



PUSH YOUR LIMITS

water *in* **motion**®

wave 42

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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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 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 | MOVE: 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 | MUSCLE: 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 | MOTIVATION: 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 |
|----|----|----|----|----|----|----|----|----|----|

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 | SOCCKER KICKS ALT Soccer kicks (Arms: Reach/pull in) | 16 | R | I know you didn't realize | MOVE: 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 | SOCCKER KICKS | 1 | R | We can't escape the | MUSCLE: 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 | SOCCKER KICKS | 1 | R | I know you didn't | MOTIVATION: 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 |
|----|----|----|----|----|----|----|----|----|----|

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 | MOVE: 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 | MUSCLE: 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 | MOTIVATION: 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 |
|----|----|----|----|----|----|----|----|----|----|

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 |
|----|----|----|----|----|----|----|----|----|----|
|----|----|----|----|----|----|----|----|----|----|

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 | MOVE: 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 | MUSCLE: 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 | MOTIVATION 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 | MOVE 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 | MUSCLE 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 | MOTIVATION 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 |
|----|----|----|----|----|----|----|----|----|----|

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 | MOVE 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 | MUSCLE 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 | MOTIVATION 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 | MOVE 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 | MUSCLE 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 | MOTIVATION 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 | MOVE 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 | MUSCLE 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 | MOTIVATION 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 |
|----|----|----|----|----|----|----|----|----|

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 | MOVE 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 | MUSCLE 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 | MOTIVATION 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 |
|----|----|----|----|----|----|----|----|----|

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 | MOVE 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 | MUSCLE 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 | MOTIVATION 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 |
|----|----|----|----|----|----|----|----|----|

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.

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