

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

Time
to
Shine

wave  44

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	Nice to Meet Ya	Niall Horan	Warm Up	5:04	136
2	Love Runs Out	OneRepublic	Linear	4:57	140
3	Senorita	Shawn Mendes, Camila Cabello	Lateral Travel	4:57	140
4	The Power	Duke Dumont	Speed	4:56	140
5	All Over the World	Ola	Group	4:56	140
6	Lucky Strike	Maroon 5	Suspension	4:54	140
7	Teeth	5 Seconds Of Summer	Upper Body	4:41	132
8	One Thing Right	Marshmello, Kane Brown	Lower Body	4:41	132
9	Sayonara	Beauz ft Szabo	Core	4:43	132
10	Spirit	Beyonce	Flexibility	3:49	n/a
11	Naturally	Selena Gomez & The Scene	Bonus (Floatation)	4:48	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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yes! 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

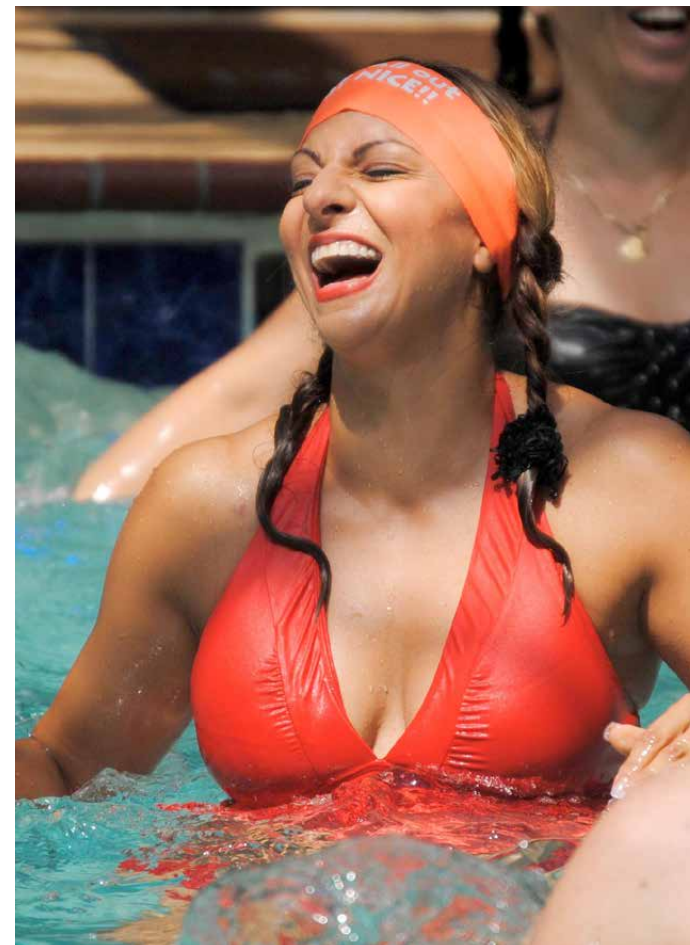
TVL Travel

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 Nice To Meet Ya
BPM 136

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
	Intro	2 x 8	ALT Leg swing side/jump in	16	R		
0:14	Verse 1	4 x 8	HOPSCOTCH JACK JJ out, ALT Jog heel	4	R	I like the way you talk	MOVE: 4 Jogs and 4 flick kicks
0:43	Bridge 1	4 x 8	HOPSCOTCH JACK JJ out, ALT Jog heel	16	R/L	One minute you're here the next	Hop scotch, curl leg behind
1:12	Chorus 1	4 x 8	JOG HEEL SHAKE Jog heel x4, Jog wide x4 (Arms: Reach F "Shake", touch OPP foot on wide)	4		Nice to meet ya	Jog heel, nice to meet ya reach forward and touch toe
1:40	Verse 2	4 x 8	JOG 4 KICK 4	1	R	I want to blow your	MUSCLE Jog 4, flick kick quad and hip flexor
2:08	Bridge 2	4 x 8	HOPSCOTCH JACK	1	R	One minute you're	Hopscotch, hamstring glutes
2:36	Chorus 2	4 x 8	JOG HEEL SHAKE	1		Nice to meet ya	Jog heel, touch toes, hips
3:04	Verse 3	4 x 8	JOG 4 KICK 4	1	R	I like the way you talk	MOTIVATION Jog 4, kick front, last time, have fun.
3:33	Bridge 3	4 x 8	HOPSCOTCH JACK	1	R	One minute you're	Hopscotch, push out, lift up
4:01	Chorus 3	4 x 8	JOG HEEL SHAKE	1		Nice to meet ya	Jog heel, I love this move
4:29	Chorus 4	4 x 8	JOG HEEL SHAKE	1	R	Nice to meet ya	Jog heel, reach out, work it.
	Finish	1 x 1	Land wide				

V1	B1	C1	V2	B2	C2	V3	B3	C3	C4
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Trainer's Tip: Take advantage of the song lyrics on the JOG HEEL SHAKE Chorus block. This warmup song is a perfect way to connect with your clients right from the beginning of class. Consider using the lyrics "Nice to meet ya," in your verbal cueing.

Choreography Notes

Track # 2
 Track Focus Linear: forward/backward
 Track Length 4:57
 Song Title Love Runs Out
 BPM 140

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
	Intro	2 x 8	Kick	16	R		
0:16	Verse 1	4 x 8	KICK 4 FRONT Kick x4, Kick B x4	4	R	I'll be your light	MOVE 4 kicks front, 4 kicks back
0:42	Chorus 1	1 x 8	JOG FORWARD Jog TVL F (Arms: Point to temples/F/sweep down)	8	R	Got my mind made	Jog forward, point reach, notice arms
		1 x 8	Run TVL B	16	R	I'll be runnin'	Run back for 8, travel
		1 x 8	Jog TVL F (Arms: Point to temples/F/sweep down)	8	R	Got my mind made	Jog forward, scoop down
		1 x 8	Run TVL B	16	R	Shut it down	Run it back 8
1:09	Bridge 1	2 x 8	SUSPENDED CROSS COUNTRY SUSP CC	16	R	Oh, we all want the	Suspended cross country, feet up off of the bottom
		2 x 8	Rocket CC	16	R	Oh, we all run from	Rocket the cross country
1:37	Verse 2	4 x 8	KICK 4 FRONT	1	R	I'll be your ghost	MUSCLE Front kicks, lots of lower body work, quads, glutes
2:05	Chorus 2	4 x 8	JOG FORWARD	1	R	Got my mind made	Jog forward, point, legs
2:33	Bridge 2	4 x 8	SUSPENDED CROSS COUNTRY	1	R	Oh, we all want the	Suspend the cross country, quads, inner thighs, glutes
3:00	Verse 3	4 x 8	KICK 4 FRONT	1	R	There's a maniac	MOTIVATION Kick front, make it our best
3:27	Chorus 3	4 x 8	JOG FORWARD	1	R	Got my mind made	Jog, minds made up, run, even bigger this time
3:55	Bridge 3	4 x 8	SUSPENDED CROSS COUNTRY	1	R	Oh, we all want the	Cross country, suspend, touch your feet
4:22	Chorus 4	4 x 8	JOG FORWARD	1	R	Got my mind made	Jog and point, run back, you look so good.
	Finish	1 x 1	Land wide, point to temples				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Tip: Cue the lower-body movement first in preparation for the JOG FORWARD Chorus block. Then add cues for the arm movements. Be patient and give clients time to practice this move. It takes concentration and coordination.

Choreography Notes

Track # 3
 Track Focus Lateral Travel
 Track Length 4:57
 Song Title Senorita
 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	4 x 8	SIDE SOCCER ALT Side soccer kick x2, ALT Skater heel x4 (Arms: Sweep open x2, swing)	4	R	In Miami	MOVE Soccer kick, big rebound, sweep and curl back
0:42	Chorus 1	1 x 8	JACK TRAVEL JJ x4 TVL R (Arms: Out/in x2, L circle sweep, R reach)	1		I love it when you call me Senorita	Jack travel, fun arms
		1 x 8	JJ x4 TVL L (Arms: Out/in x2, R circle sweep, L reach)	1		Ooh, la la la	Sweep arm and reach out
		1 x 8	JJ x4 TVL R (Arms: Out/in x2, L circle sweep, R reach)	1		I love it when you	Jack travel
		1 x 8	JJ x4 TVL L (Arms: Out/in x2, R circle sweep, L reach)	1		Ooh, la la la	Switch
1:10	Bridge 1	2 x 8	MAMBO Jog x12 (feet RF, LB, RB, LF), Run x7	1	R	For ya	Mambo jog, forward and back, run 7 to change lead
		2 x 8	Jog x12 (feet LF, RB, LB, RF), Run x7	1	L	For ya	Mambo, add your style
1:36	Verse 2	4 x 8	SIDE SOCCER	1	R	In my hotel	MUSCLE Soccer kick, quads, hamstrings
2:04	Chorus 2	4 x 8	JACK TRAVEL	1		I love it when you	Jack travel, put some style & power into it, inner thighs
2:32	Bridge 2	4 x 8	MAMBO	1	R/L	For ya	Mambo jog, let's shake it
2:58	Verse 3	4 x 8	SIDE SOCCER	1	R	In Miami	MOTIVATION Soccer kick, add some spice, sweep it
3:27	Chorus 3	4 x 8	JACK TRAVEL	1		I love it when you	Jumping jack, bigger,
3:54	Bridge 3	4 x 8	MAMBO	1	R/L	For ya	Mambo jog, shake it
4:22	Chorus 4	4 x 8	JACK TRAVEL	1		I love it when you	Jack, feel the water
	Finish	1 x 1	Land wide, sweep arm across				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Tip: Let your own style shine through on this track. If you enjoy Latin dance moves, add that flavor to the JACK TRAVEL and MAMBO blocks. If not, take a more athletic approach. Maybe introduce both options and allow your clients to express their own style.

Choreography Notes

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

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
	Intro	2 x 8	Run	32	R		
0:15	Verse 1	4 x 8	RUN OUT & IN Run out out in in x2, JJ x2	4	R	You know me, I know you	MOVE Run out out in in , 2 jacks, big rebound
0:42	Chorus 1	4 x 8	POWER JACK IN Power JJ in x2, JJ out/ALT cross kick x2	4	R	I can feel the power	2 Power jacks, jack cross kick
1:10	Bridge 1	4 x 8	KARATE BACK Karate kick B x4, DBL Karate B face R/L	4	R	Oh yeah	Karate, singles back, turn double kick, switch
1:36	Verse 2	4 x 8	RUN OUT & IN	1	R	You know me, I	MUSCLE Wide run, 2 jacks, hips, agility, coordination
2:04	Chorus 2	4 x 8	POWER JACK IN	1	R	I can feel the power	Power jacks, inner thighs, outer thighs
2:32	Bridge 2	4 x 8	KARATE BACK	1	R	Oh yeah	Karate 4 singles, double turn, hamstrings, triceps
2:58	Verse 3	4 x 8	RUN OUT & IN	1	R	You know me, I	MOTIVATION Run wide, active recovery, wider, more turbulence
3:27	Chorus 3	4 x 8	POWER JACK IN	1	R	I can feel the power	Power jacks, reach farther
3:54	Bridge 3	4 x 8	KARATE BACK	1	R	Oh yeah	Karate, stay center, turn on the double, get strong
4:22	Chorus 4	4 x 8	POWER JACK IN	1	R	I can feel the power	Power jacks 2, can you cross more?
	Finish	1 x 1	Land wide	1			

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Tip: Emphasize the changes in movement tempo. RUN OUT & IN and KARATE BACK blocks should challenge everyone's speed skills. While everyone should move at their own speed, the goal is to push to your maximum speed for short bursts.

Choreography Notes

Track # 5
 Track Focus Group
 Track Length 4:56
 Song Title All Over the World
 BPM 140

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
	Intro	2 x 8	Jog, identify 2 targets	16	R		
0:15	Verse 1	4 x 8	TAG THE TARGET Run	64	R	So why you move so slow	MOVE Run target to target, knees up high
0:42	Bridge 1	4 x 8	PENDULUM 3 ALT Pendulum x3 F, Power hop	8	R	You don't know me	3 pendulums and a big hop, touch legs in center
1:09	Chorus 1	4 x 8	LEAP SQUARE ALT Leap hop F x4, turn R	4	R	Follow me all over the world	Leap square, 4 and turn,
1:37	Verse 2	4 x 8	TAG THE TARGET	1	R	You got to let those	MUSCLE Tag your target, maybe go farther,
2:05	Bridge 2	4 x 8	PENDULUM 3	1	R	You don't know me	Pendulum, obliques, shoulders, inner thigh, glutes
2:32	Chorus 2	4 x 8	LEAP SQUARE	1	R	Follow me all over	Leap hop in your square, quads, abs, glutes
2:59	Verse 3	4 x 8	TAG THE TARGET	1	R	You got to let those	MOTIVATION Tag the target, high five your friends
3:27	Bridge 3	4 x 8	PENDULUM 3	1	R	You don't know me	Pendulum for 3, count on each other
3:54	Chorus 3	4 x 8	LEAP SQUARE	1	R	Follow me all over	Leap square, travel bigger
4:22	Chorus 4	4 x 8	LEAP SQUARE	1	R	Follow me all over	Going again, leap, it looks like you're moving farther than before.
	Finish	1 x 1	Land wide				

V1	B1	C1	V2	B2	C2	V3	B3	C3	C4
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Trainer's Tip: TAG THE TARGET will give each participant varied challenges. Encourage individuals to move at an appropriate intensity for themselves. The other two blocks are in unison and restore order to chaos.

Choreography Notes

Track # 6
 Track Focus Suspension
 Track Length 4:54
 Song Title Lucky Strike
 BPM 140

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
	Intro	2 x 8	Lunge, brace core, practice facing corners	1	R		
0:16	Verse 1	4 x 8	LUNGE AND PUSH Lunge R corner x2, Lunge L corner x2, Karate B R x2, Karate B L x2 (Arms: Chest press)	4	R	You're such a motivator	MOVE Lunge push 2, rebound karate 2, grounded then rebound
0:42	Chorus 1	4 x 8	CROSS COUNTRY CORNER 3 SUSP CC R to R corner x3/tuck SUSP CC L to L corner x3/tuck	4	R	Got me so high	All suspension, cross country to the corner 3, tuck and change
1:10	Bridge 1	4 x 8	TUCK EGGBEATER Touch/tuck, Eggbeaters x6	4	R	Hey, you're taking all my pain away	Tuck, eggbeater, touch first
1:36	Verse 2	4 x 8	LUNGE AND PUSH	1	R	Got into an elevator	MUSCLE Push to the corner, karate rebound, chest, hamstrings, glutes
2:04	Chorus 2	4 x 8	CROSS COUNTRY CORNER 3	1	R	Got me so high	Cross country corner, tuck, quads, hips, abs
2:32	Bridge 2	4 x 8	TUCK EGGBEATER	1	R	Hey, you're taking all	Touch and tuck, eggbeater, hamstrings
2:58	Verse 3	4 x 8	LUNGE AND PUSH	1	R	You're such a motivator	MOTIVATION Push to the corner, chamber more, turbulence, body rockin'!
3:27	Chorus 3	4 x 8	CROSS COUNTRY CORNER 3	1	R	Got me so high	Cross country corner 3, sounds like a good time.
3:54	Bridge 3	4 x 8	TUCK EGGBEATER	1	R	Hey, you're taking all	Touch down, eggbeater, shake like an earthquake
4:22	Chorus 4	4 x 8	CROSS COUNTRY CORNER 3	1	R	Got me so high	Cross country to finish
	Finish	1 x 1	V-sit				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Tip: Changing directions from corner to corner allows for building intensity while keeping eye contact with your students. Also, remind students to touch the bottom of the pool if they need to.

Choreography Notes

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

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
	Intro	2 x 8	Lunge R, noodle in hands				
0:15	Verse 1	4 x 8	PUSH PULL Lunge R (Arms: Push/Pull slow x1, fast x2)	8		Some days you're the only thing I know	MOVE Push, now quicker
0:45	Bridge 1	1 x 8	BICEPS CURL Biceps curl R x4, Biceps curl L x4	1	R/L	Call me in the morning	4 biceps curl, switch
		1 x 8	Triceps press	8	R/L	Something in the	8 triceps press
		1 x 8	Biceps curl R x4, Biceps curl L x4	1	R/L	Blood on my shirt	Repeat curl
		1 x 8	Triceps press	8	R/L	Blood on my shirt	Push down
1:13	Chorus 1	4 x 8	LAT PULL DOWN Tuck/touch (Arms: Pull straight arm down sides to feet)	16 16	R R	Fight so dirty	Lat pulldown, hand to ankle
1:43	Verse 2	4 x 8	PUSH PULL	1		Sometimes you're the best thing	MUSCLE Push, pull, double, chest
2:12	Bridge 2	4 x 8	BICEPS CURL	1	R/L	Call me in the	4 biceps curl, switch, triceps
2:41	Chorus 2	4 x 8	LAT PULL DOWN	1		Fight so dirty	Lat pulldown
3:10	Verse 3	4 x 8	PUSH PULL	1		Some days you're the only thing I know	MOTIVATION Push pull, more white water
3:39	Bridge 3	4 x 8	BICEPS CURL	1	R/L	Call me in the	Biceps, stay under, sharp press down
4:08	Chorus 3	4 x 8	LAT PULL DOWN	1		Fight so dirty	Lat pulldown, show me your teeth
	Finish	1 x 1	Push forward				

V1	B1	C1	V2	B2	C2	V3	B3	C3
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Trainer's Tip: The water's resistance will offer drag on the biceps curl. Just make sure to move horizontally, flexing at your elbow.

Choreography Notes

Track # 8
 Equipment Noodle
 Track Focus Lower Body
 Track Length 4:41
 Song Title One Thing Right
 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	SWEEP OUT SLOW & FAST ALT ABD/ADD slow x1, fast x2	8 8	R/L	I've cheated and I've lied	MOVE Sweep leg out slow then fast 2
0:45	Chorus 1	1 x 8	1-LEG KICK CURL Kick/Curl x3, Kick x1, Run heel x2	1	R	I've been at the wrong place at the	Kick and curl, run heel to change the leg
		1 x 8	Kick/Curl x3, Kick x1, Run heel x2	1	L	Been the kinda guy	Kick and curl
		1 x 8	Kick/Curl x3, Kick x1, Run heel x2	1	R	Keyboard	Point toe on kick
		1 x 8	Kick/Curl x3, Kick x1, Run heel x2	1	L	Keyboard	Draw foot behind on curl
1:13	Bridge 1	2 x 8	JACKIE CHAN Tuck/Karate side R	8 8	R	I got one thing right	Tuck, karate out
		2 x 8	Tuck/Karate side L	1	L	I got one thing right	Changing sides
1:43	Verse 2	4 x 8	SWEEP OUT SLOW & FAST	1	R/L	You saw right through my pain	MUSCLE Leg side, hips, inner thighs
2:12	Chorus 2	4 x 8	1-LEG KICK CURL	1	R/L	I've been at the	Kick and curl, run heel, quads and hamstrings
2:41	Bridge 2	4 x 8	JACKIE CHAN	1	R/L	I got one thing right	Jackie Chan, tuck kick out, medial glutes, abs
3:10	Verse 3	4 x 8	SWEEP OUT SLOW & FAST	1	R/L	I've cheated and I've lied	MOTIVATION Side leg, feel good about strengthening your body
3:39	Chorus 3	4 x 8	1-LEG KICK CURL	1	R/L	I've been at the	Kick and curl, smile, be proud
4:08	Bridge 3	4 x 8	JACKIE CHAN	1	R/L	I got one thing right	Jackie Chan, you are a super hero.
	Finish	1 x 1	Land wide, karate chop side				

V1	C1	B1	V2	C2	B2	V3	C3	B3
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Trainer's Tip: Remind students to focus on movement from the hip joint during SWEEP OUT SLOW & FAST. During 1-LEG KICK CURL, the focus changes to the knee joint.

Choreography Notes

Track # 9
 Equipment Noodle
 Track Focus Muscle 3 (Core)
 Track Length 4:43
 Song Title Sayonara
 BPM 132

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
	Intro	2 x 8	Noodle stays around back				
0:15	Verse 1	2 x 8	TWIST & KNEE CIRCLE Standing Knee twist/circle (up/out/down)	8 8	R	I can't explain how we got this way	MOVE Knee across in a circle
		2 x 8	Standing Knee twist/circle (up/out/down)	8	L	Running into you	Change sides
0:45	Chorus 1	4 x 8	RECLINE & TUCK ALT EXT/FLEX w/Tuck (Arms: reach R/L Ankle on tuck)	16	R/L	Sayonara	Lean back, tuck and touch, reach for your ankle
1:13	Bridge 1	4 x 8	STRAIGHT LEG REACH SUSP ALT Straight leg crunch	14	R/L	Open the door	Legs out, crunch between ribs and hips, reach right and left
1:43	Verse 2	4 x 8	TWIST & KNEE CIRCLE	1	R/L	I can't explain how	MUSCLE Circle knee, obliques, abs, med glutes
2:12	Chorus 2	4 x 8	RECLINE & TUCK	1	R/L	Sayonara	Lean back tuck, lats, obliques
2:41	Bridge 2	4 x 8	STRAIGHT LEG REACH	1	R/L	Open the door	Extend hips, curl, rectus abs
3:10	Verse 3	4 x 8	TWIST & KNEE CIRCLE	1	R/L	I can't explain how	MOTIVATION Back to the circle, stabilize the upper body
3:39	Chorus 3	4 x 8	RECLINE & TUCK	1	R/L	Sayonara	Tuck, reach further
4:08	Bridge 3	4 x 8	STRAIGHT LEG REACH	1	R/L	Open the door	Extend and reach hands down your legs, almost done
	Finish	1 x 1	Stand				

V1	C1	B1	V2	C2	B2	V3	C3	B3
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Trainer's Tip: Cue proper spinal flexion by verbally cueing "move your ribs towards your hips" and demonstrating flexion through the thoracic and middle spine. Many people have a tendency to bend the hip joint instead of mobilizing the spine higher up.

Choreography Notes

Track # 10
Track Focus Flexibility Training
Track Length 3:49
Song Title Spirit
BPM n/a

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
	Intro	2 x 8	Chest press x2, sweep open				
0:12	Verse 1	2 x 8	CURL 3 Knee flexion x3, Airplane (Arms: Scoop)	1 1	R	Yeah, yeah, and the wind	MOVE Scoop to the right, foot back, fly
		2 x 8	Knee flexion x3, Airplane (Arms: Scoop)	1	L	With a melody	Scoop in, float leg up
0:36	Bridge 1	2 x 8	SIT BACK HAMSTRING STRETCH Heel down hamstring stretch 1-2, rise up 3-4 (Arms: DBL chest press/EXT ROT sweep open)	4 4	R	Rise up to the light	Heel front with heartbeat arms
		2 x 8	Heel down hamstring stretch 1-2, rise up 3-4 (Arms: DBL chest press/EXT ROT sweep open)	4	L	Rise up to the light	Switch to the other side
1:00	Chorus 1	1 x 8	ARM UP Arm circle 1-4, Step wide sway R/L 5-8	1	R	Spirit	Lean right with arm, reach side,
		1 x 8	Lunge, upper body ROT R (1-4), ROT F step in	1	R	Open	Swirl around
		1 x 8	Arm circle 1-4, Step wide sway L/R 5-8	1	L	Spirit	Other side
		1 x 8	Lunge, upper body ROT L (1-4), ROT F step in	1	L	Callin'	Reach around
1:24	Verse 2	4 x 8	CURL 3	1	R/L	Yeah, yeah and the waters crashin'	MUSCLE Scoop 3 times, quad, hamstring & hip flexor
1:48	Bridge 2	4 x 8	SIT BACK HAMSTRING STRETCH	1	R/L	Rise up to the light	Heartbeat with heel front, hamstring, shoulder rotators
2:11	Chorus 2	4 x 8	ARM UP	1	R/L	Spirit	Arms over, swirl around, spine unwinds, side stretch
2:35	Verse 3	4 x 8	CURL 3	1	R/L	Your destiny is coming	MOTIVATION Scoop, fly
2:59	Bridge 3	4 x 8	SIT BACK HAMSTRING STRETCH	1	R/L	Rise up to the light	Heartbeat, sit back, open chest
3:22	Chorus 3	4 x 8	ARM UP	1	R/L	Spirit	Arm up lean side, wrap arms
	Finish	1 x 1	Sweep forward				

V1	B1	C1	V2	B2	C2	V3	B3	C3
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Trainer's Tip: Some of these moves may feel new to you. Take the time to practice the sequences so that you can fluidly demonstrate them with confidence during your live classes.

Choreography Notes

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

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
	Intro	2 x 8	Noodle around back, lower to SUSP				
0:15	Verse 1	1 x 8	CROSS COUNTRY FORWARD SUSP CC TVL F	8 8	R	How you choose to express yourself	MOVE Cross country traveling forward
		1 x 8	Seated kick fast TVL B	16	R	It comes naturally	Single kicks backing up
		1 x 8	SUSP CC TVL F	8	R	It takes my breath	Cross country again
		1 x 8	Seated kick fast TVL B	8	R	What you do so	Back up with the kick
0:45	Chorus 1	2 x 8	SHOOT THROUGH Tuck /ALT Shoot through	8 8	R	You are the thunder and I am the	Shoot through
		2 x 8	ALT CC shoot through/tuck	16		Everything comes	Shoot through cross country
1:13	Bridge 1	2 x 8	V-SIT V-sit	8		When we collide, sparks fly	V-sit, out and in
		2 x 8	Fast v-sit	16	R	(instrumental)	Speed it up
1:43	Verse 2	4 x 8	CROSS COUNTRY FORWARD	1	R	You have a way of moving me	MUSCLE Cross country travel forward, hips, glutes, quads
2:12	Chorus 2	4 x 8	SHOOT THROUGH	1		You are the thunder	Shoot through, core, hips
2:41	Bridge 2	4 x 8	V-SIT	1	R	When we collide	V-sit, inner thighs, glutes
3:10	Verse 3	4 x 8	CROSS COUNTRY FORWARD	1	R	You follow what you feel inside	MOTIVATION Cross country, travel farther, shoes up
3:39	Chorus 3	4 x 8	SHOOT THROUGH	1		You are the thunder	Shoot through, tuck higher
4:08	Bridge 3	4 x 8	V-SIT	1	R	When we collide	V-sit, focus on posture, you've got this.
	Finish	1 x 1	Stand				

V1	C1	B1	V2	C2	B2	V3	C3	B3
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Trainer's Tip: The progression to the cross country in the SHOOT THROUGH block may take practice for some of your students. Encourage them to move at their own individual pace and gradually increase range of motion and speed.

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