

wave40



POOL
PARTY!

Happy 10th
Birthday

waterinmotion®

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	Can't Take My Eyes Off Of You	Frankie Valli	Warm Up	5:02	136
2	Born To Be Wild	Steppenwolf	Cardio	4:58	140
3	What's Up	4 Non Blondes	Lateral Travel	4:56	140
4	Maniac	Michael Sembello	Speed	4:56	140
5	So Many Men (So Little Time)	Miquel Brown	Group	4:56	140
6	Bleeding Love	Leona Lewis	Suspension	4:54	140
7	You Belong With Me	Taylor Swift	Upper Body	4:40	132
8	She's A Bad Mama Jama	Carl Carlton	Lower Body	4:41	132
9	You Make Me Feel (Mighty Real)	Sylvester	Core	4:43	132
10	Thank You	Dido	Flexibility	3:40	80
11	Like A Prayer	Madonna	Bonus (Flotation)	4:43	132
12	Let It Snow	Jessica Simpson	Bonus- Cardio	4:54	140

*Songs not performed by the original artist

Changing the Tide in Water Exercise



Twelve 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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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 with each new movement installment. WATERinMOTION® is at once similar to and different 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 a wide variety of audiences.

Choreography Notes

Track # 1
Track Focus Warm - up
Track Length 5:04
Song Title Can't Take My Eyes Off Of You
BPM 136

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
	Intro		Jog x3, Run x2	4	R		
0:14	Verse 1	1 x 8	JOG COMBO Jog	8	R	You're just to good	MOVE: Jog for 8
		1 x 8	Jog wide	8	R	You feel like heaven	Go wide
		1 x 8	Jog heel	8	R	At long last love has	Heels back
		1 x 8	Low kick (Arms: sweep FWD 1-4, cross at eye level 5-6, push front and down 7-8)	8	R	You're just to good to be true	Kick forward
0:43	Chorus 1	1 x 8	DIAGONAL JACKS: Diagonal JJ, facing R corner (Arms: sweep open)	4		I love you, baby	Angle jumping jack, to the corner, 4 and 4
		1 x 8	Diagonal JJ, facing L corner (Arms: sweep open)	4		I love you, baby	Switch
		1 x 8	Diagonal JJ, Rx2, Lx2 (Arms: sweep open)	1		Oh, pretty baby	Now 2 and 2
		1 x 8	ALT Diagonal JJ (Arms: sweep open)	4		Let me love you	4 singles right and left
1:12	Bridge 1	4 x 8	JOG 3 RUN 2 Jog x3, Run x2	8	R	Da da, da da, da da	Jog 3, run 2
1:40	Verse 2	4 x 8	JOG COMBO	1	R	You're just to good to be true	MUSCLE: Jog, quads, hamstrings
2:08	Chorus 2	4 x 8	DIAGONAL JACKS	1		I love you, baby	Angles jacks, inner & outer thighs
2:36	Bridge 2	4 x 8	JOG 3 RUN 2	1	R	Da da, da da, da da	3 jogs 2 runs, hip flexor
3:04	Verse 3	4 x 8	JOG COMBO	1	R	Pardon the way that I stare	MOTIVATION: Regular jog, go a little bigger
3:33	Chorus 3	4 x 8	DIAGONAL JACKS	1		I love you, baby	Angle jumping jack
4:01	Bridge 3	4 x 8	JOG 3 RUN 2	1	R	Da da, da da, da da	Jog 3 run 2, everybody sing
4:29	Chorus 4	4 x 8	DIAGONAL JACKS	1		I love you, baby	Jumping jack
	Finish	1 x 1	Land wide, fingers frame eyes				
<div> <div>V1</div> <div>C1</div> <div>B1</div> <div>V2</div> <div>C2</div> <div>B2</div> <div>V3</div> <div>C3</div> <div>B3</div> <div>C4</div> </div>							

Trainer's Tip: Play up the fun factor in this track by singing along, enthusiastically demonstrating the arm movements and facing different directions to get familiar with the other people in the pool.

Choreography Notes

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

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type			
	Intro		Jog	16	R					
0:16	Verse 1	1 x 8	JOG TRAVEL BACK Jog TVL B (Arms: biceps curl 1-4, ALT Hitchhiker 5-8)	8	R	Get your motor run	MOVE: Jog and travel back, hitchhiker hands			
		1 x 8	DBL Leap TVL F (Arms: breast stroke)	4	R	Lookin for adventure	Travel forward in a leap			
		1 x 8	Jog TVL B (Arms: biceps curl 1-4, ALT Hitchhiker 5-8)	8	R	Yeah Darlin’ go make	Traveling back again			
		1 x 8	DBL Leap TVL F (Arms: breast stroke)	4	R	Fire all of your guns	Leap forward, look for adventure			
0:42	Chorus 1	1 x 8	CROSS COUNTRY COMBO Neutral CC	8	R	Like a true nature’s	Cross country ski, lower yourself			
		1 x 8	CC (Rebound)	8	R	We can climb so high	Rebound, add energy			
		1 x 8	CC (Arms: ALT Punch up)	8	R	Born to be wild	Add fists overhead			
		1 x 8	DBL Power CC	4	R	Born to be wild	Double cross country			
1:09	Bridge 1	2 x 8	SPEED RUN Run x 8, Run Wide x 8	2	R	instrumental	Run, wide			
		2 x 8	Speed Run x 16, Speed Run Wide x 16	2	R	instrumental	Double speed			
1:37	Verse 2	4 x 8	JOG TRAVEL BACK	1	R	I like smoke	MUSCLE: Jog, glutes& hams			
2:05	Chorus 2	4 x 8	CROSS COUNTRY COMBO	1	R	Like a true nature’s	Cross country, leg muscles			
2:33	Bridge 2	4 x 8	SPEED RUN	1	R	instrumental	Run			
3:00	Verse 3	4 x 8	JOG TRAVEL BACK	1	R	Get your motor running	MOTIVATION: Jog back, come on an adventure			
3:27	Chorus 3	4 x 8	CROSS COUNTRY COMBO	1	R	Like a true nature’s	Cross country, make it the best that you can			
3:55	Bridge 3	4 x 8	SPEED RUN	1	R	instrumental	Run, show me your wild			
4:22	Chorus 4	4 x 8	CROSS COUNTRY COMBO	1	R	Like a true nature’s	Cross country ski, start low			
	Finish	1 x 1	Lunge, punch up							
V1		C1	B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Tip: Build intensity and excitement on the Chorus block starting low and quiet and getting bigger, taller and louder through the block.

Choreography Notes

Track # 3
Track Focus Lateral Travel
Track Length 4:57
Song Title What's Up
BPM 140

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type			
	Intro	2 x 8	Jog heel	16	R					
0:14	Verse 1	1 x 8	ROCK 'N KICK Rocking horse w/ kick F	4	R	25 years	MOVE: Rock and kick			
		1 x 8	Karate kick repeater B x4, F x4	1	R	Hope	Back leg karate back & front			
		1 x 8	Rocking horse w/ kick F	4	L	I wake	Rock and kick 4			
		1 x 8	Karate kick repeater B x4, F x4	1	L	Scream	Back leg kicks back			
0:42	Chorus 1	2 x 8	JACK 'N SPLASH JJ (Arms: Surface slap fast x 2, clap overhead x 1)	8		And I said “Hey”	Slap and jack			
		1 x 8	JJ TVL R	4		And I said “Hey”	Jack and travel			
		1 x 8	JJ TVL L	4		And I said “Hey”	Change direction			
1:10	Bridge 1	1 x 8	WIDE RUN SIDE Wide run TVL R x8, Karate side R x4	1	R	instrumental	Run wide travel 8, karate side 4			
		1 x 8	Wide run TVL L x8, Karate side L x4	1	L		Wide run			
		1 x 8	Wide run TVL R x8, Karate side R x4	1	R		Change sides			
		1 x 8	Wide run TVL L x8, Karate side L x4	1	L		One more time			
1:36	Verse 2	4 x 8	ROCK 'N KICK	1	RL	And I try	MUSCLE: Rock and kick, hamstrings and quads			
2:04	Chorus 2	4 x 8	JACK 'N SPLASH	1		And I said “Hey”	Jack slap, inner and outer thighs			
2:32	Bridge 2	4 x 8	WIDE RUN SIDE	1	RL	instrumental	Run wide, glutes			
2:58	Verse 3	4 x 8	ROCK 'N KICK	1	RL	I cross my heart	MOTIVATION: Rock and kick, we feel high			
3:27	Chorus 3	4 x 8	JACK 'N SPLASH	1		And I said “Hey”	Jack & slap, get stronger			
3:54	Bridge 3	4 x 8	WIDE RUN SIDE	1	RL	instrumental	Wide run, your run, power			
4:22	Chorus 4	4 x 8	JACK 'N SPLASH	1		And I said “Hey”	Jack and slap, enjoy			
	Finish	1 x 1	Land wide							
V1		C1	B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Tip: Keep the intensity and fun going by encouraging your students to increase their ROM and splash a little on the Jack 'n Splash block.

Choreography Notes

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

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type			
	Intro	2 x 8	Flick kick							
0:15	Verse 1	2 x 8	FLICK Flick Kick SSD	4	R	Just a steel town girl	MOVE: Flick kick, single single double			
		2 x 8	Side Flick Kick SSD	4	R	Locking rhythms	Wide			
0:42	Bridge 1	4 x 8	ROCKING HORSE TURN Rocking Horse R x1, Rock x1, kick turn x1 Rocking Horse L x1, Rock x1, kick turn x1	4	R	It can cut you like a knife	Rock, turn and kick			
1:10	Chorus 1	1 x 8	MANIAC RUN Run	16	R	She's a maniac	Maniac run, slide your arms			
		1 x 8	Rocket JJ	8		And she's dancin'	8 Rocket jacks			
		1 x 8	Run	16	R	She's a maniac	Dance and slide			
		1 x 8	Rocket JJ	8		And she's dancin'	Rocket jack			
1:37	Verse 2	4 x 8	FLICK	1	R	On the ice-build iron	MUSCLE Flick kick, quads			
2:05	Bridge 2	4 x 8	ROCKING HORSE TURN	1	R	It can cut you like	Rock, turn and kick, quads, hamstrings, back			
2:33	Chorus 2	4 x 8	MANIAC RUN	1	R	She's a maniac	Maniac run, Rockets			
3:00	Verse 3	4 x 8	FLICK	1	R	Just a steel town girl	MOTIVATION Flick kick, looking for more			
3:27	Bridge 3	4 x 8	ROCKING HORSE TURN	1	R	It can cut you like	Rock, turn and kick, be the dancer			
3:55	Chorus 3	4 x 8	MANIAC RUN	1	R	She's a maniac	Run, Rocket, more this time			
4:22	Chorus 4	4 x 8	MANIAC RUN	1	R	She's a maniac	Let loose, run, rocket			
	Finish	1 x 1	Land wide, lay out							
V1		B1	C1	V2	B2	C2	V3	B3	C3	C4

Trainer's Tip: This song and movement inspiration both come from the movie Flashdance. Consider watching it to pick out the inspirational moves. Help your students find their inner dancer by demonstrating your own inner-dancer moves.

Choreography Notes

Track # 5
Track Focus Group
Track Length 4:56
Song Title So Many Men
BPM 140

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
	Intro	2 x 8	Jog into straight line, hands behind neighbors' backs	16	R		
0:15	Verse 1	4 x 8	CAN-CAN R - Jog, Jump together, Kick, Jump together L - Jog, Jump together, Kick, Jump together	4	R	Its morning, I open my eyes	MOVE Can-can, knee, jump, kick, jump
0:42	Chorus 1	4 x 8	KICK 3 RUN 2 Alt Kick x3, Run heel x2	8	R	So many men, so little time	3 kicks, 2 run heels in back
1:09	Bridge 1	1 x 8	BACK KICK Kick B	8	R	5, 10, 20, 40	Kick combo, kick back
		1 x 8	Kick F	8	R	50, 60, 70	Kick forward
		1 x 8	Kick B x4, Kick F x4	1	R	5, 10, 20, 40	Back for 4, up for
		1 x 8	Kick B x2, Kick F x2	2	R	50, 60, 70	2 and 2 please
1:37	Verse 2	4 x 8	CAN-CAN	1	R	They tell me I'm up	MUSCLE Can-can, hip flexors, quads, shoulders, lats
2:05	Chorus 2	4 x 8	KICK 3 RUN 2	1	R	So many men	3 front kick, 2 runs, quads
2:32	Bridge 2	4 x 8	BACK KICK	1	R	5, 10, 20, 40	Kick combo, 8 to the back, hamstrings, quads, glutes
2:59	Verse 3	4 x 8	CAN-CAN	1	R	So, who really cares	MOTIVATION Can-can, say HEY
3:27	Chorus 3	4 x 8	KICK 3 RUN 2	1	R	So many men	3 front kicks, 2 runs, feet up
3:54	Bridge 3	4 x 8	BACK KICK	1	R	5, 10, 20, 40	Kick combo, 8 back
4:22	Chorus 4	4 x 8	KICK 3 RUN 2	1	R	So many men	3 kicks again, be the Rockettes
	Finish	1 x 1	Kick and touch down				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Tip: Remind your students to rely on their own posture to stay upright instead of holding onto their neighbors.

Choreography Notes

Track # 6
Track Focus Suspension
Track Length 4:54
Song Title Bleeding Love
BPM 140

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
	Intro		JJ, transition from rebound to neutral	8			
0:16	Verse 1	1 x 8	LOW JACK Neutral JJ	4		Closed off from love	MOVE Neutral jack
		1 x 8	Neutral CC, face R	8	R	Time starts	Cross country turn
		1 x 8	Neutral JJ, face B	4		Something happens	Turn to the back, jack
		1 x 8	Neutral CC, face L	8	R	Everyone's looking	Turn, cross country
0:42	Bridge 1	4 x 8	TUCK TOUCH PLUS SIGN Tuck touch F/B/R/L (OPT to SUSP)	4		And it's draining all of me	Tuck plus sign, touch the bottom
1:10	Chorus 1	1 x 8	2-STEP Neutral Side Step R x2, ALT Karate side x4	1	R	I keep bleeding, keep, keep bleeding	Two steps side, karate side
		1 x 8	Neutral Side Step L x2, ALT Karate side x4	1	L	I keep bleeding	Feet slide, karate power
		1 x 8	Neutral Side Step R x2, ALT Karate side x4	1	R	I keep bleeding	Repeat
		1 x 8	Neutral Side Step L x2, ALT Karate side x4	1	L	I keep bleeding	Stir the water up
1:37	Verse 2	4 x 8	LOW JACK	1		Tryin' hard not to	MUSCLE Neutral jack 4, turn, core
2:05	Bridge 2	4 x 8	TUCK TOUCH PLUS SIGN	1		And it's draining	Tuck plus sign, suspend, core
2:33	Chorus 2	4 x 8	2-STEP	1	RL	I keep bleeding	Two steps, karate, outer thigh, glutes
3:00	Verse 3	4 x 8	LOW JACK	1		Closed off from love	MOTIVATION Neutral jack, reach a little further
3:27	Bridge 3	4 x 8	TUCK TOUCH PLUS SIGN	1		And it's draining	Tuck plus sign, knees close to your chest
3:55	Chorus 3	4 x 8	2-STEP	1	RL	I keep bleeding	Slide, two steps, big, the fights not over
4:22	Chorus 4	4 x 8	2-STEP	1	RL	I keep bleeding	Stronger, fight through it
	Finish	1 x 1	Land wide, fighter arms				

V1	B1	C1	V2	B2	C2	V3	B3	C3	C4
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Trainer's Tip: This track offers a bit of everything: 3 different levels, movement in all movement planes, directional changes and travel. Practice your cues so you can deliver them before the next move begins. That way, your students will have time to prepare for the coming changes.

Choreography Notes

Track # 7
Equipment n/a
Track Focus Upper Body
Track Length 4:41
Song Title You Belong With Me
BPM 132

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type		
	Intro	2 x 8	Lunge R, lower to neutral						
0:15	Verse 1	1 x 8	BICEPS ALT biceps curl, R lunge position	8	R	You're on the phone	MOVE Biceps curls		
		1 x 8	ALT biceps curl (feet together)	8	R	She doesn't get your	Step together		
		1 x 8	ALT biceps curl (R leg crosses over L knee)	8	R	I'm in my room	Cross over		
		1 x 8	Land speed ALT biceps curl	16	R	She'll never know	Speed up		
0:45	Bridge 1	1 x 8	TRICEPS ALT triceps ext, L Lunge position	8	R	She wears short skirts	Triceps extension		
		1 x 8	ALT triceps ext (feet together)	8	R	Dreaming 'bout	Step in, core activation		
		1 x 8	ALT triceps ext (L leg crosses over R knee)	8	R	She wears high heel	Cross above the knee		
		1 x 8	Land speed ALT triceps ext	16	R	Dreaming 'bout the	Speed up		
1:13	Chorus 1	1 x 8	AIRPLANE Warrior 3 (Arms: Shoulder ABD/ADD)	4	R	If you could see that I'm the	Airplane reach		
		1 x 8	Chest fly (Out/In)	4	R	See, you belong	Open arms, fly down		
		1 x 8	Warrior 3 (Arms: Shoulder ABD/ADD)	4	L	Standing by here	Other leg balance		
		1 x 8	Chest fly (Out/In)	4	L	You belong with me	Open and fly		
1:43	Verse 2	4 x 8	BICEPS	1	R	Walking the streets	MUSCLE Biceps, curl		
2:12	Bridge 2	4 x 8	TRICEPS	1	R	She wears short	Triceps press back		
2:41	Chorus 2	4 x 8	AIRPLANE	1	RL	If you could see that	Airplane, shoulder, lats		
3:10	Verse 3	4 x 8	BICEPS	1	R	Driving through	MOTIVATION Biceps, feel it?		
3:39	Bridge 3	4 x 8	TRICEPS	1	R	She wears short	Triceps, slap it back		
4:08	Chorus 3	4 x 8	AIRPLANE	1	RL	If you could see that	Airplane, time to fly		
	Finish	1 x 1	Stand						
V1		B1	C1	V2	B2	C2	V3	B3	C3

Trainer's Tip: Remind your students to brace their core to stabilize their body in the water while creating turbulence with their arms.

Choreography Notes

Track # 8
Equipment Noodle
Track Focus Lower Body
Track Length 4:41
Song Title She's a Bad Mama Jama
BPM 132

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type		
	Intro	2 x 8	Position noodle in back under arms						
0:15	Verse 1	4 x 8	SEATED KICK TO V ALT Seated kick, V-sit, ALT curl, SUSP JJ	4	R	Her body measurements	MOVE Alternate kick, out to a V, curl in and jack out		
0:45	Chorus 1	1 x 8	BICYCLE Bicycle slow x 4, bicycle fast x 8 (circle R)	1	R	She's a bad mama	4 bicycle curls, quick bicycle around		
		1 x 8	Bicycle slow x 4, bicycle fast x 8 (circle L)	1	R	She's a bad mama	Slow curls, circle other way		
		1 x 8	Bicycle slow x 4, bicycle fast x 8 (circle R)	1	R	She's a bad mama	Back to 4 slow, 360 around		
		1 x 8	Bicycle slow x 4, bicycle fast x 8 (circle L)	1	R	She's a bad mama	4 slow curls, around		
1:13	Bridge 1	4 x 8	CROSS COUNTRY TO THE CORNERS ALT CC DIAG/tuck	16	R	La, la, la, la	Diagonal ski, tuck in		
1:43	Verse 2	4 x 8	SEATED KICK	1	R	Looks like she's	MUSCLE Alternate kick, quads, outer and inner thigh		
2:12	Chorus 2	4 x 8	BICYCLE	1	R	She's a bad mama	4 curls, around, hamstrings		
2:41	Bridge 2	4 x 8	CROSS COUNTRY TO THE CORNERS	1	R	La, la, la, la	Diagonal ski, glutes, hip flexor stretch, core		
3:10	Verse 3	4 x 8	SEATED KICK	1	R	Her body	MOTIVATION kick, out to V, good for everybody		
3:39	Chorus 3	4 x 8	BICYCLE	1	R	She's a bad mama	Go for a ride, curl, how fast can you go?		
4:08	Bridge 3	4 x 8	CROSS COUNTRY TO THE CORNERS	1	R	La, la, la, la	Diagonal ski, be proud, pose		
	Finish	1 x 1	Stand						
V1		C1	B1	V2	C2	B2	V3	C3	B3

Trainer's Tip: Cue upright posture throughout each block. Postural integrity will enhance your students' ability to intensify the lower body movements.

Choreography Notes

Track # 9
Equipment Noodle
Track Focus Core
Track Length 4:43
Song Title You Make Me Feel (Mighty Real)
BPM 132

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type		
	Intro	2 x 8	Position noodle in straddle, lower to SUSP seated posture, brace core						
0:15	Verse 1	4 x 8	FEET FRONT FEET BACK Tuck/ Feet F, Tuck/ Feet B	8		Now we're up and dancin'	MOVE Tuck feet front, tuck feet back		
0:45	Chorus 1	4 x 8	SEATED TWIST OPP Arm sweep/lower body twist	32	R	You make me feel	Seated twist, arms opposite of knees		
1:13	Bridge 1	2 x 8	SIDE CIRCLE Tuck, Arm reach side & circle down to feet	8	R	Instrumental	Knees hold in, reach and circle arm side		
		2 x 8	Tuck, Arm reach side & circle down to feet	8	L		Switch sides, reach far		
1:43	Verse 2	4 x 8	FEET FRONT FEET BACK	1		Got me goin' like I knew you would	MUSCLE tuck in and out, fo- cused on core		
2:12	Chorus 2	4 x 8	SEATED TWIST	1	R	You make me feel	Seated twist, obliques		
2:41	Bridge 2	4 x 8	SIDE CIRCLE	1	R	Instrumental	Circle down, obliques, lats		
3:10	Verse 3	4 x 8	FEET FRONT FEET BACK	1		Now we're up and dancin'	MOTIVATION Tuck in and out, maybe get your hair wet		
3:39	Chorus 3	4 x 8	SEATED TWIST	1	R	You make me feel	Seated twist, most fun move		
4:08	Bridge 3	4 x 8	SIDE CIRCLE	1	R	Instrumental	Circle, hit your obliques		
	Finish	1 x 1	Double scoop						
V1		C1	B1	V2	C2	B2	V3	C3	B3

Trainer's Tip: Give your class permission to move within their strongest ROM. As your students get more familiar with the moves they may be able to increase their ROM.

Choreography Notes

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

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type	
	Intro	2 x 8	Sway					
0:12	Verse 1	1 x 8	KNEE UP Knee to chest 1-4, EXT/FLEX 5-8	1	R	My tea’s gone cold	MOVE Right knee to your chest	
		1 x 8	Hamstring stretch, circle foot OUT x2, IN x2	1	R	The morning rain	Extend and rotate ankle	
		1 x 8	Knee to chest 1-4, EXT/FLEX 5-8	1	L	And even if I could	Knee to chest	
		1 x 8	Hamstring stretch, circle foot OUT x2, IN x2	1	L	It reminds me	Extend and circle ankle	
0:36	Chorus 1	1 x 8	QUAD STRETCH Quad stretch 1-4, Dancer 5-8	1	R	I want to thank you	Quad stretch, sliding your hand down your shin	
		1 x 8	Warrior 3 (Arms: open/close x2)	1	R	Best day of my life	Warrior 3, arms sweep	
		1 x 8	Quad stretch 1-4, Dancer 5-8	1	L	And oh just to be	Quad stretch, bow to dancer	
		1 x 8	Warrior 3 (Arms: open/close x2)	1	L	Best day of my life	Warrior 3, extend leg back	
0:56	Bridge 1	1 x 8	LUNGE SIDE Lunge R x2, hold shoulder stretch L	1	R	instrumental	Lunge side, deltoid stretch	
		1 x 8	Step together, triceps stretch L	1	R		Slide in, Triceps stretch	
		1 x 8	Lunge L x2, hold shoulder stretch R	1	L		Lunge other side	
		1 x 8	Step together, triceps stretch R	1	L		Slide together	
1:	Verse 2	4 x 8	KNEE UP	1	RL	Drank too much	MUSCLE Knee to chest, hamstring	
2:01	Chorus 2	4 x 8	QUAD STRETCH	1	RL	I want to thank you	Quad stretch, front of thigh	
2:26	Bridge 2	4 x 8	LUNGE SIDE	1	RL	instrumental	Lunge side, inner thigh	
2:49	Verse 3	4 x 8	KNEE UP	1	RL		MOTIVATION Knee to chest, let me see your toes	
2:47	Chorus 3	4 x 8	QUAD STRETCH	1	RL	I want to thank you	Quad stretch	
	Finish	1 x 1	Side lunge, arms sweep open					
V1		C1	B1	V2	C2	B2	V3	C3

Trainer's Tip: The dynamic stretches used in this track are not held for an extended time like static stretching but still offers great flexibility benefits by lengthening muscles and increasing students' natural ROM.

Choreography Notes

Track # BONUS
Track Focus Flotation (insert after Track 6)
Track Length 4:48
Song Title Like A Prayer
BPM 132

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
	Intro	2 x 8	Position noodle in straddle, seated flotation				
0:15	Chorus 1	1 x 8	BACK STROKE ARMS AND LEGS Sweep legs and arms in, TVL B	4		When you call my name	MOVE Big backstroke, legs and arms
		1 x 8	Bicycle TVL F	8	R	There, in the mid-	Bicycle forward
		1 x 8	Sweep legs and arms in, TVL B	4		When you call	Back again
		1 x 8	Bicycle TVL F	8	R	There, in the mid-	Same power forward
0:45	Verse 1	1 x 8	CROSS COUNTRY 7 & TURN Face R, CC TVL F x7, ½ turn	1	R	I hear your voice	Cross country ski, to the right side, tuck half turn
		1 x 8	Face L, CC TVL F x7, ½ turn	1	R	I have no choice	7 cross country, tuck and turn
		1 x 8	Face R, CC TVL F x7, ½ turn	1	R	I close my eyes	Cross country
		1 x 8	Face L, CC TVL F x7, ½ turn	1	R	Out of the sky	Other side
1:13	Bridge 1	4 x 8	RUN 4 & LEAN SUSP Run center x4, Run lean R x4, Run center x 4, Run lean L x4	4	R	Instrumental	Run in place leaning side to side, great core challenge
1:43	Chorus 2	4 x 8	BACK STROKE ARMS AND LEGS	1	R	When you call my	MUSCLE Backstroke, chest, inner thighs, hamstrings
2:12	Verse 2	4 x 8	CROSS COUNTRY 7 & TURN	1	R	I hear your voice	Cross country, hip flexors
2:41	Bridge 2	4 x 8	RUN 4 & LEAN	1	R	Instrumental	Run in place, core
3:10	Chorus 3	4 x 8	BACK STROKE ARMS AND LEGS	1	R	When you call my	MOTIVATION Backstroke, big ones, more power
3:39	Verse 3	4 x 8	CROSS COUNTRY 7 & TURN	1	R	Like a child	Cross country, tuck and turn
4:08	Bridge 3	4 x 8	RUN 4 & LEAN	1	R	Instrumental	Run, like a temper tantrum
	Finish	1 x 1	Tuck in and hold				

C1	V1	B1	C2	V2	B2	C3	V3	B3
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Trainer's Tip: Educate your students about what "flotation" means each time you teach. Remind them that their feet will stay up, off the bottom of the pool, for the whole song and that core stabilization will play a key role in executing these moves.

Choreography Notes

Track # HOLIDAY
Track Focus Suspension
Track Length 4:53
Song Title Let It Snow
BPM 140

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type											
	Intro		JJ, transition from rebound to neutral	8														
0:16	Verse 1	1 x 8	LOW JACK Neutral JJ	4		Oh the weather outside is frightful	MOVE Neutral jacks 4											
		1 x 8	Neutral CC, face R	8	R	And since we have	Turn, cross country											
		1 x 8	Neutral JJ, face B	4		It doesn't show signs	Neutral jack facing back											
		1 x 8	Neutral CC, face L	8	R	The lights are turned	Turn, cross country											
0:42	Bridge 1	4 x 8	TUCK TOUCH PLUS SIGN Tuck touch F/B/R/L (OPT to SUSP)	4		When we finally kiss goodnight	Tuck plus sign, tuck front, back, and side to side											
1:10	Chorus 1	1 x 8	2-STEP Neutral Side Step R x2, ALT SUSP Karate side x4	1	R	Instrumental	Two step, sliding over and kick											
		1 x 8	Neutral Side Step L x2, ALT SUSP Karate side x4	1	L	Let it snow	Move over											
		1 x 8	Neutral Side Step R x2, ALT SUSP Karate side x4	1	R	Instrumental	Change sides											
		1 x 8	Neutral Side Step L x2, ALT SUSP Karate side x4	1	L	Let it snow	Last one											
1:37	Verse 2	4 x 8	LOW JACK	1		The fire is slowly	MUSCLE neutral jack, core											
2:05	Bridge 2	4 x 8	TUCK TOUCH PLUS SIGN	1		When we finally kiss	Tuck plus sign, option to suspend, core											
2:33	Chorus 2	4 x 8	2-STEP	1	RL	Instrumental	Two step, slide all the way over, inner thighs											
3:00	Verse 3	4 x 8	LOW JACK	1		Oh the weather	MOTIVATION Neutral jack, we mean business											
3:27	Bridge 3	4 x 8	TUCK TOUCH PLUS SIGN	1		When we finally kiss	Tuck plus sign, pick your favorite											
3:55	Chorus 3	4 x 8	2-STEP	1	RL	Instrumental	Two step side, get excited what's your favorite song?											
4:22	Chorus 4	4 x 8	2-STEP	1	RL	Instrumental	Keep going, sing along											
	Finish	1 x 1	Land wide															
V1		B1		C1		V2		B2		C2	V3		B3		C3		C4	

Trainer's Tip: Use this fun holiday song in place of track 6 music. Enjoy!

Music Credits



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Songs Courtesy of:

Can't Take My Eyes Off Of You ~ Written by: B. Crewe, Gaudio ; Published by: EMI Ltd, Seasons For Music

Born To Be Wild ~ Written by: Bonfire ; Published by: Songs Of Universal

What's Up ~ Written by: L. Perry ; Published by: Sony/ATV Harmony

Maniac ~ Written by: M. Sembello, D. Matkosky ; Published by: Intersongs-USA, Inc., Sony/ATV Harmony

So Many Men (So Little Time) ~ Written by: Levine, Trench ; Published by: ATV Music Publ

Bleeding Love ~ Written by: J. McCartney, R. Tedder ; Published by: Disney Music Pub., Kobalt Songs Music Publishing

You Belong With Me ~ Written by: SWIFT, ROSE ; Published by: Sony/ATV (Taylor Swift Music)

She's A Bad Mama Jama ~ Written by: L. Haywood ; Published by: Irving Music, Inc.

You Make Me Feel (Mighty Real) ~ Written by: S. James, J. Wirrick ; Published by: Kohaw Music, Sequins at Noon

Thank You ~ Written by: D. Armstrong, P. Herman ; Published by: EMI Blackwood, WB Music Corp.

Like A Prayer ~ Written by: Madonna, P. Leonard ; Published by: WB Music Corp., EMI Blackwood

Let It Snow ~ Written by: S. CAHN, J. STYNE ; Published by: COPYRIGHT CONTROL

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