

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

**[MOVE
FREE]**

wave  **46**

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	Borderline	Madonna	Warm Up	5:04	136
2	Physical	Dua Lipa	Linear	4:54	140
3	It's Not Right But It's OK	Whitney Houston	Lateral Travel	4:57	140
4	Top of the World	Greek Fire	Speed	4:56	140
5	Simply Irresistible	Robert Palmer	Group	4:56	140
6	Burning Love	Elvis Presley	Suspension	4:54	140
7	What A Man Gotta Do	Jonas Brothers	Upper Body	4:41	132
8	Invincible	Skillet	Lower Body	4:45	132
9	Better Be Good To Me	Tina Turner	Core	4:43	132
10	Lean On Me	Club Nouveau, Bill Withers	Flexibility	3:51	n/a
11	So Am I	Ava Max	Bonus (Cardio)	4:53	140
12	Last Christmas	Wham!	Holiday	4:53	132

*Songs not performed by the original artist

Changing the Tide in Water Exercise



Twelve diverse segments, with a specific song track for each, will utilize fresh, yet simple movement patterns to invigorate participants regardless of age, skill or fitness level. Instructors will learn to use every inch of the pool with well planned transitions and carefully organized sequencing for workouts you've dreamed of, that are a cinch to integrate. Our experts pull them together and remove the need to analyze and prepare choreography, find the perfect music and prepare the structure of the class—we leave you with room to focus on your students!

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Education Author: Sara Kooperman

Education Presenter: Sara Kooperman

Music: Yes! Fitness Music®

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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

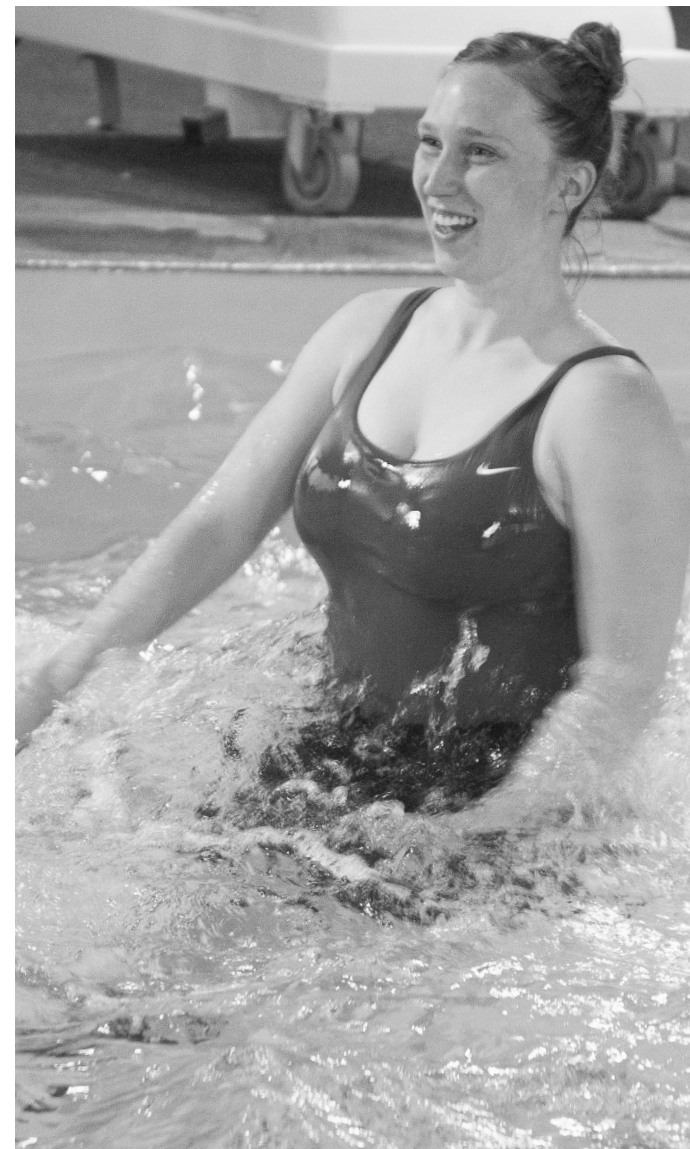
TVL Travel

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 Borderline
BPM 136

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
	Intro	2 x 8	Jog				
0:16	Verse 1	4 x 8	JOG CURL IN Jog (Arms: DBL biceps curl F, DIAG, DIAG, S)	32	R	Something in the way you love me	MOVE: Begin with a jog, short levers, biceps curls
0:44	Chorus 1	4 x 8	JACK SLICE OUT JJ (Arms: Slice side, in, down, in)	16		Just try to understand	Jumping jacks, slice arms
1:12	Bridge 1	4 x 8	JOG HEEL PUSH Jog heel (Arms: push F x4, push side x4)	32	R	Keep on pushing me baby, don't you know	Bring heels to glutes and push arms front, then side
1:40	Verse 2	4 x 8	JOG CURL IN	1	R	Something in your eye	MUSCLE: Glutes are warming up
2:08	Chorus 2	4 x 8	JACK SLICE OUT	1		Just try to understand	Inner, outer legs
2:37	Bridge 2	4 x 8	JOG HEEL PUSH	1	R	Keep on pushing me	Now warm up the hamstrings
3:05	Verse 3	4 x 8	JOG CURL IN	1	R	Something in the way	MOTIVATION: Lift the knees higher
3:33	Chorus 3	4 x 8	JACK SLICE OUT	1		Just try to understand	Rebound from the pool bottom
4:00	Bridge 3	4 x 8	JOG HEEL PUSH	1	R	Keep on pushing me	Heels to butt one more time
4:30	Chorus 4	4 x 8	JACK SLICE OUT	1		Just try to understand	Have a great workout!
	Finish	1 x 1	Jack out wide				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Tip: Welcome your class and get them singing to this classic song as they gently warm up the muscles and joints.

Choreography Notes

Track # 2
Track Focus Linear: forward/backward
Track Length 4:54
Song Title Physical
BPM 140

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type			
	Intro	2 x 8	Low Kick	16	R					
0:15	Verse 1	1 x 8	FLICK KICK 4 Flick kick R x4, ALT Straight kick x4 (gradually higher)	1	R	Common love isn't for us, we created	MOVE: Flick kicks R x4, then ALT kicks higher and higher			
		1 x 8	Flick kick L x4, ALT Straight kick x4	1	L	Don't you agree	4 flicks on the L, now straight			
		1 x 8	Flick kick R x4, ALT Straight kick x4	1	R	You got me feeling	Let's repeat			
		1 x 8	Flick kick L x4, ALT Straight kick x4	1	L	Don't you agree	Get ready to travel			
0:42	Chorus 1	4 x 8	CROSS COUNTRY 6 CC x6, CC shuffle x4, TVL F (Arms: scoop curl x6, push F x4)	4	R	All night I'll riot with you, I know you got	CC skis x6, travel forward Now fast shuffle x4			
1:09	Bridge 1	4 x 8	KARATE FRONT BACK Karate kick F/B, Touch Tuck x2, TVL B	8	R	Hold on just a little tighter	Travel back with karate kicks and tuck jumps			
1:37	Verse 2	4 x 8	FLICK KICK 4	1	RL	Adrenaline keeps on	MUSCLE: Quads and hamstrings			
2:04	Chorus 2	4 x 8	CROSS COUNTRY 6	1	R	All night I'll riot with	Lengthen the hip flexors			
2:32	Bridge 2	4 x 8	KARATE FRONT BACK	1	R	Hold on just a little	Now the glutes!			
2:59	Verse 3	4 x 8	FLICK KICK 4	1	RL	Common love isn't for	MOTIVATION:			
3:27	Chorus 3	4 x 8	CROSS COUNTRY 6	1	R	All night I'll riot with	Come On!! Come on!!			
3:54	Bridge 3	4 x 8	KARATE FRONT BACK	1	R	Hold on just a little	Jump back, jump higher			
4:22	Chorus 4	4 x 8	CROSS COUNTRY 6	1	R	All night I'll riot with	On more time, come on!			
	Finish	1 x 1	Land wide							
V1		C1	B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Tip: Use your verbal and nonverbal cues to encourage your class to travel forward during BLOCK 2. This track will end to the front of the pool.

Choreography Notes

Track # 3
Track Focus Lateral Travel
Track Length 4:57
Song Title It's Not Right But It's OK
BPM 140

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
	Intro	2 x 8	Pendulum	16	R		
0:16	Verse 1	1 x 8	SWING CROSS Side leg swing/ALT cross F/B	4	R	Friday night you and your boys went out	MOVE: Single leg swing, cross front, then behind
		1 x 8	Side leg swing/ALT cross F/B	4	L	Then they hung out	Switch legs
		1 x 8	Side leg swing/ALT cross F/B	4	R	If six of y'all	Keep your leg low
		1 x 8	Side leg swing/ALT cross F/B	4	L	Cause only two of you	Switch again
0:42	Chorus 1	1 x 8	JACK CROSS JJ (Arms: Cross punch/slice open)	4		It's not right but it's ok	Jumping jacks with arm combo
		1 x 8	Pendulum TVL R	8	R	Pack your bags	Now travel right w/pendulums
		1 x 8	JJ (Arms: Cross punch/slice open)	4		It's not right but it's ok	Jack, cross and slice arms
		1 x 8	Pendulum TVL L	8	L	Close the door	Travel to the left
1:09	Bridge 1	4 x 8	SIDE JUMP KARATE 2 Side tuck jump R x1/Karate kick L x2 Side tuck jump L x1/Karate kick R x2	4	RL	I've been through all this before	Big tuck jump side, land and 2 karate kicks side
1:37	Verse 2	4 x 8	SWING CROSS	1	RL	I'll pack your bags so	MUSCLES: Abd/adductors and balance work
2:04	Chorus 2	4 x 8	JACK CROSS	1	RL	It's not right but it's ok	A little chest and back too
2:32	Bridge 2	4 x 8	SIDE JUMP KARATE 2	1	RL	I've been through all	Now big glute medius
2:59	Verse 3	4 x 8	SWING CROSS	1	RL	Was it really work you	MOTIVATION: Third round
3:27	Chorus 3	4 x 8	JACK CROSS	1	RL	It's not right but it's ok	Pack your bags and GO
3:54	Bridge 3	4 x 8	SIDE JUMP KARATE 2	1	RL	I've been through all	Can you kick out the side of the pool?
4:22	Chorus 4	4 x 8	JACK CROSS	1	RL	It's not right but it's ok	We make it OK
	Finish	1 x 1	Land wide, cross punch				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Tip: Take advantage of the water resistance on this lateral track to really work the sides of the body, especially focusing on abductors/adductors.

Choreography Notes

Track # 4
Track Focus Speed
Track Length 4:56
Song Title Top of the World
BPM 140

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
	Intro	2 x 8	Run	32	R		
0:14	Verse 1	1 x 8	RUN FRONT JACKS Run TVL F x8, fast JJ x4 (Arms: Punch down F/B)	1	R	I remember the nights	MOVE: Run forward, fast jacks and punch
		1 x 8	Run TVL B x8, fast JJ x4 (Arms: Punch down F/B)	1	R	Cut out and	Run, travel back, now fast jack and punch
		1 x 8	Run TVL F x8, fast JJ x4 (Arms: Punch down F/B)	1	R	Watching the door	Travelling forward again
		1 x 8	Run TVL B x8, fast JJ x4 (Arms: Punch down F/B)	1	R	Than an ordinary	Take it back, punch
0:42	Chorus 1	2 x 8	POWER ROCKETS Jack wide low/Power ADD jump (Arms: reach up/ muscle arms)	8		On top of the world, on top of it all	New POWER jack move!
		2 x 8	Rocket JJ	16			Now Rocket jacks
1:09	Bridge 1	1 x 8	JOG HEEL CIRCLE RIGHT Jog heel TVL in R circle (Arms: breast stroke)	8	R	I hear the crowds be- neath me	Jog heel and circle to the right
		1 x 8	Jog heel TVL in L circle (Arms: breast stroke)	8	R	I'm wishing they	Jog heel and breast stroke, circling left
		1 x 8	Jog heel TVL in R circle (Arms: breast stroke)	8	R	But I'm on top of	Let's take it R
		1 x 8	Jog heel TVL in L circle (Arms: breast stroke)	8	R	And I'm dying	One more time
1:37	Verse 2	4 x 8	RUN FRONT JACKS	1	R	I remember the lies	MUSCLE: Use your whole body on this
2:04	Chorus 2	4 x 8	POWER ROCKETS	1		On top of the world	Feel your inner thighs
2:32	Bridge 2	4 x 8	JOG HEEL CIRCLE RIGHT	1	R	I hear the crowds	Hamstrings and back
2:59	Verse 3	4 x 8	RUN FRONT JACKS	1	R	I remember the days	MOTIVATION: Create turbulence this time
3:27	Chorus 3	4 x 8	POWER ROCKETS	1		On top of the world	Now explode
3:54	Bridge 3	4 x 8	JOG HEEL CIRCLE RIGHT	1	R	I hear the crowds	Let's circle
4:22	Chorus 4	4 x 8	POWER ROCKETS	1		On top of the world	You're on top of the world!
	Finish	1 x 1	Land Wide				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Tip: New Power rocket jumps combined with regular rocket jacks will give your class an opportunity for huge cardio bursts in this speed track.

Choreography Notes

Track # 5
Track Focus Group
Track Length 4:56
Song Title Simply Irresistible
BPM 140

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
	Intro	2 x 8	Jog, form 2 lines, facing each other	16	R		
0:15	Verse 1	4 x 8	LINE 1 JACKS, LINE 2 JOG TRAVEL Line 1: JJ (Arms: play guitar) Line 2: Jog through Line 1 and home	16/32	R	How can it be permissible	MOVE: Line one jacks, line two jog and circle line one
0:42	Chorus 1	4 x 8	LINES SWITCH MOVES Line 1: Jog through Line 2 and home Line 2: JJ (Arms: play guitar)	16/32	R	She's a craze you'd endorse	Now switch
1:09	Bridge 1	1 x 8	CROSS COUNTRY TOGETHER CC x7 ½ turn, lines face together	1	R	She's so fine	CC x7, turn away from the line
		1 x 8	CC x7 ½ turn, lines face away	1	R	She's all mine	This time turn back in
		1 x 8	CC, x7 ½ turn, lines face together	1	R	She's so fine	Skis and turn
		1 x 8	CC x7 ½ turn, lines face away	1	R	She's all mine	Ready for round two
1:37	Verse 2	4 x 8	LINE 1 JACKS, LINE 2 JOG TRAVEL	1	R	Her loving is so	MUSCLE: Glutes for line 1
2:04	Chorus 2	4 x 8	LINES SWITCH MOVES	1	R	She's a craze you'd	Inner, outer thighs line 2
2:32	Bridge 2	4 x 8	CROSS COUNTRY TOGETHER	1	R	She's so fine	Hip flexors and glutes
2:59	Verse 3	4 x 8	LINE 1 JACKS, LINE 2 JOG TRAVEL	1	R	Her methods are	MOTIVATION: Play your guitar
3:27	Chorus 3	4 x 8	LINES SWITCH MOVES	1	R	She's a craze you'd	Do you know the words
3:54	Bridge 3	4 x 8	CROSS COUNTRY TOGETHER	1	R	She's so fine	Double block of skis
4:22	Chorus 4	4 x 8	CROSS COUNTRY TOGETHER	1	R	She's a craze you'd	Have fun!!
	Finish	1 x 1	Land wide, play guitar				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Tip: Great song, great lyrics will make this track memorable. It's sure to be a class favorite. Play along with your class. This may be one to get wet...simply irresistible!

Choreography Notes

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

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
	Intro	2 x 8	Kick F	16	R		
0:14	Verse 1	2 x 8	GROUND KICKS GND straight kick F (Arms: OPP reach to foot)	8	R	Lord almighty, I feel my temperature rising	MOVE: Ground down and kick front, reach to OPP foot
		2 x 8	Neutral straight kick F (Arms: OPP reach to foot)	16	R	Girl, girl, girl	Now go to neutral
0:42	Chorus 1	2 x 8	GROUND SIDE SWEEP ALT GND Leg sweep side (Arms: sweep open side/down F)	8	R	Your kisses lift me higher	Ground down and sweep the leg side
		2 x 8	GND Sliding JJ (Arms: sweep open side/down F)	8		Ah ah ah	Neutral sliding jacks
1:09	Bridge 1	2 x 8	NEUTRAL CROSS COUNTRY Neutral CC	16	R	I'm just a hunk, a hunk	Neutral CC slide x16
		2 x 8	SUSP CC	16	R	Instrumental	Feet leave the bottom of the pool
1:37	Verse 2	4 x 8	GROUND KICKS	1	R	Ooh, I feel my temp	MUSCLE: Lift leg and feel quads
2:04	Chorus 2	4 x 8	GROUND SIDE SWEEP	1	R	Your kisses lift me	Outer thighs and obliques
2:32	Bridge 2	4 x 8	GROUND CROSS COUNTRY	1	R	I'm just a hunk	Front/back of legs
2:59	Verse 3	4 x 8	GROUND KICKS	1	R	It's coming closer	MOTIVATION: Point your toes
3:27	Chorus 3	4 x 8	GROUND SIDE SWEEP	1	R	Your kisses lift me	Strong side lift
3:54	Bridge 3	4 x 8	GROUND CROSS COUNTRY	1	R	I'm just a hunk	Extend the back leg fully
4:22	Chorus 4	4 x 8	GROUND SIDE SWEEP	1	R	Your kisses lift me	Finish strong
	Finish	1 x 1	Stand tall				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Tip: This suspension track will challenge BOTH sinkers and floaters as we move back and forth from grounded to neutral to suspended.

Choreography Notes

Track # 7
Equipment Noodle
Track Focus Upper Body
Track Length 4:41
Song Title What A Man Gotta Do
BPM 132

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type		
	Intro	2 x 8	Wide stance, noodle held shoulder width in hands						
0:15	Verse 1	4 x 8	CHEST PRESS FAST Chest press fast x4, slow x2 (Feet: Wide, narrow, R up, both up kneeling)	4		Cut my heart about one, two times	MOVE: Chest press fast, then slow		
0:44	Chorus 1	4 x 8	TRICEPS PRESS FAST Triceps Press fast x4, slow x2 (Feet: Wide, narrow, R up, both up kneeling)	4		So what a man gotta do	Press down fast now slow		
1:14	Bridge 1	4 x 8	NOODLE CROSS PUSH ALT Sweep B,/push noodle across to OPP side	16	R	Ooh, whoa	Push noodle across to OPP side		
1:43	Verse 2	4 x 8	CHEST PRESS FAST	1		You ain't tryin' to be	MUSCLE: Chest muscles		
2:12	Chorus 2	4 x 8	TRICEPS PRESS FAST	1		So what a man gotta	Hello triceps		
2:41	Bridge 2	4 x 8	NOODLE CROSS PUSH	1	R	Ooh, whoa	Upper body rotation and drag		
3:10	Verse 3	4 x 8	CHEST PRESS FAST	1		Cut my heart about	MOTIVATION: Push forward		
3:39	Chorus 3	4 x 8	TRICEPS PRESS FAST	1		So what a man gotta	What we gotta do for strong arms		
4:08	Bridge 3	4 x 8	NOODLE CROSS PUSH	1	R	Ooh, whoa	Push!!		
	Finish	1 x 1	Grab noodle, push across						
V1		C1	B1	V2	C2	B2	V3	C3	B3

Trainer's Tip: Watch the different teaching options demonstrated by the presenters to show the four levels during the chest and triceps blocks. Use these teaching tools to help your class understand the wide, narrow, and kneeling levels.

Choreography Notes

Track # 8
Equipment n/a
Track Focus Lower Body
Track Length 4:45
Song Title Invincible
BPM 132

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type		
	Intro	2 x 8	Put noodle aside, brace core						
0:15	Verse 1	1 x 8	FAST KICKSTANDS Hamstring curl R x4, ALT Hamstring curl x4 LRLR	1	R	Target on my back	MOVE: Leg curl x4, then ALT		
		1 x 8	Hamstring curl R x4, ALT Hamstring curl x4 LRLR	1	L	No surrender	Switch sides		
		1 x 8	Hamstring curl R x4, ALT Hamstring curl x4 LRLR	1	R	Hey, hey, hey	Back to side one		
		1 x 8	Hamstring curl R x4, ALT Hamstring curl x4 LRLR	1	L	Hey, hey, hey	Now left leg		
0:44	Chorus 1	4 x 8	SEATED KICK & STAND ALT Seated kick x4, ALT Kick x4	4	R	You make me feel invincible	Kick front x4		
1:14	Bridge 1	4 x 8	LOW JACK POW POW Neutral JJ out x1, touch together to the bottom x2	16		I feel, I feel it	Neutral jacks and jumps		
1:43	Verse 2	4 x 8	FAST KICKSTANDS	1	RL	Here we go again	MUSCLE: Feel the muscles I the back of your legs		
2:12	Chorus 2	4 x 8	SEATED KICK & STAND	1	R	You make me feel	Working the quads		
2:41	Bridge 2	4 x 8	LOW JACK POW POW	1		I feel, I feel it	Abd/Adductors and glutes		
3:10	Verse 3	4 x 8	FAST KICKSTANDS	1	RL	Target on my back	MOTIVATION: Kick your butt		
3:39	Chorus 3	4 x 8	SEATED KICK & STAND	1	R	You make me feel	Feelin' strong		
4:08	Bridge 3	4 x 8	LOW JACK POW POW	1		I feel, I feel it	Jack and POW		
	Finish	1 x 1	Stand Tall						
V1		C1	B1	V2	C2	B2	V3	C3	B3

Trainer's Tip: Strong legs make us invincible for adult daily living activities.

Choreography Notes

Track # 9
Equipment Noodle
Track Focus Muscle 3 (Core)
Track Length 4:43
Song Title Better Be Good To Me
BPM 132

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type		
	Intro	2 x 8	Position noodle under R knee						
0:15	Verse 1	2 x 8	RIGHT LEG CRUNCH Crunch to lifted knee F	8	R	A prisoner of your love	MOVE: Lift knee and crunch 8x		
		2 x 8	Lateral crunch to lifted knee R, change legs	7	R	Whisper	Lateral crunch then change sides		
0:45	Chorus 1	2 x 8	LEFT LEG CRUNCH Crunch to lifted knee F	8	L	You better be good to me	Crunch to the front		
		2 x 8	Lateral crunch to lifted knee L, lower to SUSP	7	L	You better be good	Now 7 to the side		
1:13	Bridge 1	4 x 8	TWIST & KICK ALT Twist x3/ Karate kick B	14	RL	And I really don't see	Let's twist 3 times, karate kick back		
1:43	Verse 2	4 x 8	RIGHT LEG CRUNCH	1	R	And I think it's only	MUSCLE: Lateral flexion		
2:12	Chorus 2	4 x 8	LEFT LEG CRUNCH	1	L	You better be good to	Rectus abdominus		
2:41	Bridge 2	4 x 8	TWIST & KICK	1	RL	And I really don't see	Obliques and glutes		
3:10	Verse 3	4 x 8	RIGHT LEG CRUNCH	1	R	A prisoner of your	MOTIVATION: One more big round		
3:39	Chorus 3	4 x 8	LEFT LEG CRUNCH	1	L	You better be good to	Be good to your core		
4:08	Bridge 3	4 x 8	TWIST & KICK	1	RL	And I really don't see	It works so hard for you!		
	Finish	1 x 1	Stand						
V1		C1	B1	V2	C2	B2	V3	C3	B3

Trainer's Tip: Placing the noodle under the knee will challenge the entire core during this block, especially postural muscles and stabilizers. Option: No noodle to begin.

Choreography Notes

Track # 10
Track Focus Flexibility Training
Track Length 3:51
Song Title Lean On Me
BPM n/a

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
	Intro	2 x 8	ALT Step, Cross touch	4	R		
0:11	Verse 1	1 x 8	STEP CROSS SIT Step R, cross L, hips back	1	R	Sometimes in our lives we all have pain	MOVE: Push hips back
		1 x 8	Slide leg up to Figure 4 stretch	1	L	We all have sorrow	Take leg up to figure 4
		1 x 8	Step L, cross R, hips back	1	L	But if we are wise	Repeat other side
		1 x 8	Slide leg up to Figure 4 stretch	1	R	There's always	Sit lower
0:32	Chorus 1	1 x 8	LUNGE RIGHT SWEEP ALT Lunge R/L (Arms: sweep OPP)	1	R/L	Lean on me, when you're not strong	Lunge R/L, sweep arms in OPP direction
		1 x 8	ALT Reach up & over, OPP knee up	1	R/L	And I'll be your friend	Knee lift and reach
		1 x 8	ALT Lunge R/L (Arms: sweep OPP)	1	R/L	For it won't be long	Lunge again
		1 x 8	ALT Reach up & over, OPP knee up	1	R/L	Somebody to lean on	Reach a little higher
0:54	Bridge 1	1 x 8	SHOULDER POP Wide stance, Shoulder pop SSD, Curl B L	1	R	We be jammin'	Shoulder POP
		1 x 8	Kick F, hold hamstring stretch	1	L	Instrumental	Lift your leg front
		1 x 8	Wide stance, Shoulder pop SSD, Curl B R	1	L	We be jammin'	Shoulder POP again
		1 x 8	Kick F, hold hamstring stretch	1	R	Instrumental	Other leg lifts up
1:16	Verse 2	4 x 8	STEP CROSS SIT	1	R	Please swallow your	MUSCLE: Big glute stretch
1:37	Chorus 2	4 x 8	LUNGE RIGHT SWEEP	1	R	Lean on me	Muscles up the sides
1:59	Bridge 2	4 x 8	SHOULDER POP	1	R	We be jammin'	Lengthen your hamstrings
2:21	Verse 3	4 x 8	STEP CROSS SIT	1	R	Just call on me	MOTIVATION: Enjoy this final stretch
2:42	Chorus 3	4 x 8	LUNGE RIGHT SWEEP	1	R	Lean on me	To the rhythm
3:04	Bridge 3	4 x 8	SHOULDER POP	1	R	We be jammin'	Take it home with POPs
	Finish	1 x 1	Strike a jammin' pose				

V1	C1	B1	V2	C2	B2	V3	C3	B3
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Trainer's Tip: This is a great song with feel good vibes and moves. Send your class on their way knowing they will return to yet another great workout.

Choreography Notes

Track # **BONUS**
Track Focus **Cardio (insert after Track 2)**
Track Length **4:52**
Song Title **So Am I**
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	JACK SWEEP RIGHT JJ (Arms: ALT breaststroke)	8		Can you hear the whispers	MOVE: Jumping jacks with ALT breast-stroke arms
		2 x 8	JJ (Arms: ALT pull FWD)	8		I know what you're	Keep the jacks, change arms
0:42	Chorus 1	1 x 8	WIDE JOG Wide jog x7, TVL R, hop x1	1	R	Do you ever feel like a misfit	7 wide jogs traveling right, One hop to change
		1 x 8	Wide jog x7, TVL L, hop x1	1	L	Its ok to be different	Jog back to the left
		1 x 8	Side Leap x4, TVL R, hop x1	1	R	Do you ever feel like	Leap 4x , then hop traveling right
		1 x 8	Side Leap x4, TVL L, hop x1	1	L	Its ok to be different	Repeat to the left
1:10	Bridge 1	4 x 8	KICK 3 CURL ALT Kick x3, hop curl	8	RL	I, I, I, so am I	3 kicks front, curl and hop
1:37	Verse 2	4 x 8	JACK SWEEP RIGHT	1		Dressed so fancy	MUSCLE: Outer thighs and back, open the chest
2:05	Chorus 2	4 x 8	WIDE JOG	1	R	Do you ever feel like	Use those balance muscles now
2:33	Bridge 2	4 x 8	KICK 3 CURL	1	RL	I, I, I, so am I	Big power muscles
3:00	Verse 3	4 x 8	JACK SWEEP RIGHT	1		Can you hear the	MOTIVATION: Show me white water
3:27	Chorus 3	4 x 8	WIDE JOG	1	R	Do you ever feel like	Can you travel farther?
3:55	Bridge 3	4 x 8	KICK 3 CURL	1	RL	I, I, I, so am I	Toes up, curl back
4:22	Chorus 4	4 x 8	WIDE JOG	1	R	Do you ever feel like	One more chance!
	Finish	1 x 1	Land wide				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Tip: This is your BONUS track! It should be inserted after Track 2 if you choose to use it and make your class a bit longer.

Track # HOLIDAY (use in place of One Thing Right on Track 8)
Track Focus Lower Body
Track Length 4:53
Song Title Last Christmas
BPM 132

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
	Intro	2 x 8	Put noodle aside, brace core	8			
0:15	Verse 1	1 x 8	FAST KICKSTANDS Hamstring curl R x4, ALT Hamstring curl x4 LRLR	1	R	Last Christmas	MOVE: Leg curl x4, then ALT
		1 x 8	Hamstring curl R x4, ALT Hamstring curl x4 LRLR	1	L	This year to save	Switch sides
		1 x 8	Hamstring curl R x4, ALT Hamstring curl x4 LRLR	1	R	Last Christmas	Back to side one
		1 x 8	Hamstring curl R x4, ALT Hamstring curl x4 LRLR	1	L	This year to save me	Now left leg
0:45	Chorus 1	4 x 8	SEATED KICK & STAND ALT Seated kick x4, ALT Kick x4	4	R	Once bitten	Kick front x4
1:13	Bridge 1	4 x 8	LOW JACK POW POW Neutral JJ out x1, touch in to the bottom x2	16		Instrumental	Neutral jacks and jumps
1:43	Verse 2	4 x 8	FAST KICKSTANDS	1	RL	Last Christmas	MUSCLE: Feel the muscles I the back of your legs
2:12	Chorus 2	4 x 8	SEATED KICK & STAND	1	R	Once bitten	Working the quads
2:41	Bridge 2	4 x 8	LOW JACK POW POW	1		Instrumental	Abd/Adductors and glutes
3:10	Verse 3	4 x 8	FAST KICKSTANDS	1	RL	Last Christmas	MOTIVATION: Kick your butt
3:39	Chorus 3	4 x 8	SEATED KICK & STAND	1	R	Once bitten	Feelin' strong
4:08	Bridge 3	4 x 8	LOW JACK POW POW	1		Instrumental	Jack and POW
	Finish	1 x 1	Land wide				

V1	C1	B1	V2	C2	B2	V3	C3	B3
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Trainer's Tip: If you choose to use this Christmas track, switch it out for track 8 (Lower Body).

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