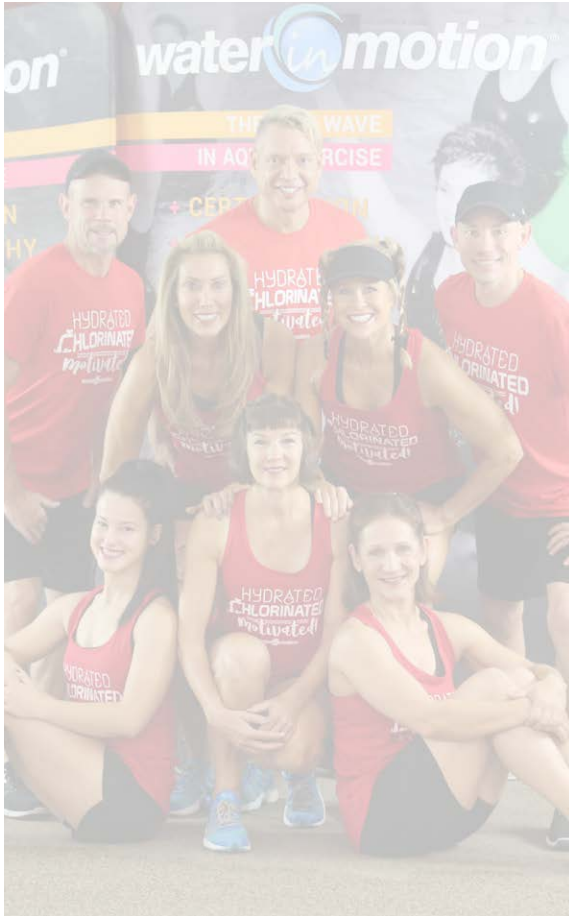
water *in* **motion**[®]

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



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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Music: Yes! Fitness Music®

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

****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

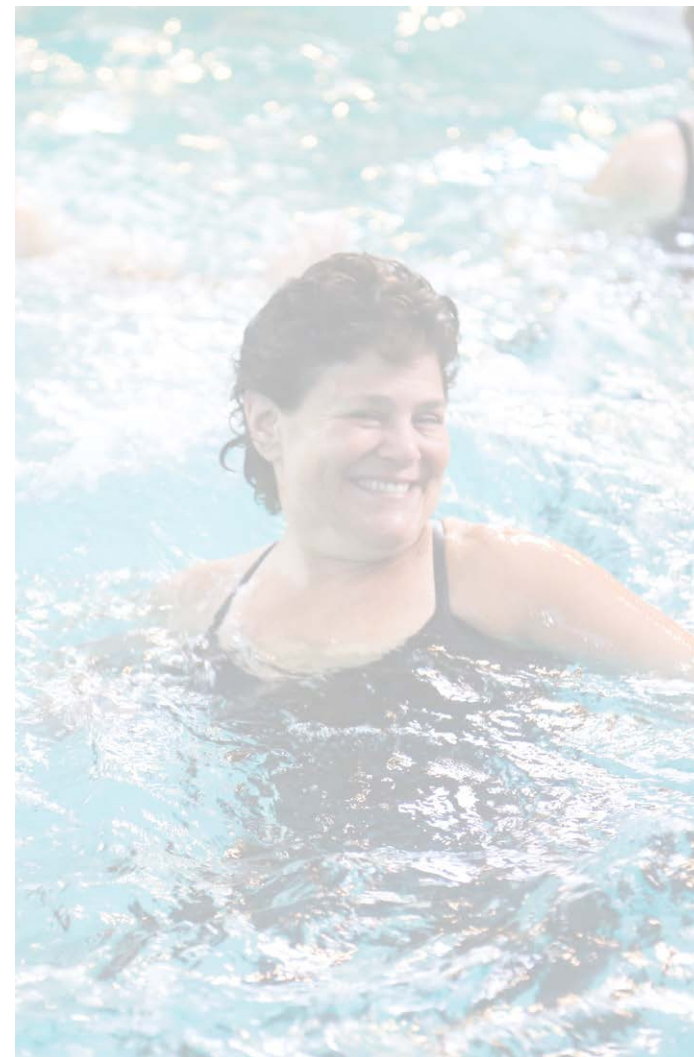
TVL Travel

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
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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
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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
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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
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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: fistet 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
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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
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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
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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
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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, unbreakable	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
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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
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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.

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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

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