

waterinmotion®

wave(39)



Everybody in!

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	Bad	Michael Jackson	Warm Up	5:02	136
2	Burnin' Up	Jessie J Ft 2 Chains	Cardio	4:58	140
3	Night Fever	Bee Gees	Lateral Travel	4:56	140
4	Lessons In Love (All Day, All Night)	Kaskade Ft Neon Trees	Speed	4:56	140
5	Nothing's Gonna Stop Us Now	Starship	Group	4:56	140
6	Don't Stop The Music	Rihanna	Suspension	4:54	140
7	Rewrite The Stars - From "The Greatest Showman"	Zac Efron, Zendaya	Upper Body	4:41	132
8	Girls Like You	Maroon 5 Ft Cardi B	Lower Body	4:45	132
9	Delicate	Taylor Swift	Core	4:43	132
10	Rise Up	Andra Day	Flexibility	5:14	86
11	2U	David Guetta Ft Justin Bieber	Bonus (Flotation)	4:54	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!

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**Music:** Yes! Fitness Music®

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

# Abbreviation Key

**\*\*Use the following, if needed, to decode the choreography notes listed on the following pages:**

OPP ..... Opposite

B ..... Back

ALT ..... Alternating

DBL ..... Double

CC ..... Cross Country

SSD ..... Single – Single – Double

L ..... Left

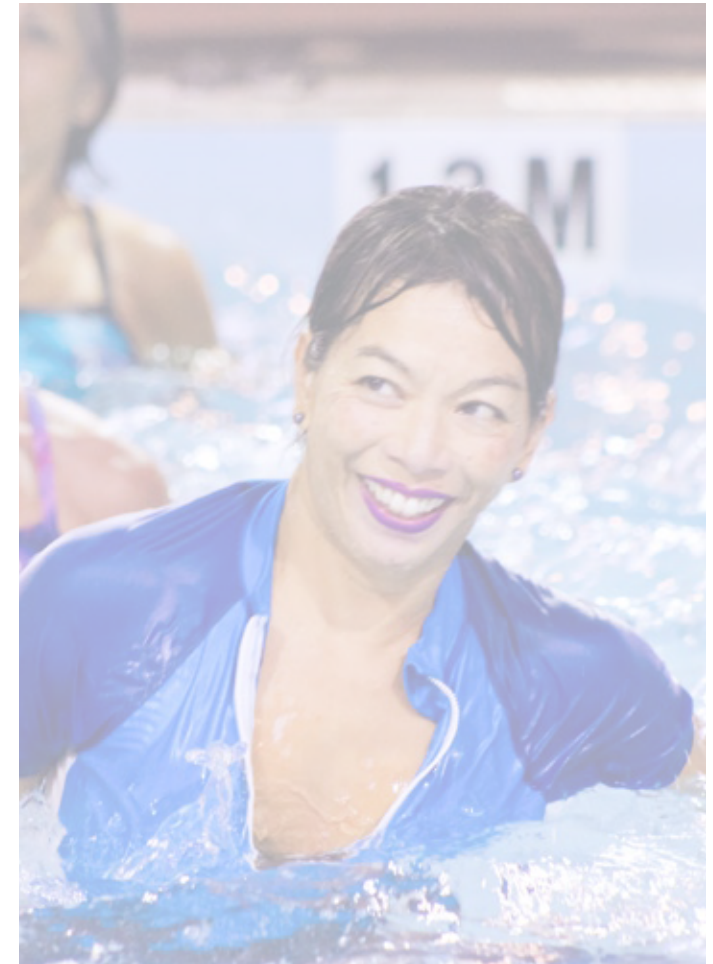
TVL ..... Travel

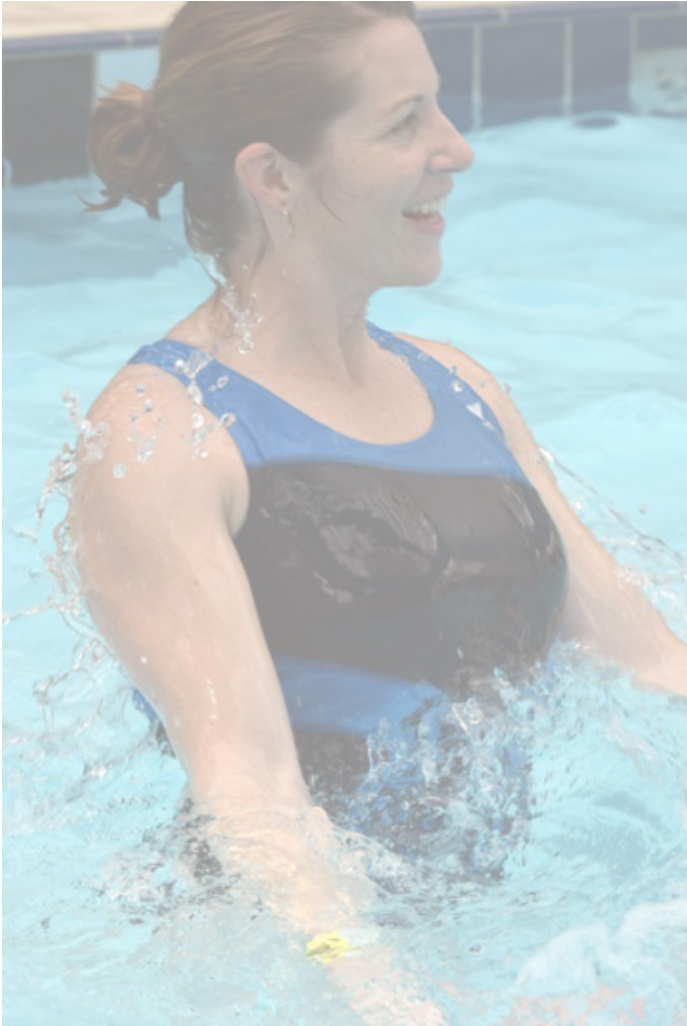
R ..... Right

F ..... Forward

JJ ..... Jumping Jack

**Color Code:**  **Verse**  **Chorus**  **Bridge**





WATERinMOTION® stays true to the fundamentals of aquatic fitness while incorporating choreography that is unique and pre-formatted to specifically match water tempo music. Even instructors find these more challenging tracks refreshing. The difference between WATERinMOTION® and other aqua fitness classes are innumerable. The integrity of this program, however, is maintained and respected over time with each new movement installment. WATERinMOTION® is at once similar to and different with from any other aqua class you have ever experience and it is renewed 4 times a year in licensed facilities! Intelligent, ingenious movement prescribed to inspiring music frees instructors to integrate WATERinMOTION® seamlessly and reach innumerable audiences.



# Choreography Notes

Track # 1  
Track Focus Warm - up  
Track Length 5:01  
Song Title Bad  
BPM 136

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type		
	Intro	2 x 8	Jog heel	16	R				
0:16	Verse 1	4 x 8	JOG HEEL Jog heel (Arms: Reach F, pull in)	32	R	Your butt is mine	<b>MOVE</b> Jog heel, arms push and pull		
0:44	Chorus 1	4 x 8	JACK OUT CROSS JJ out, cross center (Arms: Reach side, cross arms)	16		I'm bad	Jumping jack, crossing legs, arms are wide		
1:12	Bridge 1	4 x 8	RUN WIDE 2 Run wide x2, Run in x2	16	R	Instrumental	Run wide and narrow, 2 counts, fists in the water		
1:40	Verse 2	4 x 8	JOG HEEL	1	R	The word is out	<b>MUSCLE</b> Jog heel, chest, back, hamstrings		
2:08	Chorus 2	4 x 8	JACK OUT CROSS	1		I'm bad	Jack cross, inner/outer thighs		
2:37	Bridge 2	4 x 8	RUN WIDE 2	1	R	Instrumental	Run, quads, hip flexor		
3:05	Verse 3	4 x 8	JOG HEEL	1	R	Your butt is mine	<b>MOTIVATION</b> Jog heel, "can you get me wet?"		
3:33	Chorus 3	4 x 8	JACK OUT CROSS	1		I'm bad	Jack, 3rd time, energy		
4:00	Bridge 3	4 x 8	RUN WIDE 2	1	R	Instrumental	Run through the tires		
4:30	Chorus 4	4 x 8	JACK OUT CROSS	1		I'm bad	Jack, hit me, I'm bad		
	Finish	1 x 1	Land wide						
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

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

# Choreography Notes

Track # 2  
Track Focus Linear: forward/backward  
Track Length 4:57  
Song Title Burnin' Up  
BPM 140

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type		
	Intro	2 x 8	Jog heel	16	R				
0:16	Verse 1	4 x 8	SOCCER KICK 2 Soccer Kick x2 R, Soccer Kick x2 L	4	R	Hot in the kitchen	<b>MOVE</b> Double soccer kick, back/front		
0:42	Bridge 1	2 x 8	CROSS COUNTRY CC (Arms: DBL Scoop, extend B)	16	R	Come put me up	Cross country, double arm, rebound		
		2 x 8	Neutral CC	16	R	Walkin’ through	Neutral, lose the bounce		
1:10	Chorus 1	4 x 8	<b>HIIT:</b> 4 BIG KICKS Kick F TVL F x4, Kick B TVL B x4	4	R	I’m burnin’ up	Kick forward, push back, This is the HIIT block, go big		
1:37	Verse 2	4 x 8	SOCCER KICK 2	1	R	I got the matches	<b>MUSCLE</b> Double soccer, hamstring to quad		
2:05	Bridge 2	4 x 8	CROSS COUNTRY	1	R	Come put me up	Cross country, rebound, bi-ceps/triceps		
2:33	Chorus 2	4 x 8	<b>HIIT:</b> 4 BIG KICKS	1	R	I’m burnin’ up	Kick it! Glutes, chest		
3:00	Verse 3	4 x 8	SOCCER KICK 2	1	R	Hot in the kitchen	<b>MOTIVATION</b> Double soccer, “Are you hot in the kitchen?”		
3:27	Bridge 3	4 x 8	CROSS COUNTRY	1	R	Come put me up	Cross Country rebound, walk through the fire		
3:55	Chorus 3	4 x 8	<b>HIIT:</b> 4 BIG KICKS	1	R	I’m burnin’ up	Double block of kicks		
4:22	Chorus 4	4 x 8	<b>HIIT:</b> 4 BIG KICKS	1	R	I’m burnin’ up	Everything you’ve got!		
	Finish	1 x 1	Land wide, arms forward						
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4

Trainer's Tip: Create intensity throughout the track by coaching your class to find their biggest range of motion(ROM), push against the water's resistance to move water and travel as much as possible on the HIIT block.

# Choreography Notes

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

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
	Intro	2 x 8	Wide Jog	16	R		
0:16	Verse 1	4 x 8	KARATE SIDE JACK ALT Karate kick side, stomp down, JJ	8	R	Listen to the ground	<b>MOVE</b> Karate side, stomp, jack
0:42	Bridge 1	2 x 8	LUNGE PULL RIGHT Lunge JJ R (Arms: Reach R, pull across F)	8	R	Here I am, prayin'	Lunge pull, scoop water to travel
		2 x 8	Lunge JJ L (Arms: Reach L, pull across F)	8	L	Instrumental	Go back to the other side
1:10	Chorus 1	1 x 8	<b>HIIT</b> : LEG SWING SIDE Pendulum x5, Karate kick repeater x3	1	R	Night fever	Pendulum karate, leg out
		1 x 8	Pendulum x5, Karate kick repeater x3	1	L	Night fever	Arms in opposition
		1 x 8	Pendulum x5, Karate kick repeater x3	1	R	Night fever	HIIT interval
		1 x 8	Pendulum x5, Karate kick repeater x3	1	L	Night fever	
1:37	Verse 2	4 x 8	KARATE SIDE JACK	1	R	In the heat of our love	<b>MUSCLE</b> Karate, glutes, triceps
2:05	Bridge 2	4 x 8	LUNGE PULL RIGHT	1	RL	Here I am, prayin'	Lunge travel right, outer/inner thighs
2:33	Chorus 2	4 x 8	<b>HIIT</b> : LEG SWING SIDE	1	RL	Night fever	Pendulum 5 & karate, glutes, inner thighs
3:00	Verse 3	4 x 8	KARATE SIDE JACK	1	R	Listen to the ground	<b>MOTIVATION</b> Karate stomp jack, I see the waves
3:27	Bridge 3	4 x 8	LUNGE PULL RIGHT	1	RL	Here I am, prayin'	Lunge pull, Here I am
3:55	Chorus 3	4 x 8	<b>HIIT</b> : LEG SWING SIDE	1	RL	Night fever	Pendulum karate, count it
4:22	Chorus 4	4 x 8	<b>HIIT</b> : LEG SWING SIDE	1	RL	Night fever	Same move, swing your arms, big rebound
	Finish	1 x 1	Land wide				

V1	B1	C1	V2	B2	C2	V3	B3	C3	C4
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Trainer's Tip: Take advantage of the power of the Karate-inspired moves to excite your class. Involve them in counting the Karate kick repeater to connect with them.



# Choreography Notes

Track # 4  
Track Focus Speed  
Track Length 4:56  
Song Title Lessons In Love (All Day, All Night)  
BPM 140

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type			
	Intro	2 x 8	CC	16	R					
0:14	Verse 1	2 x 8	CROSS COUNTRY FORWARD CC TVL F (Arms: ALT punch/elbow strike)	16	R	When you walk my way	<b>MOVE</b> Cross country travel forward, punch forward, elbow strike back			
		2 x 8	CC TVL B (Arms: ALT punch/elbow strike)	16	R	Time	Travel back			
0:42	Bridge 1	4 x 8	RUN 4 WIDE 4 Run x4, Run wide x4 (Arms: push F x2, S x2)	8	R	Instrumental	Run narrow and wide, arms in the same direction			
1:10	Chorus 1	4 x 8	<b>HIIT:</b> 1 LEG POWER PENDULUM Pendulum out R/jump up ADD x4 R Pendulum out L/jump up ADD x4 L	4	RL	All day all night	One-legged pendulum, come up off of the floor, click your heels			
1:37	Verse 2	4 x 8	CROSS COUNTRY FORWARD	1	R	If I walk away	<b>MUSCLE</b> Cross country travel, chest, back, core, glutes			
2:05	Bridge 2	4 x 8	RUN 4 WIDE 4	1	R	Instrumental	Run, push pull, all muscles			
2:33	Chorus 2	4 x 8	<b>HIIT:</b> 1 LEG POWER PENDULUM	1	RL	All day all night	Power pendulum, inner thighs			
3:00	Verse 3	4 x 8	CROSS COUNTRY FORWARD	1	R	When you walk my way	<b>MOTIVATION</b> Cross country, add a “Huh!”			
3:27	Bridge 3	4 x 8	RUN 4 WIDE 4	1	R	Instrumental	Run, higher, stronger			
3:55	Chorus 3	4 x 8	<b>HIIT:</b> 1 LEG POWER PENDULUM	1	RL	All day all night	Power pendulum, double HIIT, jump out to your belly button			
4:22	Chorus 4	4 x 8	<b>HIIT:</b> 1 LEG POWER PENDULUM	1	RL	All day all night	Give all you have			
	Finish	1 x 1	Land wide							
V1		B1	C1	V2	B2	C2	V3	B3	C3	C4

Trainer's Tip: Build intensity throughout this track by building on the strong upper body moves in the verse with the speed of the bridge block and power in the chorus block.

# Choreography Notes

Track # 5  
Track Focus Group  
Track Length 4:56  
Song Title Nothing's Gonna Stop Us Now  
BPM 140

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type			
	Intro	2 x 8	Jog, Introduce the activity: Black Jack – 3 stations, aim for 21 repetitions at each station, run to travel to the next station.							
0:15	Verse 1	4 x 8	Squat Jumps/Rocket Jacks/High Knee Run	21		Lookin’ in your eyes	<b>MOVE</b> review each station			
0:42	Chorus 1	4 x 8	Cue to go to the next station	21		And we can build	Switch, review each station			
1:10	Bridge 1	4 x 8	Cue to go to the next station	21		Now, instrumental	Switch, review each station			
1:37	Verse 2	4 x 8	Cue to go to the next station	21		I’m so glad I found	<b>MUSCLE</b> Station 1 squat jumps, core, glutes, quads			
2:05	Chorus 2	4 x 8	Cue to go to the next station	21		And we can build	Station 2 Rocket Jacks, inner thighs, glutes, lats			
2:33	Bridge 2	4 x 8	Cue to go to the next station	21		Now, instrumental	Station 3 – Run, full body			
3:00	Verse 3	4 x 8	Cue to go to the next station	21		Lookin’ in your eyes	<b>MOTIVATION</b> We are killing it			
3:27	Chorus 3	4 x 8	Cue to go to the next station	21		And we can build	Bigger than before!			
3:55	Bridge 3	4 x 8	Cue to go to the next station	21		Now, instrumental	We have one more minute			
4:22	Bridge 4	4 x 8	Cue to go to the next station	21		Now, instrumental	This is the last set, finish strong			
	Finish	1 x 1	Land wide, hands overhead							
V1		C1	B1	V2	C2	B2	V3	C3	B3	B4

Trainer's Tip: The 3 stations in a circuit in this track is a unique strategy to WATERinMOTION®s. Setting up the 3 stations right from the beginning will help you to manage the group dynamics.

# Choreography Notes

Track # 6  
Track Focus Suspension  
Track Length 4:54  
Song Title Don't Stop the Music  
BPM 140

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type			
	Intro	2 x 8	Lower to neutral, CC	16	R					
0:15	Verse 1	1 x 8	CROSS COUNTRY & LEAN Neutral CC	8	R	It's getting late	<b>MOVE</b> Neutral cross country			
		1 x 8	Lean R, SUSP CC	8	R	Shake the stress	Tip your head right			
		1 x 8	Neutral CC	8	R	Who knew that you'd	Back to center			
		1 x 8	Lean L, SUSP CC	8	R	Impossible	Tip the other way			
0:42	Bridge 1	2 x 8	KICK AND REACH ALT Seated kick F (Arms: OPP reach to toes)	16	R	Do you know when to start it	Seated neutral kick, reach for your toe			
		2 x 8	ALT Seated wide kick (Arms: Same side toe touch)	16	R	I want to take you away	Take legs wide, reach for your toes			
1:10	Chorus 1	4 x 8	<b>HIIT:</b> WIDE KICK COMBO DBL seated wide kick, ADD, ABD, touch down	8		Don't stop the music	Kick out, pull in, push out, down			
1:37	Verse 2	4 x 8	CROSS COUNTRY & LEAN	1	R	Baby, are you ready	<b>MUSCLE</b> Neutral cross country, Hip flexor, core			
2:05	Bridge 2	4 x 8	KICK AND REACH	1	R	Do you know when	Kick and reach, quads, core			
2:33	Chorus 2	4 x 8	<b>HIIT:</b> WIDE KICK COMBO	1		Don't stop the music	Wide kick combo, quads, inner/outer thighs			
3:00	Verse 3	4 x 8	CROSS COUNTRY & LEAN	1	R	It's getting late	<b>MOTIVATION</b> Neutral cross country, a little bigger slide			
3:27	Bridge 3	4 x 8	KICK AND REACH	1	R	Do you know when	Seated neutral kick, give me some splash			
3:55	Chorus 3	4 x 8	<b>HIIT:</b> WIDE KICK COMBO	1		Don't stop the music	Wide kick, all out, surprise coming			
4:22	Chorus 4	4 x 8	<b>HIIT:</b> WIDE KICK COMBO Option: all SUSP	1		Don't stop the music	Option to suspend the whole move			
	Finish	1 x 1	Kick and punch							
V1		B1	C1	V2	B2	C2	V3	B3	C3	C4

Trainer's Tip: This track offers many opportunities to contact the pool bottom. Invite students to touch the bottom as much or as little as they prefer.

# Choreography Notes

Track # 7  
 Equipment Noodle  
 Track Focus Upper Body  
 Track Length 4:41  
 Song Title Rewrite the Stars  
 BPM 132

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type		
	Intro	2 x 8	Position noodle in straddle, lower to suspend						
0:15	Verse 1	4 x 8	PUSH AND PULL ALT 1-arm Chest press F/Triceps ext. B	16	R	You know I want you	<b>MOVE</b> Push pull, elbows in, arms front and back		
0:44	Chorus 1	1 x 8	BREAST STROKE 2 & TURN Face R Breast stroke x2, R-arm breast stroke x2 turn	1	R	Rewrite the stars	Breast stroke arms 2 times, use back arm only to pull around to the front		
		1 x 8	Face L Breast stroke x2, L-arm breast stroke x2 turn	1	L	Keep us apart	2 breast strokes		
		1 x 8	Face R Breast stroke x2, R-arm breast stroke x2 turn	1	R	It's up to you	Other side		
		1 x 8	Face L Breast stroke x2, L-arm breast stroke x2 turn	1	L	Rewrite the stars	Last time		
1:14	Bridge 1	4 x 8	BICEPS CURL SLOW FAST 2 ALT Biceps curls, slow fast fast	16	R	Tonight, keyboard	Biceps curl, powerful then quick quick		
1:43	Verse 2	4 x 8	PUSH AND PULL	1	R	You think it's easy	<b>MUSCLE</b> Push pull, chest, upper back, triceps		
2:12	Chorus 2	4 x 8	BREAST STROKE 2 & TURN	1	RL	Rewrite the stars	Breast stroke right, upper back		
2:41	Bridge 2	4 x 8	BICEPS CURL SLOW FAST 2	1	R	Tonight, keyboard	Power biceps curl, engage core, biceps		
3:10	Verse 3	4 x 8	PUSH AND PULL	1	R	You know I want you	<b>MOTIVATION</b> Push pull, dance		
3:39	Chorus 3	4 x 8	BREAST STROKE 2 & TURN	1	RL	Rewrite the stars	2 breast strokes, write your story		
4:08	Bridge 3	4 x 8	BICEPS CURL SLOW FAST 2	1	R	Tonight, keyboard	Power biceps, strong hit, then fast, getting stronger		
	Finish	1 x 1	Land wide, reach forward						
V1		C1	B1	V2	C2	B2	V3	C3	B3

Trainer's Tip: Use sharp, defined movements to demonstrate the moves in this track. Remind students about upright posture, especially during the breast stroke block.

# Choreography Notes

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

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type		
	Intro	2 x 8	Noodle in hands, lean slightly F						
0:15	Verse 1	4 x 8	KICK BACK 2 & ANGLE 2 Straight kick B x2, DIAG kick B x2	8	R	Spent 24 hours, I need more hours	<b>MOVE</b> Kick back 2, rebound, 2 diagonal back		
0:45	Bridge 1	1 x 8	KARATE BACK REPEATER Karate kick B	8	R	Not too long ago	Karate kick back repeater, stay in position		
		1 x 8	Karate kick B	8	L		Switch, knee to noodle		
		1 x 8	Karate kick B	8	R		Switch		
		1 x 8	Karate kick B	8	L		Last set		
1:13	Chorus 1	4 x 8	BIG KICK RUN 2 High flick kick, Run heel x2 (Arms: push F on kick)	16	RL	Girls like you	Big kick run 2, heels towards your bottom		
1:43	Verse 2	4 x 8	KICK BACK 2 & ANGLE 2	1	R	I spent last night, on the last flight	<b>MUSCLE</b> Lean forward, kick back, glutes		
2:12	Bridge 2	4 x 8	KARATE BACK REPEATER	1	RL	Not too long ago	Kick back repeater, glutes		
2:41	Chorus 2	4 x 8	BIG KICK RUN 2	1	RL	Girls like you	Big kick front, run run, quads, hamstrings		
3:10	Verse 3	4 x 8	KICK BACK 2 & ANGLE 2	1	R	I need more hours	<b>MOTIVATION</b> Kick back, lean over, noodle down		
3:39	Bridge 3	4 x 8	KARATE BACK REPEATER	1	RL	Not too long ago	Karate back repeater, pull your knee in, spice it up		
4:08	Chorus 3	4 x 8	BIG KICK RUN 2	1	RL	Girls like you	Big kick run. I want muscles like you		
	Finish	1 x 1	Land wide, push front						
V1		B1	C1	V2	B2	C2	V3	B3	C3

Trainer's Tip: Keep the intensity up with this lower body track by using rebound moves and large muscle groups.



# Choreography Notes

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

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type		
	Intro	2 x 8	Noodle behind the back, ends in hands						
0:15	Verse 1	4 x 8	CRUNCH SIDE TO FOOT Alt Side crunch to lifted foot	16	R	Dive bar on the East	<b>MOVE</b> Side crunch and reach, feet up, hands down		
0:44	Chorus 1	2 x 8	TUCK KICK Tuck, Karate kick R B (Arms: Triceps press back, elbow flex)	8	R	Is it cool that I said	Tuck and leg kick back		
		2 x 8	Tuck, Karate kick L B (Arms: Triceps press back, elbow flex)	8	L	Is it cool that I said	Change legs, full range of motion		
1:14	Bridge 1	2 x 8	ELBOW TWIST GND OPP elbow to knee	8	R	Isn't it	Elbow twist, crunch		
		2 x 8	GND OPP elbow to knee, fast	16	R	Sometimes I wonder	Change tempo faster		
1:43	Verse 2	4 x 8	CRUNCH SIDE TO FOOT	1	R	Third floor on the West Side	<b>MUSCLE</b> Side tuck, reach down, obliques, lats		
2:12	Chorus 2	4 x 8	TUCK KICK	1	R	Is it cool that I said	Tuck and reach leg back, Abs and glutes		
2:41	Bridge 2	4 x 8	ELBOW TWIST	1	R	Isn't it	Elbow twist, higher knee, abs and obliques		
3:10	Verse 3	4 x 8	CRUNCH SIDE TO FOOT	1	R	Dive bar on the East	<b>MOTIVATION</b> Crunch side, tighter, feet higher		
3:39	Chorus 3	4 x 8	TUCK KICK	1	R	Is it cool that I said	Tuck and kick, How are you?		
4:08	Bridge 3	4 x 8	ELBOW TWIST	1	R	Isn't it	Elbow twist, give me your best		
	Finish	1 x 1	Stand up tall, hands down						
V1		C1	B1	V2	C2	B2	V3	C3	B3

Trainer's Tip: Each of these exercises moves in multiple planes and targets multiple muscles of the core.

# Choreography Notes

Track # 10  
Track Focus Flexibility Training  
Track Length 3:57  
Song Title Rise Up  
BPM n/a

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type		
	Intro	2 x 8	Ai Chi Opening						
0:17	Verse 1	1 x 8	STEP RIGHT LUNGE Lunge R 1-4, arms open palms up Pivot to face R 5-8, arms close palms down	1	R	You're broken down and tired	<b>MOVE</b> Lunge wide side, Warrior 1, palms down		
		1 x 8	Sweep L leg F 1-4, arms sweep down and back Sweep L Leg B to Warrior 3 5-8	1	R	And you can't find	Leg sweeps front, leg sweeps back, Warrior 3		
		1 x 8	Lunge L 1-4, arms open palms up Pivot to face L 5-8, arms close palms down	1	L	Move mountains	Other side, palms up, turn to Warrior 1		
		1 x 8	Sweep R leg F 1-4, arms sweep down and back Sweep R Leg B to Warrior 3 5-8	1	L	Move mountains	Slide the back leg front and back		
0:49	Chorus 1	1 x 8	LUNGE & SIDE STRETCH Lunge R F, R arms reaches up & over 1-4 L arm reaches up & over 5-8	1	R	I'll rise up	Right lunge, right arm, now left arm		
		1 x 8	Mountain on toes 1-4, Standing down dog on heels 5-8	1	R	I'll rise up	Up on the toes and then rock back, toes up		
		1 x 8	Lunge L F, L arms reaches up & over 1-4 R arm reaches up & over 5-8	1	L	I'll rise up	Other arm lunge		
		1 x 8	Mountain on toes 1-4, Standing down dog on heels 5-8	1	L	I'll rise up	Rise up to your toes, Mountain pose, hips back		
1:22	Bridge 1	1 x 8	TWIST Standing Spinal Twist (hand to knee)	1	R	For you	Knee up and rotate		
		1 x 8	Lunge behind (hand to OPP foot in B)	1	L	For you	Lunge behind and reach, float up back leg		
		1 x 8	Standing Spinal Twist (hand to knee)	1	R	All we need is hope	Rotate with the other knee		
		1 x 8	Lunge behind (hand to OPP foot in B)	1	L	Each other	Leg back and reach, bend up		
1:55	Verse 2	4 x 8	STEP RIGHT LUNGE	1	RL	When the silence isn't	<b>MUSCLE</b> Stretch inner thigh		
2:28	Chorus 2	4 x 8	LUNGE & SIDE STRETCH	1	RL	I'll rise up	Lengthen side body		
2:59	Bridge 2	4 x 8	TWIST	1	RL	For you	Rotate, spine stretch		
3:32	Verse 3	4 x 8	STEP RIGHT LUNGE	1	RL	You're broken down	<b>MOTIVATION</b> Lunge side		
4:05	Chorus 3	4 x 8	LUNGE & SIDE STRETCH	1	RL	I'll rise up	Lunge forward, reach up		
4:37	Bridge 3	4 x 8	TWIST	1	RL	For you	Rotation, breathe		
	Finish	1 x 1	Lunge side, open arms						
V1		C1	B1	V2	C2	B2	V3	C3	B3

Trainer's Tip: Match the tone of your voice with the gentleness of the song. The Ai Chi influence in the verse is demonstrated with smooth, slow, circular movements.

# Choreography Notes

Track # BONUS  
Track Focus Cardio (insert after Track 2)  
Track Length 4:53  
Song Title 2U  
BPM 140

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type			
	Intro	2 x 8	JJ	8						
0:16	Verse 1	4 x 8	BOW AND ARROW JACK JJ (Arms: ALT Elbow strike B, Sweep F)	16	R	No limit in the sky	<b>MOVE</b> Bow and arrow jack, right then left			
0:42	Bridge 1	4 x 8	SWING FRONT BACK ALT Leg swing F/B (Arms: DBL swing B/F)	16	R	Instrumental	Front and back leg swing, rebound, point toes			
1:10	Chorus 1	1 x 8	<b>HIIT:</b> 3 LEAPS RIGHT Face R, Leap F x3, JJ x1	1	R	When it comes to	3 leaps to a jack, right			
		1 x 8	Face L, Leap F x3, JJ x1	1	L		Other side, straight leg			
		1 x 8	Face R, Leap F x3, JJ x1	1	R	When it comes to	Travel			
		1 x 8	Face L, Leap F x3, JJ x1	1	L		Last time left			
1:37	Verse 2	4 x 8	BOW AND ARROW JACK	1	R	Cupid ain't a lie	<b>MUSCLE</b> Jacks, chest & back, inner/outer thighs			
2:05	Bridge 2	4 x 8	SWING FRONT BACK	1	R	Instrumental	Front back swing, quads and glutes			
2:33	Chorus 2	4 x 8	<b>HIIT:</b> 3 LEAPS RIGHT	1	RL	When it comes to	3 leaps and jack, HIIT, glutes and quads			
3:00	Verse 3	4 x 8	BOW AND ARROW JACK	1	R	No limit in the sky	<b>MOTIVATION</b> Bow and arrow jack, "Knock me down"			
3:27	Bridge 3	4 x 8	SWING FRONT BACK	1	R	Instrumental	Front and back swing, "Serve me the white water."			
3:55	Chorus 3	4 x 8	<b>HIIT:</b> 3 LEAPS RIGHT	1	RL	When it comes to	3 leaps and jack, HIIT, travel a little more			
4:22	Chorus 4	4 x 8	<b>HIIT:</b> 3 LEAPS RIGHT	1	RL		Show me your best			
	Finish	1 x 1	Bow and arrow, land wide							
V1		B1	C1	V2	B2	C2	V3	B3	C3	C4

Trainer's Tip: This bonus cardio track boosts the cardio intensity of this boot camp release. Coach students to travel as far as possible on the 3 Leaps.

# Music Credits



**WATERinMOTION® Wave 39**  
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Songs Courtesy of:

Bad ~ Written by: M. Jackson ; Published by: Mijac Music

Burnin' Up ~ Written by: Goransson, Lewis, Reed, Cornish, Hindlin, Schuller, Epps, Angelides, R. Arduini ; Published by: Kobalt Music

Night Fever ~ Written by: B. GIBB, M. GIBB ; Published by: GIBB BROTHERS MUSIC

Lessons In Love (All Day, All Night) ~ Written by: F. Bjarnson, R. Raddon ; Published by: Ultra Tunes (Ascap)

Nothing's Gonna Stop Us Now ~ Written by: Hammond, Warren ; Published by: Real Song, Bmg Publishing

Don't Stop The Music ~ Written by: H. Barnes, Parker, Nobles ; Published by: Warner Bros Music

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