



**water<sup>in</sup>  
motion<sup>®</sup>**

**wave<sup>(38)</sup>**

***AQUA  
for ALL!***

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	Dancing Queen	Abba	Warm Up	5:04	136
2	Meant To Be	Bebe Rexha Ft Florida Georgia Line	Cardio	4:58	140
3	Never Be The Same	Camila Cabello	Lateral Travel	4:54	140
4	Proud Mary	Creedence Clearwater Revival	Speed	4:56	140
5	Come Back And Stay	Paul Young	Group	4:56	140
6	In My Blood	Shawn Mendes	Suspension	4:54	140
7	It's My Life	Bon Jovi	Upper Body	4:41	132
8	Urgent	Foreigner	Lower Body	4:41	132
9	I've Got The Music In Me	Kiki Dee Band	Core	4:43	132
10	Unstoppable	Sia	Flexibility	3:35	86
11	Love Will Save The Day	Whitney Houston	Bonus (Flotation)	4:40	132

\*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:** Sibilla Abukhaled  
Harley Cofield  
Christopher Henry  
Sara Kooperman  
Cheri Kulp  
Bryan Miller  
Manuel Velazquez  
Billie Wartenberg

**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 Dancing Queen  
BPM 136

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type			
	Intro	2 x 8	Jog	16	R					
0:14	Verse 1	4 x 8	JOG REACH DOWN Jog (Arms: Reach down x4, Shoulder roll B x2)	32	R	Friday night and the lights are low	<b>MOVE:</b> Jog, reach down, get your shoulders in the water			
0:43	Chorus 1	4 x 8	JACK TURN LEFT JJ x2 facing L, x2 facing R (Arms: R point F x2, L point F x2)	4	R	Dancing queen	Double jack, both legs, jumping, other side			
1:12	Bridge 1	4 x 8	JOG HEEL NARROW Jog heel narrow x4, wide x4 (Arms: Reach F/in x2, ALT reach RLRL)	4	R	Instrumental	Jog heel, narrow and then wide, arms in the water			
1:40	Verse 2	4 x 8	JOG REACH DOWN	1	R	You're a teaser, you turn 'em on	<b>MUSCLE:</b> Shoulders with a jog, hip flexor and quads			
2:08	Chorus 2	4 x 8	JACK TURN LEFT	1	R	Dancing queen	Double jack, inner/outer thigh			
2:36	Bridge 2	4 x 8	JOG HEEL NARROW	1	R	Instrumental	Jog heel, hamstrings			
3:04	Verse 3	4 x 8	JOG REACH DOWN	1	R	Friday night and the lights are low	<b>MOTIVATION:</b> Jog and pull down, connect with students by name			
3:33	Chorus 3	4 x 8	JACK TURN LEFT	1	R	Dancing queen	Jacks, we are the dancing queens			
4:01	Bridge 3	4 x 8	JOG HEEL NARROW	1	R	Instrumental	Jog heel, run across the room			
4:29	Chorus 4	4 x 8	JACK TURN LEFT	1	R	Dancing Queen	Dancing queen jack,			
	Finish	1 x 1	Land wide, Dance pose							
V1		C1	B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Tip: Cue your students to gradually increase their range of motion (ROM) throughout the warm up.

# Choreography Notes



Track # 2  
Track Focus Linear: forward/backward  
Track Length 4:57  
Song Title Meant To Be  
BPM 140

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
	Intro	2 x 8	Kick low	16	R		
0:16	Verse 1	4 x 8	KICK HIGH LOW Kick F x2 high, x2 low	8	R	Baby lay on back and relax	<b>MOVE:</b> 2 high kicks, 2 low
0:42	Chorus 1	1 x 8	SWIM FORWARD Jog TVL F (Arms: underwater swim)	8	R	If it's meant to be	Jog swim forward, under the water
		1 x 8	Jog TVL B (Arms: underwater scoop)	8	R	If it's meant to be	Move back, scoop back
		1 x 8	Jog TVL F (Arms: underwater swim)	8	R	So won't you ride with	Travel forward, swim, dig deep
		1 x 8	Jog TVL B (Arms: underwater scoop)	8	R	If it's meant to be	Scoop back
1:09	Bridge 1	4 x 8	CROSS COUNTRY PUSH BACK CC (Arms: ALT triceps push back)	32	R	Maybe we do	Cross country, emphasis on the push back
1:37	Verse 2	4 x 8	KICK HIGH LOW	1	R	I don't mean to be so uptight	<b>MUSCLE:</b> 2 High, 2 low, quads, calves
2:05	Chorus 2	4 x 8	SWIM FORWARD	1	R	If it's meant to be	Jog swim forward, back and biceps, shoulders and quads
2:33	Bridge 2	4 x 8	CROSS COUNTRY PUSH BACK	1	R	Maybe we do	Cross country, push back, triceps, glutes
3:00	Verse 3	4 x 8	KICK HIGH LOW	1	R	Baby lay on back and relax	<b>MOTIVATION:</b> 2 high, 2 low. This round really counts.
3:27	Chorus 3	4 x 8	SWIM FORWARD	1	R	If it's meant to be	Swim forward, come faster
3:55	Bridge 3	4 x 8	CROSS COUNTRY PUSH BACK	1	R	Maybe we do	Cross country, make it big
4:22	Chorus 4	4 x 8	SWIM FORWARD	1	R	If it's meant to be	Swim forward, swim with us!
	Finish	1 x 1	Land wide, biceps curl				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Tip: Introduce playfulness while swimming forward to add fun and connect with your students.

# Choreography Notes

Track # 3  
Track Focus Lateral Travel  
Track Length 4:57  
Song Title Never Be The Same  
BPM 140

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
	Intro	2 x 8	JJ	8			
0:14	Verse 1	2 x 8	JACK KNEE JJ out, Jump in ALT knee lift	8	R	Something must've gone wrong in	<b>MOVE:</b> Jack and knee pulls center, lots of rebound
		2 x 8	JJ out, Jump in ALT kick F	8	R	Just like nicotine	Jack and kick, clap under
0:42	Chorus 1	2 x 8	JACK RIGHT RUN JJ x1 TVL R, Run x4	4	R	It's you babe	Jack to the right and run in place
		2 x 8	JJ x1 TVL L, Run x4	4	L	It's you babe	Go to the deep end
1:10	Bridge 1	4 x 8	LEAP HOP RIGHT ALT Leap hop	16	R	Never, never be the same	Leap and hop, reach and grab the water
1:36	Verse 2	4 x 8	JACK KNEE	1	R	Sneaking in LA, when the lights	<b>MUSCLE:</b> Jack knee, change to the knee, quads
2:04	Chorus 2	4 x 8	JACK RIGHT RUN	1	RL	It's you babe	Jack and run, lots of core
2:32	Bridge 2	4 x 8	LEAP HOP RIGHT	1	R	Never, never be the	Reach and pull, inner thigh
2:58	Verse 3	4 x 8	JACK KNEE	1	R	Let go of the wheel	<b>MOTIVATION:</b> Jack knee clap, a little higher
3:27	Chorus 3	4 x 8	JACK RIGHT RUN	1	RL	It's you babe	Jack travel and run, love the move side
3:54	Bridge 3	4 x 8	LEAP HOP RIGHT	1	R	Never, never be the	Leap and hop, jump higher
4:22	Chorus 4	4 x 8	JACK RIGHT RUN	1	RL	It's you babe	Jack and travel, let's go
	Finish	1 x 1	Land wide				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Tip: Maintain rebound moves to keep cardio-respiration intense. Adding the lateral travel will also increase the intensity. Make sure to match the intensity with fun cueing for motivation.



# Choreography Notes



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

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
	Intro	2 x 8	Run	32	R		
0:15	Verse 1	4 x 8	RUN KNEES UP Run x8, Fast JJ x4 (Arms: fists 8, reach down, out, up, up)	4	R	Left a good job in the city	<b>MOVE:</b> Run, drive your knees up, jack and reach down out up up
0:42	Chorus 1	4 x 8	RUN HEEL TURN Run heel x16, ¼ turn R (Arms: fist roll)	4	R	Rollin' Rollin' Rollin'	Run heel turn, roll arms, now front, turn, front again
1:09	Bridge 1	4 x 8	CROSS COUNTRY KICK BACK CC x4, Kick B x4	4	R	Do, do, do, do, yeah	4 cross country skis, then kick back 4
1:37	Verse 2	4 x 8	RUN KNEES UP	1	R	Cleaned a lot of plates in Memphis	<b>MUSCLE:</b> Run for 8, fast jack, work hips, arms
2:04	Chorus 2	4 x 8	RUN HEEL TURN	1	R	Rollin' Rollin' Rollin'	Run heel, shoulders, hamstrings
2:32	Bridge 2	4 x 8	CROSS COUNTRY KICK BACK	1	R	Do, do, do, do, yeah	Cross country, glutes, shoulders, everything!
2:59	Verse 3	4 x 8	RUN KNEES UP	1	R	If you come down to the river	<b>MOTIVATION:</b> Run, jack and reach, so much fun
3:26	Chorus 3	4 x 8	RUN HEEL TURN	1	R	Rollin' Rollin' Rollin'	Roll it out, turn
3:54	Bridge 3	4 x 8	CROSS COUNTRY KICK BACK	1	R	Do, do, do, do, yeah	4 big skis, extend, how high
4:22	Chorus 4	4 x 8	RUN HEEL TURN	1	R	Rollin' Rollin' Rollin'	Roll it out again! Turn, go!
	Finish	1 x 1	Freeze and roll arms				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Tip: Add ROM cues to encourage students to keep moving while aiming for land-tempo movement. Use high knees on the run, high heels back on the run heel, and full hip extension on the cross country.

# Choreography Notes

Track # 5  
Track Focus Group  
Track Length 4:56  
Song Title Come Back and Stay  
BPM 140

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type			
	Intro	2 x 8	Jog, find a partner	16	R					
0:15	Verse 1	2 x 8	KNEE STRIKE Leg swing B, Knee strike F (Arms; both arms swing F/B)	8	R	Since you've been gone	<b>MOVE:</b> Knee strike, reach and leg back, knee front			
		2 x 8	Leg swing B, Knee strike F	8	L		Switch legs			
0:42	Chorus 1	1 x 8	CROSS COUNTRY FIGHT CC	8	R	Why don't you come back, please hurry	Cross country			
		1 x 8	Hold Lunge (Arms: ALT punch fast x4, upper cut x2)	2	R	Stay for good	Land right, punch 4 fast and upper cut 2			
		1 x 8	CC	8	L	Come back and stay	Cross country			
		1 x 8	Hold Lunge (Arms: ALT punch fast x4, upper cut x2)	2	L	Come back and stay	Land left, punch 4 fast and upper cut 2			
1:09	Bridge 1	4 x 8	KICK SWITCH PLACES Kick	32	R	Ooh	Kick, travel and switch places			
1:37	Verse 2	4 x 8	KNEE STRIKE	1	RL	You said goodbye, I was trying to hide	<b>MUSCLE</b> Knee strike, back muscles, glutes, balance			
2:05	Chorus 2	4 x 8	CROSS COUNTRY FIGHT	1	RL	Why don't you come	Cross country ski 8			
2:32	Bridge 2	4 x 8	KICK SWITCH PLACES	1	R	Ooh	Kick, travel, quads			
2:59	Verse 3	4 x 8	KNEE STRIKE	1	RL	Since you've been gone, opened my	<b>MOTIVATION</b> Knee strike, reach for your partner			
3:27	Chorus 3	4 x 8	CROSS COUNTRY FIGHT	1	RL	Why don't you come	Cross country, fight for life			
3:54	Bridge 3	4 x 8	KICK SWITCH PLACES	1	R	Ooh	Kick, move on out			
4:22	Chorus 4	4 x 8	CROSS COUNTRY TO SMALL GROUP	1	RL	Come back and stay	Cross country, best TKO			
	Finish	1 x 1	Lunge, punch							
V1		C1	B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Tip: Partner work creates camaraderie. Instruct students to be close enough to their partners to create turbulence but far enough apart to be safe.

# Choreography Notes



Track # 6  
Track Focus Suspension  
Track Length 4:54  
Song Title In My Blood  
BPM 140

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
	Intro	2 x 8	Neutral CC (heel F/Toe B)	16	R		
0:16	Verse 1	2 x 8	CROSS COUNTRY TOUCH TUCK Neutral CC touch, SUSP tuck	8	R	Laying on the bathroom floor	<b>MOVE</b> Cross country, heel front, toe back
		2 x 8	SUSP CC	16	R	Feel better	No floor anymore, suspend
0:42	Bridge 1	2 x 8	JACK TOUCH TUCK JJ out touch, SUSP tuck	8		Help me, it's like the walls are caving in	Neutral jack
		2 x 8	SUSP JJ	16		Help me	Speed up, at your speed
1:10	Chorus 1	1 x 8	FLUTTER KICKS Flutter kick F x6, tuck	1	R	It isn't in my blood	Flutter kick, point your toes
		1 x 8	Flutter kick R x6, tuck	1	R	It isn't in my blood	Tuck change to the side
		1 x 8	Flutter kick B x6, tuck	1	R	It isn't in my blood	Tuck and face down
		1 x 8	Flutter kick L x6, tuck	1	R	It isn't in my blood	Tuck change sides
1:37	Verse 2	4 x 8	CROSS COUNTRY TOUCH TUCK	1	R	Looking through the phone again	<b>MUSCLE</b> Cross Country, core
2:05	Bridge 2	4 x 8	JACK TOUCH TUCK	1		Help me, it's like the	Jack tuck, inner thighs
2:33	Chorus 2	4 x 8	FLUTTER KICKS	1	R	It isn't in my blood	Flutter kicks, obliques
3:00	Verse 3	4 x 8	CROSS COUNTRY TOUCH TUCK	1	R	Laying on the	<b>MOTIVATION</b> Cross country, really long levers
3:27	Bridge 3	4 x 8	JACK TOUCH TUCK	1		Help me, it's like the	Jack and tuck, maybe higher
3:55	Chorus 3	4 x 8	FLUTTER KICKS	1	R	It isn't in my blood	Flutter kick,
4:22	Chorus 4	4 x 8	FLUTTER KICKS	1	R	It isn't in my blood	Flutter kick again, bigger
	Finish	1 x 1	Stand				

V1	B1	C1	V2	B2	C2	V3	B3	C3	C4
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**Trainer's Tip:** Educate your students about the difference between neutral and suspension levels. Give your students the choice to touch down when they need the break, if they need the break. Some students may need to add the noodle for support.

# Choreography Notes



Track # 7  
Equipment Noodle  
Track Focus Upper Body  
Track Length 4:41  
Song Title It's My Life  
BPM 132

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type		
	Intro	2 x 8	Noodle in straddle position, SUSP						
0:15	Verse 1	4 x 8	DOUBLE PUNCH SUSP seated position (Arms: Both arms punch fast x2, triceps press B, chest press F, Triceps press B)	8		We sing a song for the broken hearted	<b>MOVE</b> Double punch front, open hand back front back		
0:45	Chorus 1	1 x 8	BOXING TIME Lunge R x4, L x4 (Arms: Punch R x4, L x4)	1	RL	It's my life, it's now or never	Feet down, lunge forward and punch		
		1 x 8	Lunge R x4, L x4 (Arms: Hook R x4, L x4)	1	RL	I just wanna live while I'm alive	Now a hook		
		1 x 8	Lunge R x4, L x4 (Arms: upper cut R x4, L x4)	1	RL	Life, m heart is like an open highway	Next drill in an upper cut		
		1 x 8	Lunge R x4, L x4 (Arms: Punch/Cross fast R x4, L x4)	1	RL	I just wanna live while I'm alive	Cross punch		
1:13	Bridge 1	4 x 8	CROSS COUNTRY ARMS SUSP seated position (Arms: CC arms)	32	R	Life, Life	Suspend cross country arms		
1:43	Verse 2	4 x 8	DOUBLE PUNCH	1		This is for one's that	<b>MUSCLE</b> Double punch, chest, back, triceps and biceps		
2:12	Chorus 2	4 x 8	BOXING TIME	1	RL	It's my life	Boxing drill, core, all upper body muscles		
2:41	Bridge 2	4 x 8	CROSS COUNTRY ARMS	1	R	Life, Life	Suspended cross country arms, shoulders, core		
3:10	Verse 3	4 x 8	DOUBLE PUNCH	1		We sing a song for	<b>MOTIVATION</b> Double punch, sing along, splash		
3:39	Chorus 3	4 x 8	BOXING TIME	1	RL	It's my life	Boxing time, recoil, its your life!		
4:08	Bridge 3	4 x 8	CROSS COUNTRY ARMS	1	R	Life, Life	Suspended cross country arms, proud last block		
	Finish	1 x 1	Sweep right arm forward						
V1		C1	B1	V2	C2	B2	V3	C3	B3

Trainer's Tip: Emphasize form and alignment all throughout this track. Practice the boxing drill in the mirror to sharpen the recoil and power.

# Choreography Notes



Track # 8  
Equipment Noodle  
Track Focus Lower Body  
Track Length 4:41  
Song Title Urgent  
BPM 132

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type		
	Intro	2 x 8	Noodle in hands, like a barre						
0:15	Verse 1	1 x 8	RIGHT KICK Flick kick	8	R	You're not shy	<b>MOVE</b> Flick kick on your right		
		1 x 8	Hamstring curl	8	R	You stay up	Pull back in a curl		
		1 x 8	Flick kick	8	L	You got fire in your	Switch sides, kick, point		
		1 x 8	Hamstring curl	8	L	Your desire	Bring leg back to glute		
0:45	Chorus 1	1 x 8	TOUCH SIDE ABD touch side/in	8	R	Urgent	Side touch		
		1 x 8	ABD touch side/in	8	L	Urgent	Switch sides		
		2 x 8	Fast Neutral JJ	16		Urgent	Neutral, double legs for 16		
1:13	Bridge 1	2 x 8	SWEEP BACK AND DIAGONAL ALT Leg sweep B/DIAG	4	R	Instrumental	Sweep back and diagonal		
		2 x 8	ALT Leg sweep B/DIAG	4	L	Instrumental	Switch sides, straight legs		
1:43	Verse 2	4 x 8	RIGHT KICK	1	RL	You're playing tricks with my mind	<b>MUSCLE</b> flick kick, quads, curl, hamstring		
2:12	Chorus 2	4 x 8	TOUCH SIDE	1	RL	Urgent	Touch side, outer and inner thighs		
2:41	Bridge 2	4 x 8	SWEEP BACK AND DIAGONAL	1	RL	Instrumental	Sweep back and diagonal, totally glutes		
3:10	Verse 3	4 x 8	RIGHT KICK	1	RL	You're not shy, you get around	<b>MOTIVATION</b> Flick kick, time to bring all your energy		
3:39	Chorus 3	4 x 8	TOUCH SIDE	1	RL	Urgent	Side touch, stretch further		
4:08	Bridge 3	4 x 8	SWEEP BACK AND DIAGONAL	1	RL	Instrumental	Sweep back and diagonal		
	Finish	1 x 1	Stand and push noodle down						
V1		C1	B1	V2	C2	B2	V3	C3	B3

Trainer's Tip: Notice the pre-cueing used in this track and try to emulate the timing and delivery of each cue.

# Choreography Notes



Track # 9  
Equipment Noodle  
Track Focus Core  
Track Length 4:43  
Song Title I've Got the Music In Me  
BPM 132

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
	Intro	2 x 8	Noodle behind and under arms, lower to neutral				
0:15	Verse 1	4 x 8	TWIST TUCKS ALT Tuck and twist	16	R	Ain't got no trouble in my life	<b>MOVE</b> Tuck and twist, arms counter balance the legs
0:45	Bridge 1	4 x 8	BICYCLE IN 3 ALT knee in x3 and hold	8	R	Feel funky, feel good	Bicycles in 3, curl on 3
1:13	Chorus 1	2 x 8	1-LEG TEASER ALT Leg lift and tuck	8	R	I got the music in me	Teaser crunch, one leg extends
		2 x 8	Fast ALT leg lift and tuck	16	R	I got the music in me	Now faster
1:43	Verse 2	4 x 8	TWIST TUCKS	1	R	They say that life is	<b>MUSCLE</b> Tuck and twist, obliques
2:12	Bridge 2	4 x 8	BICYCLE IN 3	1	R	Feel funky, feel good	Bicycles in 3, abs
2:41	Chorus 2	4 x 8	1-LEG TEASER	1	R	I got the music in me	Teaser, slow, core
3:10	Verse 3	4 x 8	TWIST TUCKS	1	R	Ain't got no trouble	<b>MOTIVATION</b> Tuck and twist, 3 <sup>rd</sup> time is a charm
3:39	Bridge 3	4 x 8	BICYCLE IN 3	1	R	Feel funky, feel good	Bicycle in 3, make it big and strong
4:08	Chorus 3	4 x 8	1-LEG TEASER	1	R	I got the music in me	Teaser, I got the music in my abs!
	Finish	1 x 1	Hold one leg up				

V1	B1	C1	V2	B2	C2	V3	B3	C3
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Trainer's Tip: Proper form is essential to target the intended muscles in this track. Review the move details and teach your students how to perform the various moves.

# Choreography Notes



Track # 10  
Track Focus Flexibility Training  
Track Length 3:15  
Song Title Unstoppable  
BPM n/a

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type		
	Intro	2 x 8	Tai Chi opening	2					
0:12	Verse 1	1 x 8	CALM THE WATERS Lunge R DIAG, Back stance w/ knee/extend	1	R	I'll smile, I know what it takes	MOVE Calm the waters, breast stroke, knee up and extend		
		1 x 8	Lunge R DIAG, Back stance w/ knee	1	R	Sun goes down			
		1 x 8	Lunge L DIAG, Back stance w/ knee/extend	1	L	Oh yeah, I'll tell you			
		1 x 8	Lunge L DIAG, Back stance w/ knee	1	L	Shed a tear			
0:36	Chorus 1	2 x 8	SUPERMAN Wide stance (Arms: Sweep in fists to chest 1-4, sweep open to Hero Pose 5-8)	2		I'll put my armor on, show you how strong	Superman to power pose		
		2 x 8	X block/ALT shoulder roll	4	R	I'm unstoppable	Wonder woman block, shoulder roll		
0:56	Bridge 1	1 x 8	WARRIOR Warrior 1 (1-4), Warrior 2 (5-8)	1	R	Unstoppable today	Warrior 1, 2		
		1 x 8	Warrior 3 (1-4), Quad stretch (5-8)	1	R	Unstoppable today	Now Warrior 3, quad stretch		
		1 x 8	Warrior 1 (1-4), Warrior 2 (5-8)	1	L	Unstoppable today	Warrior 1		
		1 x 8	Warrior 3 (1-4), Quad stretch (5-8)	1	L	Unstoppable today	Float forward		
1:18	Verse 2	4 x 8	CALM THE WATERS	1	RL	Break down alone	MUSCLE Calming waters, open chest, hamstring stretch		
1:40	Chorus 2	4 x 8	SUPERMAN	1		I'll put my armor on	Back and chest stretch		
2:02	Bridge 2	4 x 8	WARRIOR	1	RL	Unstoppable today	Warrior 1, calf stretch, hip flexor and quad		
2:24	Verse 3	4 x 8	CALM THE WATERS	1	RL	I'll smile, I know	MOTIVATION Calming waters, lift a bit higher		
2:47	Chorus 3	4 x 8	SUPERMAN	1		I'll put my armor on	Superman and power pose		
3:09	Bridge 3	4 x 8	WARRIOR	1	RL	Unstoppable today	Warrior 1, 2, 3, quad stretch		
	Finish	1 x 1	Superman Pose						
V1		C1	B1	V2	C2	B2	V3	C3	B3

**Trainer's Tip:** This track utilizes Tai chi, Yoga and Mind/Body techniques to lengthen the body's muscles and instill a sense of mental strength. Celebrate your students' accomplishments during this track to leave them with positive feelings of self-efficacy.

# Choreography Notes



Track # **BONUS**  
Track Focus **Flotation (insert after Track 6)**  
Track Length **4:48**  
Song Title **Love Will Save the Day**  
BPM **132**

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
	Intro	2 x 8	Place noodle behind back, under arms, lay on R				
0:15	Verse 1	1 x 8	BICYCLE Side-lying bicycle (slow)	8	R	Sometimes life can make you crazy	<b>MOVE</b> Side-lying bicycle
		1 x 8	Side-lying bicycle (fast circle)	16	R	Try so hard	Double your speed and spin in a circle
		1 x 8	Side-lying bicycle (slow)	8	L	It's a common	Other side
		1 x 8	Side-lying bicycle (fast circle)	16	L	You're not the first	Fast and spin
0:45	Bridge 1	4 x 8	SHOOT THROUGHGS ALT Shoot throughs	16	RL	What you need is a change of heart	Lateral shoot through, legs and hips stacked
1:13	Chorus 1	4 x 8	CROSS COUNTRY TUCK CC/tuck (touch heel F/Toe B)	32	R	When you're feeling down and out	Cross country fast with a tuck, touch heel and toe
1:43	Verse 2	4 x 8	BICYCLE	1	RL	Many things in this	<b>MUSCLE</b> Side-lying bicycles, hamstrings, core
2:12	Bridge 2	4 x 8	SHOOT THROUGHGS	1	RL	What you need is a	Lateral shoot through, oblique
2:41	Chorus 2	4 x 8	CROSS COUNTRY TUCK	1	R	When you're feeling	Fast cross country with a tuck, extend your hip, core
3:10	Verse 3	4 x 8	BICYCLE	1	RL	Sometimes life can	<b>MOTIVATION</b> Side-lying bicycle, notice fatigue
3:39	Bridge 3	4 x 8	SHOOT THROUGHGS	1	RL	What you need is a	Lateral shoot through, Change your latitude, change your attitude!
4:08	Chorus 3	4 x 8	CROSS COUNTRY TUCK	1	R	When you're feeling	Quick cross country with a tuck, 32 & you're out of here!
	Finish	1 x 1	Land in cross country				

V1	B1	C1	V2	B2	C2	V3	B3	C3
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Trainer's Tip: Take advantage of the fun quality of the bicycle circle to inject fun into your class.



# Music Credits



**WATERinMOTION® Wave 38**  
YES2195 • Yes! Fitness Music

Songs Courtesy of:

Dancing Queen ~ Written by: B. Ulvaeus, Andersson ; Published by: Emi Ltd, Universal Music

Meant To Be ~ Written by: Garcia, Kelley, Rexha, Hubbard ; Published by: Universal Music, D Soul Music

Never Be The Same ~ Written by: Sloan, Cabello, Feeney, Noonie, Dawod, Olofsson ; Published by: Universal Music, Spirit Music Group, Emi Music Publ.

Proud Mary ~ Written by: J. Fogerty ; Published by: Jondora Music (Bmi)

Come Back And Stay ~ Written by: J. Lee ; Published by: Copyright Control

In My Blood ~ Written by: Geiger, Mendes, Warburton, Potec ; Published by: Mendes Music

It's My Life ~ Written by: Bon Jovi, Martin ; Published by: Universal Music

Urgent ~ Written by: Jones ; Published by: Somerset Songs Publishing Inc. (Ascap)

I've Got The Music In Me ~ Written by: Boshell ; Published by: Emi April Music, British Rocket Music

Unstoppable ~ Written by: Braide, S. Furler ; Published by: Pineapple Lasagne

Love Will Save The Day ~ Written by: Colandreo ; Published by: House Of Fun

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151 S. Pfingsten Rd.  
Deerfield, IL 60015.

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