

water *in* **motion**®
The new wave in aqua exercise

Rule
the
Pool

wave **41**

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	Everybody (Backstreet's Back)	Backstreet Boys	Warm Up	5:04	136
2	Better Now	Post Malone	Cardio	4:54	140
3	Papa Was A Rollin' Stone	The Temptations	Lateral Travel	4:54	140
4	Lose Control	Missy Elliott ft Ciara & Fatman Scoop	Speed	4:56	140
5	Every Breath You Take	The Police	Group	4:53	140
6	Your Love	The Outfield	Suspension	4:54	140
7	Die Young	Kesha	Upper Body	4:41	132
8	I Like It Heavy	Halestorm	Lower Body	4:41	132
9	Joy	For King And Country	Core	4:41	132
10	I'll Be There	Jess Glynne	Flexibility	3:06	100
11	Can't Dance	Meghan Trainor	Bonus (Flotation)	4:54	140

*Songs not performed by the original artist



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 Everybody
 BPM 136

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
	Intro	2 x 8	Jog	16	R		
0:16	Verse 1	4 x 8	JOG KICK Jog/Kick, Jog x2	8	R	We're back again	MOVE: Jog kick jog jog
0:44	Chorus 1	2 x 8	ROCK YOUR BODY Rocking horse x6 (ALT facing F/R), jump rope x4	1	R	Everybody, rock your	Rocking horse, Rock your body, front & angle
		2 x 8	Rocking horse x6 (ALT facing F/L), jump rope x4	1	L		Go left
1:12	Bridge 1	4 x 8	JACK 1 FAST 2 JJ x1, Fast JJ x2	8		(instrumental)	Slow jack, 2 fast, long lever, short lever
1:40	Verse 2	4 x 8	JOG KICK	1	R	Throw your hands	MUSCLE: Jog kick, quad
2:08	Chorus 2	4 x 8	ROCK YOUR BODY	1	RL	Everybody, rock	Rock, hamstring, glutes
2:37	Bridge 2	4 x 8	JACK 1 FAST 2	1		(instrumental)	Jack, outer/inner thigh
3:05	Verse 3	4 x 8	JOG KICK	1	R	We're back again	MOTIVATION: Jog kick, have a little fun
3:33	Chorus 3	4 x 8	ROCK YOUR BODY	1	RL	Everybody, rock	Rock, give me a hug
4:00	Bridge 3	4 x 8	JACK 1 FAST 2	1		(instrumental)	Jack, see white water
4:30	Chorus 4	4 x 8	ROCK YOUR BODY	1	RL	Everybody, rock	Ready to rock, Hello!
	Finish	1 x 1	Land wide				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Tip: Use consistent block titles to assist your students' memory of the moves. Notice the moves that preview moves in later tracks, like the Jack 1 Fast 2, and inform your students to look for that later in class.

Choreography Notes

Track # 2
 Track Focus Linear: forward/backward
 Track Length 4:57
 Song Title Better Now
 BPM 140

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type			
	Intro	2 x 8	Kick	16	R					
0:15	Verse 1	4 x 8	2 KICKS & KARATE ALT kick x2, Karate kick F/B	8	R	I did not believe that	MOVE: 2 front kicks and a karate back			
0:42	Chorus 1	4 x 8	2 CROSS COUNTRY & KARATE ALT CC x2, Karate kick B/F	8	R	Better now	Cross country and karate front			
1:09	Bridge 1	4 x 8	JOG HEEL BREASTSTROKE Jog heel TVL F x4, Jog TVL B x4 (Arms: Breaststroke x2, Backstroke x2)	4	R	I promise	Jog heel & breaststroke			
1:37	Verse 2	4 x 8	2 KICKS & KARATE	1	R	I see you with your	MUSCLE: kick, quads, glutes			
2:04	Chorus 2	4 x 8	2 CROSS COUNTRY & KARATE	1	R	Better now	Cross country, hamstrings, glutes			
2:32	Bridge 2	4 x 8	JOG HEEL BREASTSTROKE	1	R	I promise	Jog heel, back and chest			
2:59	Verse 3	4 x 8	2 KICKS & KARATE	1	R	I did not believe that	MOTIVATION: kick front, how are you?			
3:27	Chorus 3	4 x 8	2 CROSS COUNTRY & KARATE	1	R	Better now	Cross country ski, power			
3:54	Bridge 3	4 x 8	JOG HEEL BREASTSTROKE	1	R	I promise	Jog heel, farther than before			
4:22	Chorus 4	4 x 8	2 CROSS COUNTRY & KARATE	1	R	Better now	Cross country ski, strong arms			
	Finish	1 x 1	Land wide, punch F							
	V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Tip: The Verse block and the Chorus block are opposite movements of each other.

Choreography Notes

Track # 3
 Track Focus Lateral Travel
 Track Length 4:57
 Song Title Papa Was a Rolling Stone
 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	PENDULUM Pendulum x4, Pendulum hop knee R/L	4	R	It was the third of	MOVE: Pendulum 4, pendulum hop knee
0:42	Chorus 1	1 x 8	RUN TRAVEL Run TVL R x4, Karate kick repeater R x2, JJ x2	1	R	Papa was a rollin'	Run 4, karate repeats 2, jacks
		1 x 8	Run TVL L x4, Karate kick repeater L x2, JJ x2	1	L	And when he died	Run left
		1 x 8	Run TVL R x4, Karate kick repeater R x2, JJ x2	1	R	Papa was a rollin'	Run for 4, 2 kick, 2 jack
		1 x 8	Run TVL L x4, Karate kick repeater L x2, JJ x2	1	L	And when he died	Run left 4
1:09	Bridge 1	4 x 8	JACK 3 POWER IN JJ/JJ Power tuck in	8		Well, well, (trumpet)	1 jack, 1 jack tuck in
1:37	Verse 2	4 x 8	PENDULUM	1	R	Hey mama, is it true	MUSCLES: Pendulum 4, inner/outer thigh
2:04	Chorus 2	4 x 8	RUN TRAVEL	1	RL	Papa was a rollin'	Run 4, hips, inner thighs
2:32	Bridge 2	4 x 8	JACK 3 POWER IN	1		Well, well (trumpet)	Jacks, inner thighs
2:59	Verse 3	4 x 8	PENDULUM	1	R	I heard papa called himself	MOTIVATION: pendulum 4, you look like athletes
3:27	Chorus 3	4 x 8	RUN TRAVEL	1	RL	Papa was a rollin'	Let's run, Take it away!
3:54	Bridge 3	4 x 8	JACK 3 POWER IN	1		Well, well (trumpet)	1 big jack, how high can you get?
4:22	Chorus 4	4 x 8	RUN TRAVEL	1	RL	Papa was a rollin'	Run for 4, so much fun!
	Finish	1 x 1	Land wide				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Tip: Make your "Run" demonstration concise by lifting your knees up in front to your hip height.

Choreography Notes

Track # 4
 Track Focus Speed
 Track Length 4:56
 Song Title Lose Control
 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	POWER JACK & FAST 2 Power JJ x1, Fast JJ x2	8		I've got a cute face	MOVE: Power jack, fast jack 2			
0:42	Chorus 1	4 x 8	RUN 8 SWING & JUMP Run x8, ALT Pendulum x2, Jump rope x2	4	R	Everybody here	Run 8, 2 pendulum, 2 jump ropes			
1:09	Bridge 1	4 x 8	CURL RUN 2 Jog Heel x1, Run x2 (Arms: EXT ROT/DBL Elbow strike B)	16	R	Put your back on the wall	Curl run run, arms sweep and elbows back, knee			
1:37	Verse 2	4 x 8	POWER JACK & FAST 2	1		I rock to the beat	MUSCLE: Power jack, glutes, outer/inner thigh			
2:04	Chorus 2	4 x 8	RUN 8 SWING & JUMP	1	R	Everybody here	Run 8, swing, jump,			
2:32	Bridge 2	4 x 8	CURL RUN 2	1	R	Put your back on the	Curl, back, hamstrings			
2:59	Verse 3	4 x 8	POWER JACK & FAST 2	1		I've got a cute face	MOTIVATION: Power jack, why did you come?			
3:27	Chorus 3	4 x 8	RUN 8 SWING & JUMP	1	R	Everybody here	Run 8, legs higher			
3:54	Bridge 3	4 x 8	CURL RUN 2	1	R	Put your back on the	Curl, run it! White water?			
4:22	Chorus 4	4 x 8	RUN 8 SWING & JUMP	1	R	Everybody here	Run 8, hold nothing back			
	Finish	1 x 1	Land wide							
	V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Tip: To demonstrate the Power jack, you might choose to show it with full rebound the first tie, then sit on a stool in order to use both legs to show the power. A standing position is also a possibility, but make sure to show one leg in full range of motion in both directions. If your students follow you and only use one leg you may need to show both legs moving on the jack.

Choreography Notes

Track # 5
 Track Focus Group
 Track Length 4:56
 Song Title Every Breath You Take
 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	4 x 8	JACK SWEEP TOGETHER JJ (Arms: open/sweep F/open/sweep down)	16		Every breath you take	MOVE: Jack and sweep across and then down
0:42	Chorus 1	4 x 8	JOG HEEL TOGETHER Jog heel move together (Arms: Curl x2, High 5 R/L, Shoulder touch R/L, Elbow touch R/L)	32	R	Oh can't you see	Jog heel together, curl, high 5, tap shoulders, tap elbows. Say it with me.
1:09	Bridge 1	4 x 8	CROSS COUNTRY SWITCH CC x4, Run x8 switch places	4	R	Since you've gone	Cross Country switch, rebound
1:37	Verse 2	4 x 8	JACK SWEEP TOGETHER	1		Every move you	MUSCLE: Jack, shoulder, chest, inner/outer thighs
2:04	Chorus 2	4 x 8	JOG HEEL TOGETHER	1	R	Oh can't you see	Heels, curl in, hamstrings
2:32	Bridge 2	4 x 8	CROSS COUNTRY SWITCH	1	R	Since you've gone	Cross country, glutes
2:59	Verse 3	4 x 8	JACK SWEEP TOGETHER	1		Every breath you	MOTIVATION: Jack, find a little extra energy
3:27	Chorus 3	4 x 8	JOG HEEL TOGETHER	1	R	Oh can't you see	Jog heel together, interact
3:54	Bridge 3	4 x 8	CROSS COUNTRY SWITCH	1	R	Since you've gone	Cross country, run quick
4:22	Chorus 4	4 x 8	JOG HEEL TOGETHER	1	R	Oh can't you see	Jog heel, end with a party
	Finish	1 x 1	Land wide, High 5				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Tip: Involve students in verbally repeating the hand cues in the Chorus block. Verbal repetition assists them in learning the pattern and enhances neuroplasticity.

Choreography Notes

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

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
	Intro	2 x 8	JJ, transition to neutral	8			
0:14	Verse 1	4 x 8	JACK 1 MOGUL Neutral JJ/tuck x1, Mogul tucks R/L	8	R	Josie's on a vacation	MOVE: Jack tuck, mogul side to side
0:42	Chorus 1	1 x 8	SEATED KICK Seated kick	8	R	I just want to use	Seated kick, flick up from the toes
		1 x 8	SUSP fast kick TVL B	16	R	I don't want to lose	Suspend and speed up
		1 x 8	Seated curl	8	R	I just want to use	Seated curl, heel back
		1 x 8	SUSP fast curl TVL F	16	R	I don't want to lose	Speed it up, suspend
1:09	Bridge 1	4 x 8	SWEEP OPEN CLOSE ABD sweep open/tuck, ADD sweep closed/tuck	8		(guitar)	Sweep open and closed, open tuck, close tuck. Touch if needed.
1:37	Verse 2	4 x 8	JACK 1 MOGUL	1	R	As you're leaving	MUSCLE: Jack mogul, core, hip flexors
2:04	Chorus 2	4 x 8	SEATED KICK	1	R	I just want to use	Seated kick, quads, Curl, feel hamstrings
2:32	Bridge 2	4 x 8	SWEEP OPEN CLOSE	1		(guitar)	Sweep open and close, inner/outer thighs
2:59	Verse 3	4 x 8	JACK 1 MOGUL	1		Josie's on a vacation	MOTIVATION: jack mogul, legs tuck higher
3:27	Chorus 3	4 x 8	SEATED KICK	1	R	I just want to use	Seated kick,
3:54	Bridge 3	4 x 8	SWEEP OPEN CLOSE	1	R	(guitar)	Sweep open, feet up!
4:22	Chorus 4	4 x 8	SEATED KICK	1	R	I just want to use	Seated kick, biggest travel yet
	Finish	1 x 1	Step F, thumbs up				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Tip: Lift your knees up on the moguls, making sure to face your shoulders and hips forward to avoid twisting. Using a pair of shoes on your hands to show leg movements is a great way to communicate visually while saving the wear and tear on your body.

Choreography Notes

Track # 7
 Track Focus Upper Body
 Track Length 4:41
 Song Title Die Young
 BPM 132

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
	Intro	2 x 8	NO NOODLE, Practice facing R & L				
0:15	Verse 1	1 x 8	LUNGE AND PUSH Lunge R (face R) x4, Wide stance (face F) (Arms: Chest press x4, ALT chest sweep in x4)	1	R	Young hearts, out our minds	MOVE: Lunge right and push, face me and pull
		1 x 8	Lunge L (face L) x4, Wide stance (face F) (Arms: Chest press x4, ALT chest sweep in x4)	1	L	Don't care whose	Left side
		1 x 8	Lunge R (face R) x4, Wide stance (face F) (Arms: Chest press x4, ALT chest sweep in x4)	1	R	Lookin' for some trouble	To the window
		1 x 8	Lunge L (face L) x4, Wide stance (face F) (Arms: Chest press x4, ALT chest sweep in x4)	1	L	Like it's the last night	To the wall
0:44	Chorus 1	1 x 8	TUCK SWEEP BACK Tuck x2 (Face R, TVL F), Wide stance (face F) (Arms: DBL sweep B x2, ALT Breaststroke x4)	1	R	I hear your heart beat to the beat	Turn, tuck and sweep, Forward with singles
		1 x 8	Tuck x2 (Face L, TVL F), Wide stance (face F) (Arms: DBL sweep B x2, ALT Breaststroke x4)	1	L	One, so while you're	To the door
		1 x 8	Tuck x2 (Face R, TVL R), Wide stance (face F) (Arms: DBL sweep B x2, ALT Breaststroke x4)	1	R	Young, gonna die young	Tuck and sweep to the window
		1 x 8	Tuck x2 (Face L, TVL F), Wide stance (face F) (Arms: DBL sweep B x2, ALT Breaststroke x4)	1	L	Gonna die young	Other side
1:14	Bridge 1	4 x 8	CIRCLE CURL 4 Wide stance (Arms: Biceps curl deep Rx4, Lx4)	4	RL	(instrumental)	Dig deep
1:43	Verse 2	4 x 8	LUNGE AND PUSH	1	RL	Young hunks	MUSCLE: Push, chest
2:12	Chorus 2	4 x 8	TUCK SWEEP BACK	1	RL	I hear your heart	Turn tuck sweep, back
2:41	Bridge 2	4 x 8	CIRCLE CURL 4	1	RL	(instrumental)	Curl circle 4, biceps
3:10	Verse 3	4 x 8	LUNGE AND PUSH	1	RL	Young hearts, out	MOTIVATION: Push
3:39	Chorus 3	4 x 8	TUCK SWEEP BACK	1	RL	I hear your heart	Tuck and go!
4:08	Bridge 3	4 x 8	CIRCLE CURL 4	1	RL	(instrumental)	Circle curl, dig in
	Finish	1 x 1	Stand, DBL biceps curl				

V1	C1	B1	V2	C2	B2	V3	C3	B3
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Trainer's Tip: Remind your students to engage their core muscles to stay anchored to the bottom of the pool and maximize upper body range of motion and resistance.

Choreography Notes

Track # 8
 Equipment Noodle
 Track Focus Lower Body
 Track Length 4:45
 Song Title I Like It Heavy
 BPM 132

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type		
	Intro	2 x 8	NO NOODLE, Brace core, lift R knee						
0:15	Verse 1	1 x 8	FLICK KICK GRD Flick kick	8	R	Some like beautiful	MOVE: 8 flick kicks		
		1 x 8	GRD Flick kick	8	L	I need the volume	Switch sides		
		1 x 8	GRD Flick kick R x4, L x4	1	RL	There's a sonic	4 and 4		
		1 x 8	GRD Flick kick R x2, L x2, ALT x4	1	RL	Gotta a ringin'	2 and 2, singles		
0:44	Chorus 1	1 x 8	KARATE FRONT BACK Karate kick F/B x2, Step wide/Squat/Power Tuck	1	R	I like it louder than	Karate front and back, step side, squat, explode		
		1 x 8	Karate kick F/B x2, Step wide/Squat/Power Tuck	1	L	And just like old	Go left		
		1 x 8	Karate kick F/B x2, Step wide/Squat/Power Tuck	1	R	I like it heavy	Make it fun		
		1 x 8	Karate kick F/B x2, Step wide/Squat/Power Tuck	1	L	I like it heavy			
1:14	Bridge 1	4 x 8	HEELS UP Run Heel x8, DBL Jump curl jump x2	4	R	I like it, I like it, I like	8 heels, 2 doubles		
1:43	Verse 2	4 x 8	FLICK KICK	1	RL	I ride the lighting	MUSCLE: Flick kick, hello quads		
2:12	Chorus 2	4 x 8	KARATE FRONT BACK	1	RL	I like it louder than	Karate front and back, quads & glutes		
2:41	Bridge 2	4 x 8	HEELS UP	1	R	I like it, I like it, I like	Heels up, hamstrings		
3:10	Verse 3	4 x 8	FLICK KICK	1	RL	Some like beautiful	MOTIVATION: flick kicks, unleash your inner rock star		
3:39	Chorus 3	4 x 8	KARATE FRONT BACK	1	RL	I like it louder than	Karate front and back, even bigger, drop it low		
4:08	Bridge 3	4 x 8	HEELS UP	1	R	I like it, I like it, I like	Heels up, jump out		
	Finish	1 x 1	Lunge, guitar strum						
	V1	C1	B1	V2	C2	B2	V3	C3	B3

Trainer's Tip: Play up the rock 'n roll style of this song with enthusiastic playfulness to create a memorable experience for your class.

Choreography Notes

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

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
	Intro	2 x 8	Position noodle in hands, shoulder width				
0:15	Verse 1	4 x 8	JACK TUCK PLANK Neutral JJ out, tuck, plank, tuck	8		Lately, I've been	MOVE: Neutral jack tuck plank tuck
0:45	Chorus 1	4 x 8	DIAGONAL TUCK ALT DIAG Tuck to noodle end (Arms: hold noodle wide in F)	16	R	Oh, hear my prayer	Diagonal tuck, knees to the very ends of the noodle
1:13	Bridge 1	4 x 8	ROW OVER YOUR KNEE ALT Knee crunch (Arms: ALT sweep DIAG down)	16	R	Though I walk	Standing row, crunch
1:43	Verse 2	4 x 8	JACK TUCK PLANK	1		Back when I was	MUSCLE: Jack tuck plank tuck, Abs and adductors
2:12	Chorus 2	4 x 8	DIAGONAL TUCK	1	R	Oh, hear my prayer	Diagonal tuck, obliques
2:41	Bridge 2	4 x 8	ROW OVER YOUR KNEE	1	R	Though I walk	Standing row, obliques
3:10	Verse 3	4 x 8	JACK TUCK PLANK	1		Lately, I've been	MOTIVATION: Jack tuck plank tuck, stretch long
3:39	Chorus 3	4 x 8	DIAGONAL TUCK	1	R	Oh, hear my prayer	Diagonal tuck
4:08	Bridge 3	4 x 8	ROW OVER YOUR KNEE	1	R	Though I walk	Standing row, push low
	Finish	1 x 1	Land wide, push forward				

V1	C1	B1	V2	C2	B2	V3	C3	B3
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Trainer's Tip: A variety of positions challenges stability in this track. The Verse is mostly suspended so that makes it the most challenging to stabilize. The Chorus alternates between neutral and suspension levels. This block is a bit easier to stabilize. The bridge block is grounded and demands core contraction to stabilize.

Choreography Notes

Track # 10
 Track Focus Flexibility Training
 Track Length 3:51
 Song Title I'll Be There
 BPM n/a

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
	Intro	2 x 8	Sweep open/close				
0:10	Verse 1	1 x 8	STAR Star R	1	R	When all the tears	Star pose
		1 x 8	Warrior 3 R, step down on 8	1	R	And it feels	Warrior 3
		1 x 8	Star L	1	L	and when you come	Other side, star
		1 x 8	Warrior 3 L, step down on 8	1	L	And you're getting	Over to warrior 3
0:29	Chorus 1	2 x 8	CURL ACROSS BACK Curl across B x8, EXT leg side x8	1	R	Oh I'll be there	Step and curl behind
		2 x 8	Curl across B x8, EXT leg side x8	1	L	When you need a	Other side, hold foot as an option
0:48	Bridge 1	2 x 8	ARM SWEEP ACROSS Wide stance x8, Figure 4 x8 (Arms: Arm sweep across F R x8, Scull x8)	1	R	I'll be there	Sweep across with arm, then leg
		2 x 8	Wide stance x8, Figure 4 x8 (Arms: Arm sweep across F L x8, Scull x8)	1	L	I'll be there	Other side
1:07	Verse 2	4 x 8	STAR	1	RL	When it's Friday	MUSCLE: Star, inner thigh, hamstring
1:27	Chorus 2	4 x 8	CURL ACROSS BACK	1	RL	Oh I'll be there	Step and curl behind, quad stretch, inner thigh
1:46	Bridge 2	4 x 8	ARM SWEEP ACROSS	1	RL	I'll be there	Sweep across, rear deltoid, hip stretch
2:05	Verse 3	4 x 8	STAR	1	RL	When all the tears	MOTIVATION: Star, long reach
2:25	Chorus 3	4 x 8	CURL ACROSS BACK	1	RL	Oh I'll be there	Step behind,
2:45	Bridge 3	4 x 8	ARM SWEEP ACROSS	1	RL	I'll be there	Sweep across, deeper
	Finish	1 x 1	Step wide				

V1	C1	B1	V2	C2	B2	V3	C3	B3
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Trainer's Tip: Precisely face your body forward on star pose to focus the stretch on Inner thighs and chest. Give the alternative for the quadriceps stretch to only bend the knee and not hold the foot.

Choreography Notes

Track # **BONUS**
 Track Focus **Cardio (insert after Track 2)**
 Track Length **4:53**
 Song Title **Can't Dance**
 BPM **140**

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
	Intro	2 x 8	Jump rope	16			
0:14	Verse 1	1 x 8	JUMP TUCK FRONT 2 Jump tuck TVL F x2, Power Jump rope x2	1		I met this shy boy	MOVE: Tuck forward and 2 jump ropes
		1 x 8	Jump tuck TVL B x2, Power Jump rope x2	1		I said, "Oh, I can't"	Tuck back
		1 x 8	Jump tuck TVL F x2, Power Jump rope x2	1		I said, "That's fine"	Forward again
		1 x 8	Jump tuck TVL B x2, Power Jump rope x2	1		Don't stop	Take it back
0:42	Chorus 1	1 x 8	JACK 4 RIGHT JJ TVL R	4		Even if you can't dance	Travel jack
		1 x 8	JJ TVL L	4		Can't dance	4 to the door
		1 x 8	JJ TVL R x2, JJ TVL L x2	1		Can't dance	2 to window, 2 to door
		1 x 8	Rocket JJ	8		Can't dance	Rockets
1:10	Bridge 1	4 x 8	CURL & BREASTSTROKE Jog heel x4, ALT DIAG soccer kick x2 (Arms: Breaststroke R/L, both x2)	4	R	Keep your eyes on	Curl, soccer side
1:37	Verse 2	4 x 8	JUMP TUCK FRONT 2	1		I met this shy boy	MUSCLE: Power tuck, power jump, lower body
2:05	Chorus 2	4 x 8	JACK 4 RIGHT	1		Even if you can't	Jack, inner/outer thighs
2:33	Bridge 2	4 x 8	CURL & BREASTSTROKE	1	R	Keep your eyes on	Curl, hamstrings, quads
3:00	Verse 3	4 x 8	JUMP TUCK FRONT 2	1		I met this shy boy	MOTIVATION: Jump tuck to me, all the way
3:27	Chorus 3	4 x 8	JACK 4 RIGHT	1		Even if you can't	Jack, each round bigger
3:55	Bridge 3	4 x 8	CURL & BREASTSTROKE	1	R	Keep your eyes on	Curl, teach 'em a lesson
4:22	Chorus 4	4 x 8	JACK 4 RIGHT	1		Even if you can't	Jack 4, take charge
	Finish	1 x 1	Land wide				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Tip: Differentiate the two moves in JUMP TUCK FRONT 2 by bending the knees up on the jump tuck and keep legs straight on the jump rope.

Music Credits



WATERinMOTION® Wave 41
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Songs Courtesy of:

Everybody (Backstreet's Back) ~ Written by: D. Pop M. Martin ; Published by: Zomba Records France Sarl

Better Now ~ Written by: Bell, Walsh, M. Post, Feeney, Rosen ; Published by: Emi Blackwood Music Inc., Songs Of Universal, Inc., Sony Atv Songs Llc, Electric Feel Music

Papa Was A Rollin' Stone ~ Written by: B. Strong, N. Whitfield ; Published by: Stone Diamond Music Co.

Lose Control ~ Written by: Atkins, Davis, J. Elliott, Freeman, Hudson ; Published by: Warner-Tamerlane , Big Colorado Music, Deep Space Music, Electro Groove Music

Every Breath You Take ~ Written by: Sting ; Published by: A & M Records Inc.

Your Love ~ Written by: Sprinks ; Published by: Netzwerk One A Music

Die Young ~ Written by: Kesha, Gottwald, Levin , G. Walter, Ruess ; Published by: Dynamite Cop Music, Matza Ball Music, Where Da Kasz At

I Like It Heavy ~ Written by: Stevens, Hale, Hottinger, Zac ; Published by: Bughouse, Warner Bros Inc

Joy ~ Written by: R. Glover, Mosley, Hales, Tjornhom, Smallbone, Kanicka ; Published by: Warner Tamerlane, Kilns Music

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