



# PUSH YOUR LIMITS

**water**  **motion**®

**wave** 

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	Brave	Don Diablo Ft Jessie J	Warm Up	5:04	136
2	Only The Horses	Scissor Sisters	Cardio	4:54	140
3	Where Are U Now	Skrillex And Diplo Ft Justin Bieber	Lateral Travel	4:54	140
4	If I Can'T Have You	Shawn Mendes	Speed	4:54	140
5	Came Here For Love	Sigala, Ella Eyre	Group	4:54	140
6	Something Better	Audien Ft Lady Antebellum	Suspension	4:52	140
7	You Can Call Me Al	Paul Simon	Upper Body	4:41	132
8	Havana	Camila Cabello Ft Young Thug	Lower Body	4:41	132
9	Manic Monday	The Bangles	Core	4:41	132
10	Don't You Wanna Stay	Jason Aldean & Kelly Clarkson	Flexibility	3:52	80
11	Walk Me Home	P!NK	Bonus (Flotation)	4:42	132

\*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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**Music:** Yes! Fitness Music®

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

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

OPP ..... Opposite

B ..... Back

ALT ..... Alternating

DBL ..... Double

CC ..... Cross Country

SSD ..... Single – Single – Double

L ..... Left

TVL ..... Travel

R ..... Right

F ..... Forward

JJ ..... Jumping Jack



**Color Code:**  Verse  Chorus  Bridge



WATERinMOTION® stays true to the fundamentals of aquatic fitness while incorporating choreography that is unique and pre-formatted to specifically match water tempo music. Even instructors find these more challenging tracks refreshing. The difference between WATERinMOTION® and other aqua fitness classes are innumerable. The integrity of this program, however, is maintained and respected 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 Brave  
 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	FLICK KICK Flick kick F x4, ALT side flick kick x4	4	R	I want to tell the world about it	<b>MOVE:</b> 4 flick kick forward, 4 side, keep rebounding
0:43	Chorus 1	4 x 8	BRAVE SIDE JACK JJ out R/L (Arms: Goal post curl x8, Breast stroke x8)	8	R	I'm Brave, I'm Brave, even when defeat is staring in my face	Jumping jack, arms up and out, breast stroke
1:12	Bridge 1	2 x 8	HEEL CURL Jog heel (Arms: DBL curl/Triceps press down)	16	R	Synthesizer	Jog heel, singles, pulling back
		2 x 8	Run heel	32	R		Faster, make a fist
1:40	Verse 2	4 x 8	FLICK KICK	1	R	I want to tell the world	<b>MUSCLE:</b> Flick kick front, side, quads, biceps, triceps
2:08	Chorus 2	4 x 8	BRAVE SIDE JACK	1	R	I'm Brave, I'm Brave	Jack and Biceps, outer and inner thigh
2:36	Bridge 2	4 x 8	HEEL CURL & RUN 2	1	R	Synthesizer	Heel curl, hamstrings
3:04	Verse 3	4 x 8	FLICK KICK	1	R	I want to tell the world	<b>MOTIVATION:</b> 4 flick kicks front, wide, increase ROM
3:33	Chorus 3	4 x 8	BRAVE SIDE JACK	1	R	I'm Brave, I'm Brave	Biceps jack, I'm Brave!
4:01	Bridge 3	4 x 8	HEEL CURL & RUN 2	1	R	Synthesizer	Heel curl, heels up, elbows back
4:29	Chorus 4	4 x 8	BRAVE SIDE JACK	1	R	I'm Brave, I'm Brave	I'm Brave jack
	Finish	1 x 1	Land wide, Goal post arms				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Tip: During the BRAVE SIDE JACK block teach your clients about the importance of using a short lever arm when transitioning in and out of the water to protect their shoulders.

# Choreography Notes

Track # 2  
 Track Focus Linear: forward/backward  
 Track Length 4:57  
 Song Title Only the Horses  
 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 KICKS ALT Soccer kicks (Arms: Reach/pull in)	16	R	I know you didn't realize	<b>MOVE:</b> Alternating soccer kick, arms reach and pull
0:42	Chorus 1	1 x 8	ONLY THE HORSES Rocking Horse x3, wide jump x2	1	R	Only the horses	3 Rocking horses, jump 2 lasso
		1 x 8	Rocking Horse x3, wide jump x2	1	L	Only the horses	Only the horses
		1 x 8	Rocking Horse x3, wide jump x2	1	R	Our tracks they will	Again
		1 x 8	Rocking Horse x3, wide jump x2	1	L	Only the horses	
1:09	Bridge 1	4 x 8	PRANCE 8 High knee run x8 TVL F, Kick F x4 TVL B (Arms: Hold the reins)	4	R	Tonight	Prance 8, pull back on the reins, kick front and travel back
1:37	Verse 2	4 x 8	SOCCER KICKS	1	R	We can't escape the	<b>MUSCLE:</b> Soccer kick, hamstrings, quads, back
2:05	Chorus 2	4 x 8	ONLY THE HORSES	1	RL	Only the horses	Only the horses, rock, jump lasso, glutes
2:33	Bridge 2	4 x 8	PRANCE 8	1	R	Tonight	Prance, kick back, abs, quads
3:00	Verse 3	4 x 8	SOCCER KICKS	1	R	I know you didn't	<b>MOTIVATION:</b> Soccer kick, pull back like trying to stop your horse
3:27	Chorus 3	4 x 8	ONLY THE HORSES	1	R/L	Only the horses	Only the horses, run free
3:55	Bridge 3	4 x 8	PRANCE 8	1	R	Tonight	Prance, kick back
4:22	Chorus 4	4 x 8	ONLY THE HORSES	1	R/L	Only the horses	Back to the rodeo, only the horses
	Finish	1 x 1	Land wide, lasso arm				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Tip: Cheri – rebound on the soccer kick, lean up and back on the Prance, Mac – stay safe on deck – not allowed to fully jump more than 2 times.

# Choreography Notes

Track # 3  
 Track Focus Lateral Travel  
 Track Length 4:54  
 Song Title Where Are You Now  
 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	4 x 8	SWING SIDE ALT Side leg swing/jump in	16	R	I gave you the key	<b>MOVE:</b> Swing side, reach out, pull together
0:42	Chorus 1	4 x 8	JACK & JUMP SIDE JJ x1, Power Tuck Jump R/Jump JJ x1, Power Tuck Jump L/Jump	4	R	Now that I need you	Jack, jump side with a double bounce
1:10	Bridge 1	1 x 8	WIDE JOG TO ELBOWS Wide jog, TVL R (Arms: Hands @ head/Elbows to knees)	8	R	Drums & synthesizer	Jog wide, travel with it
		1 x 8	Wide jog, TVL L (Arms: Hands @ head/Elbows to knees)	8	R		Switch directions
		1 x 8	Wide jog, TVL R (Arms: Hands @ head/Elbows to knees)	8	R		This is a preview for something later
		1 x 8	Wide jog, TVL L (Arms: Hands @ head/Elbows to knees)	8	R		Finish to the other side
1:36	Verse 2	4 x 8	SWING SIDE	1	R	I gave you attention	<b>MUSCLE:</b> Swing side, inner and outer thighs
2:04	Chorus 2	4 x 8	JACK & JUMP SIDE	1	R	Now that I need you	Jack and move, abs
2:31	Bridge 2	4 x 8	WIDE JOG TO ELBOWS	1	R	Drums & synthesizer	Jog wide, travel, hip rotator
2:58	Verse 3	4 x 8	SWING SIDE	1	R	I gave you the key	<b>MOTIVATION:</b> Swing side,
3:27	Chorus 3	4 x 8	JACK & JUMP SIDE	1	R	Now that I need you	Jack and jump side
3:54	Bridge 3	4 x 8	WIDE JOG TO ELBOWS	1	R	Drums & synthesizer	Wide jog, rebound more
4:22	Chorus 4	4 x 8	JACK & JUMP SIDE	1	R	Now that I need you	Jack and jump, you must take charge of intensity
	Finish	1 x 1	Land wide				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Tip: Emphasize the traveling on the Power Tuck Jump side in the Chorus. This side movement is useful for turning on the lateral body muscles. Travel even farther during the Bridge block to intensify cardio output.



# Choreography Notes

Track # 4  
 Track Focus Speed  
 Track Length 4:54  
 Song Title If I Can't Have You  
 BPM 140

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
	Intro	2 x 8	ALT Lunge JJ	8	R		
0:15	Verse 1	1 x 8	LUNGE AROUND Lunge JJ R, DIAG, DIAG, F	1	R	I'm in Toronto	MOVE: Lunge around the world
		1 x 8	Lunge JJ L, DIAG, DIAG, F	1	L	It doesn't matter	Lunge the other way
		1 x 8	Lunge JJ R, DIAG, DIAG, F	1	R	Oh, I'm good at	Back foot lunge
		1 x 8	Lunge JJ L, DIAG, DIAG, F	1	L	You know that I hate	Switch
0:42	Chorus 1	4 x 8	RUN 4 FLICK 4 High knee run x4, Fast flick kick x4	8	R	I can't write one	4 High knee runs and 4 flick kick
1:09	Bridge 1	4 x 8	KARATE AROUND Karate Kick R F/DIAG F/DIAG B/B Karate Kick L F/DIAG F/DIAG B/B	8	R	You	Karate kick around the world
1:37	Verse 2	4 x 8	LUNGE AROUND	1	R/L	I'm so sorry that my	MUSCLE: Lunge around, quads, hamstrings, glutes
2:04	Chorus 2	4 x 8	RUN 4 FLICK 4	1	R	I can't write one	4 run 4 flick, fast twitch muscle fibers turned on
2:32	Bridge 2	4 x 8	KARATE AROUND	1	R	You	Karate around, glutes, quads
2:59	Verse 3	4 x 8	LUNGE AROUND	1	R/L	I'm in Toronto	MOTIVATION: Lunge around, freedom of movement
3:26	Chorus 3	4 x 8	RUN 4 FLICK 4	1	R	I can't write one	Let's run team, I love the smiles and intensity
3:54	Bridge 3	4 x 8	KARATE AROUND	1	R	You	Kick around, you control this movement
4:22	Chorus 4	4 x 8	RUN 4 FLICK 4	1	R	I can't write one	Run, flick, knees up, I see white water
	Finish	1 x 1	Land wide				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Tip: Use the titles of each block to help your students remember the pattern, i.e., "LUNGE AROUND". Make sure to demonstrate all 4 runs and flick kicks in the Chorus block. This will help you stay on the beat. The same is true with the Bridge block. Make sure to chamber every karate kick.

# Choreography Notes

Track # 5  
 Track Focus Group  
 Track Length 4:56  
 Song Title Came Here For Love  
 BPM 140

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type			
	Intro	2 x 8	Jog to a partner, get one noodle to share, face front shoulder to shoulder, hands holding noodle				2 people to 1 noodle			
0:15	Verse 1	4 x 8	JOG HEEL PUSH Jog heel (Arms: push noodle F/Down)	32	R	I'm no longer broken hearted	<b>MOVE:</b> Jog heel, push forward and down			
0:42	Chorus 1	1 x 8	RUN – MOVE THE NOODLE Run TVL F (Arms: release noodle)	16	R	Came here for, we came here for love	Release the noodle, travel forward with a run			
		1 x 8	Kick TVL B (Arms: grab noodle, push F)	8	R	Came here for, we came here for love	Grab the noodle, kick and push			
		1 x 8	Run TVL F (Arms: release noodle)	16	R	Came here for, we came here for love	Release and repeat			
		1 x 8	Kick TVL B (Arms: grab noodle, push F to kicking leg)	8	R	Came here for, we came here for love	Grab, kick and push			
1:09	Bridge 1	1 x 8	JACKS AND PASS JJ face each other (Arms: 1- hand on noodle)	4		Love, someone to hold me down	Face partner and jumping jack, hold the noodle for the first 4			
		3 x 8	JJ (Arms: ALT arms sweep down, pass the noodle)	12		Love, I came here for love	Move the noodle hand to hand			
1:37	Verse 2	4 x 8	JOG HEEL PUSH	1	R	I'm so ready to get	<b>MUSCLE:</b> Jog heel and push, hamstrings, chest, back			
2:05	Chorus 2	4 x 8	RUN – MOVE THE NOODLE	1	R	Came here for	Release and run, quads			
2:32	Bridge 2	4 x 8	JACKS AND PASS	1		Love, someone	Jack and look at your partner, outer/inner thighs			
2:59	Verse 3	4 x 8	JOG HEEL PUSH	1	R	I'm no longer	<b>MOTIVATION</b> Jog heel, push to me, have fun together			
3:27	Chorus 3	4 x 8	RUN – MOVE THE NOODLE	1	R	Came here for	Run forward, more white water			
3:54	Bridge 3	4 x 8	JACKS AND PASS	1		Love, someone	Jack and look at your partner, longer limbs			
4:22	Chorus 4	4 x 8	RUN – MOVE THE NOODLE	1	R	Came here for	Run, travel forward, give me all you've got			
	Finish	1 x 1	Land wide, push noodle front							
	V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Tip: Sharing a noodle allows cooperative movement without having to touch or look at each other for a long time, which is awkward for some.

# Choreography Notes

Track # 6  
 Track Focus Suspension  
 Track Length 4:54  
 Song Title Something Better  
 BPM 140

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
	Intro	2 x 8	Put noodle aside, Neutral JJ	8			
0:16	Verse 1	1 x 8	JACK 2 SPIN Neutral JJ x2, Tuck and Spin full circle R	1	R	I never met you but I know you're out	<b>MOVE</b> Neutral jack 2, tuck and spin around
		1 x 8	Neutral JJ x2, Tuck and Spin full circle L	1	L	I'd cross the ocean	2 jacks, spin the other way
		1 x 8	Neutral JJ x2, Tuck and Spin full circle R	1	R	I feel the wind move	Again, control bouncing
		1 x 8	Neutral JJ x2, Tuck and Spin full circle L	1	L	You're like the best	
0:42	Bridge 1	4 x 8	WIDE KICK & DOUBLE TIME ALT Neutral Wide kick x4, SUSP fast wide kick x8	4	R	Strangers eyes that somehow look	Diagonal kicks, point your toes, fast and suspend
1:10	Chorus 1	4 x 8	TOUCH DOWN TUCK 4 Touch down/tuck fast x4 TVL B, SUSP bicycle x8	4	R	Wait for me, the world is changing	Touch down and tuck 4, travel back, bicycle forward
1:37	Verse 2	4 x 8	JACK 2 SPIN	1	R	I never met you	<b>MUSCLE</b> Neutral jack and spin, abs, lifted pelvic floor
2:05	Bridge 2	4 x 8	WIDE KICK & DOUBLE TIME	1	R	Strangers eyes that	Diagonal kicks and fast, quads
2:33	Chorus 2	4 x 8	TOUCH DOWN TUCK 4	1	R	Wait for me	Tucks and bicycles, hamstrings, abs
3:00	Verse 3	4 x 8	JACK 2 SPIN	1	R	I never met you	<b>MOTIVATION</b> Neutral jacks, spin, can you spin double?
3:27	Bridge 3	4 x 8	WIDE KICK & DOUBLE TIME	1	R	Strangers eyes that	Diagonal kicks, faster?
3:55	Chorus 3	4 x 8	TOUCH DOWN TUCK 4	1	R	Wait for me	Tuck and bicycles, increase traveling distance
4:22	Bridge 4	4 x 8	WIDE KICK & DOUBLE TIME	1	R	Strangers eyes that	Diagonal kicks, suspend
	Finish	1 x 1	Stand wide				

V1	B1	C1	V2	B2	C2	V3	B3	C3	B4
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Trainer's Tip: Travel back on the touch down of the Chorus block to prepare for traveling forward with the bicycle. Encourage students to stay in the same depth of water and increase their abdominal muscle activation to lift their feet up off of the floor.

# Choreography Notes

Track # 7  
 Equipment Noodle  
 Track Focus Upper Body  
 Track Length 4:40  
 Song Title You Can Call Me AI  
 BPM 132

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type	
	Intro	2 x 8	Wide stance, noodle in hands in front					
0:15	Verse 1	4 x 8	CROSS PUNCH & PULL ALT Punch/Pull across chest	16	R	Man walks down the street	<b>MOVE</b> Punch forward and pull back, torso rotates	
0:45	Chorus 1	1 x 8	TRICEPS POWER DOWN Triceps press down x1, slowly return to surface	4		If you'll be my bodyguard	Triceps press	
		1 x 8	Triceps press down x1, slowly return to surface	4	R	I can call you Betty	One hand only	
		1 x 8	Triceps press down x1, slowly return to surface	4		If you'll be my body	Both hands	
		1 x 8	Triceps press down x1, slowly return to surface	4	L	I can call you Betty	Left hand alone	
1:13	Bridge 1	2 x 8	PUSH SWEEP DOWN Push side/LATS sweep down	7	R	Whistle	Push side and down	
		2 x 8	Push side/LATS sweep down	7	L	Whistle	Change sides	
1:43	Verse 2	4 x 8	CROSS PUNCH & PULL	1	R	Man walks down	<b>MUSCLE</b> punch and pull, chest, lats, rear deltoids	
2:12	Chorus 2	4 x 8	TRICEPS POWER DOWN	1	R	If you'll be my body	Triceps press, both hands	
2:41	Bridge 2	4 x 8	PUSH SWEEP DOWN	1	R	Whistle	Push side, sweep down	
3:10	Verse 3	4 x 8	CROSS PUNCH & PULL	1	R	Man walks down	<b>MOTIVATION</b> punch and pull, it's a fight	
3:39	Chorus 3	4 x 8	TRICEPS POWER DOWN	1	R	If you'll be my body	Triceps press, keep it close	
4:08	Bridge 3	4 x 8	PUSH SWEEP DOWN	1	R	Whistle	Push side, stronger sweep	
	Finish	1 x 1	Push noodle down					
V1	C1	B1	V2	C2	B2	V3	C3	B3

Trainer's Tip: Instruct your students to stay low in the water so that only their neck and head is out of the water. This allows for two benefits: First, the shoulders are supported by the water and second, the student can work through a bigger range of motion and still take advantage of the water's resistance throughout the movement.

# Choreography Notes

Track # 8  
 Equipment N/A  
 Track Focus Lower Body  
 Track Length 4:41  
 Song Title Havana  
 BPM 132

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type		
	Intro	2 x 8	Put noodle away						
0:15	Verse 1	2 x 8	WIND-UP KICK Bicycle curl B/Power kick F	8	R	Havana, Ooh na na	<b>MOVE</b> Curl and kick, as though riding a bicycle		
		2 x 8	Bicycle curl B/Power kick F	8	L	He didn't walk up	Switch legs		
0:45	Chorus 1	2 x 8	KARATE SIDE SWEEP IN Karate kick side/ADD sweep together	8	R	Ooh, I knew it when I met him	Karate side, sweep in		
		2 x 8	Karate kick side/ADD sweep together	8	L	Ooh, I knew it when	Switch to the other side		
1:13	Bridge 1	4x 8	CROSS COUNTRY SLIDE GRD CC x6, CC/Shuffle x4	4	R	Havana	Cross country slide 6, 4 quick ones, no rebound		
1:43	Verse 2	4 x 8	WIND-UP KICK	1	RL	Jeffrey, just	<b>MUSCLE</b> curl/kick, hamstrings, quads		
2:12	Chorus 2	4 x 8	KARATE SIDE SWEEP IN	1	RL	Ooh, I knew it when	Karate side sweep in, hips		
2:41	Bridge 2	4 x 8	CROSS COUNTRY SLIDE	1	R	Havana	Cross country slide, glutes		
3:10	Verse 3	4 x 8	WIND-UP KICK	1	RL	Havana, Ooh na na	<b>MOTIVATION</b> curl and kick, remember riding a bike?		
3:39	Chorus 3	4 x 8	KARATE SIDE SWEEP IN	1	RL	Ooh, I knew it when	Karate side, pull in, strong legs give us freedom		
4:08	Bridge 3	4 x 8	CROSS COUNTRY SLIDE	1	R	Havana	Cross country slide		
	Finish	1 x 1	Step together, Tango-arm up						
	V1	C1	B1	V2	C2	B2	V3	C3	B3

Trainer's Tip: Upright posture is a must during this track. All the moves in this track are grounded so encourage tall posture.

# Choreography Notes

Track # 9  
 Equipment N/A  
 Track Focus Core  
 Track Length 4:41  
 Song Title Manic Monday  
 BPM 132

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
	Intro	2 x 8	Neutral JJ	8			
0:15	Verse 1	4 x 8	JACK SIDE TUCK Neutral JJ out x1, tuck x1, reach to R ankle Neutral JJ out x1, tuck x1, reach to L ankle	8	R	Six o'clock already, I was in the middle of a dream	<b>MOVE</b> Neutral jack, tuck and reach down
0:45	Bridge 1	1 x 8	PIKE TUCK Pike tuck TVL B x4	1		All of my nights	Pike traveling back, big push
		1 x 8	Tuck jump TVL F x4	1		Doesn't matter that	Come forward, tuck, knees up
		1 x 8	Pike tuck TVL B x4	1		Tell me	Pike back
		1 x 8	Tuck jump TVL F x4	1		Noise, ah ah ah	Forward, knees to chest
1:13	Chorus 1	4 x 8	SIDE CRUNCH ALT Lateral Spinal Flexion/Reach down to foot (Arms: Hands behind ears, elbows wide, touch knee/foot)	8	R	Monday	Side crunch, reach elbow to knee and then hand to ankle
1:43	Verse 2	4 x 8	JACK SIDE TUCK	1	R	Have to catch an	<b>MUSCLE</b> Jack and reach, obliques, rectus abs
2:12	Bridge 2	4 x 8	PIKE TUCK	1		All of my nights	Pike back, tuck forward, rectus abs
2:41	Chorus 2	4 x 8	SIDE CRUNCH	1	R	Monday	Side crunch, hands up, knee and elbow, hand and foot, obliques
3:10	Verse 3	4 x 8	JACK SIDE TUCK	1	R	Six o'clock already	<b>MOTIVATION</b> Jack reach, can you reach your heel?
3:39	Bridge 3	4 x 8	PIKE TUCK	1		All of my nights	Pike back, make some noise!
4:08	Chorus 3	4 x 8	SIDE CRUNCH	1	R	Monday	Side crunch, most fun move
	Finish	1 x 1	Push out				

V1	B1	C1	V2	B2	C2	V3	B3	C3
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Trainer's Tip: Multi-level movements in this track challenge core use in different ways. Core integrity is important throughout each block, as in life.

# Choreography Notes

Track # 10  
 Track Focus Flexibility Training  
 Track Length 4:04  
 Song Title Don't You Wanna Stay  
 BPM n/a

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
	Intro	2 x 8	Arms open and close				
0:12	Verse 1	1 x 8	HIP ROTATION INT/EXT hip rotation w/ knee in/out	2	R	I really hate to let this moment go	<b>MOVE</b> Hip rotation in and out
		1 x 8	Knee across to OPP chest/Knee side hold knee	1	R	Touching your skin	Hold across, hold open
		1 x 8	INT/EXT hip rotation w/ knee in/out	2	L	I really hate to let this	Rotate again
		1 x 8	Knee across to OPP chest/Knee side hold knee	1	L	When a good bye	Hold across, open side
0:36	Chorus 1	1 x 8	STEP BACK LUNGE Step R back to calf stretch (Arms: DBL scoop)	1	R	Don't you want to stay	Lunge back, push heel down
		1 x 8	Quad stretch (Arms: sweep in to hug/sweep out and hold foot)	1	R	Don't you want to hold	Give a hug, quad stretch
		1 x 8	Step R F to calf stretch (Arms: DBL scoop)	1	L	Don't you want to stay here	Lunge again
		1 x 8	Quad stretch	1	L	We can make forever	Float foot up in back
1:00	Bridge 1	1 x 8	LEG SWING FRONT BACK Leg swing F/B/Hold hamstring stretch	1	R	Guitar solo	Leg swing front, back, hold front
		1 x 8	Leg swing B/F/Hold Warrior 3	1	R		3 swings again
		1 x 8	Leg swing F/B/Hold hamstring stretch	1	L		Other leg front
		1 x 8	Leg swing B/F/Hold Warrior 3	1	L		Back, front, hold back
1:24	Verse 2	4 x 8	HIP ROTATION	1	RL	Let's take it slow	<b>MUSCLE</b> Hip rotation, hip and inner thigh
1:48	Chorus 2	4 x 8	STEP BACK LUNGE	1	RL	Don't you want to stay	Lunge, calf stretch, quad
2:12	Bridge 2	4 x 8	LEG SWING FRONT BACK	1	RL	Guitar solo	Swing front and back, hamstring, quad, hip flexor
2:36	Verse 3	4 x 8	HIP ROTATION	1	RL	I really hate to let this	<b>MOTIVATION</b> Hip rotates
3:00	Chorus 3	4 x 8	STEP BACK LUNGE	1	RL	Don't you want to stay	Lunge back, stay here
3:24	Bridge 3	4 x 8	LEG SWING FRONT BACK	1	RL	Guitar solo	Swing and hold, I can see your toes
	Finish	1 x 1	Breathe, arms up				

V1	C1	B1	V2	C2	B2	V3	C3	B3
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Trainer's Tip: Always give your students options, such as holding their foot on quad stretch or not.

# Choreography Notes

Track # **BONUS**  
 Track Focus **Flotation (insert after Track 6)**  
 Track Length **4:48**  
 Song Title **Walk Me Home**  
 BPM **132**

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
	Intro	2 x 8	Place noodles behind back, under arms				
0:15	Verse 1	4 x 8	KNEELING TWIST Rotate heels and hands R/L	8	R	Something in the way you roll	<b>MOVE</b> Kneeling twist, hands and feet go the same direction
0:45	Bridge 1	4 x 8	PEDAL PUSHES IN 3 ALT Heel push F x3 fast and hold, TVL B	16	R	Ooh, ooh	Pedal pushing in three, feet front and up
1:13	Chorus 1	4 x 8	WALK ME HOME SUSP CC x7 TVL F, tuck ¼ R	4	R	Walk me home	Cross country, traveling forward, turn right
1:43	Verse 2	4 x 8	KNEELING TWIST	1	R	Something in the	<b>MUSCLE</b> Twisting move, obliques
2:12	Bridge 2	4 x 8	PEDAL PUSHES IN 3	1	R	Ooh, ooh	Pedal pushers, quads, glutes
2:41	Chorus 2	4 x 8	WALK ME HOME	1	R	Walk me home	Cross country, 7 and a tuck, hip flexors and glutes
3:10	Verse 3	4 x 8	KNEELING TWIST	1	R	Something in the	<b>MOTIVATION</b> Twist, like a washing machine
3:39	Bridge 3	4 x 8	PEDAL PUSHES IN 3	1	R	Ooh, ooh	Pedal push back, ooh
4:08	Chorus 3	4 x 8	WALK ME HOME	1	R	Walk me home	Cross country, travel 7, tuck
	Finish	1 x 1	Stand up				

V1	B1	C1	V2	B2	C2	V3	B3	C3
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Trainer's Tip: Give your students ideas about how to incorporate arm moves into this track. The noodle will probably stay in place under the arms so use arms to intensify the twist and increase ROM on the cross country.



# Music Credits



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