

water 
motion®
The new wave in aqua exercise

PURE
Energy

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	I Found You	Andy Grammer	Warm Up	5:02	136
2	Take Me Home Tonight	Eddie Money	Linear	4:57	140
3	Better Days	OneRepublic	Lateral Travel	4:52	140
4	Rain On Me	Lady Gaga, Ariana Grande	Speed	4:54	140
5	Be Kind	Marshmello & Halsey	Group	4:56	140
6	Something's Gotta Give	Labrinth	Suspension	4:54	140
7	Only Human	Jonas Brothers	Upper Body	4:40	132
8	Kiss On My List	Hall & Oates	Lower Body	4:41	132
9	Dangerous	David Guetta ft Sam Martin	Core	4:41	132
10	I Just Wanna Shine	Fitz and the Tantrums	Flexibility	2:41	n/a
11	Don't Start Now	Dua Lipa	Bonus (Flotation)	4:42	140

*Songs not performed by the original artist

Changing the Tide in Water Exercise



Eleven 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 and are a cinch to integrate. Our experts pull them together and remove the need to analyze and prepare choreography, find the perfect music and structure the class leaving you with room to focus on your students!

Choreographer: Cheri Kulp

Education Author: Sara Kooperman

Education Presenter: Sara Kooperman

Music: Yes! Fitness Music®

Presenters: Manuel Velazquez
Sara Kooperman
Mac Carvalho
Robin Taylor
Sarah Vandenberg
Ann Gilbert
Cheri Kulp

Support Team: Adam Buttacavoli
Mike Leber
Carter Anderson

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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

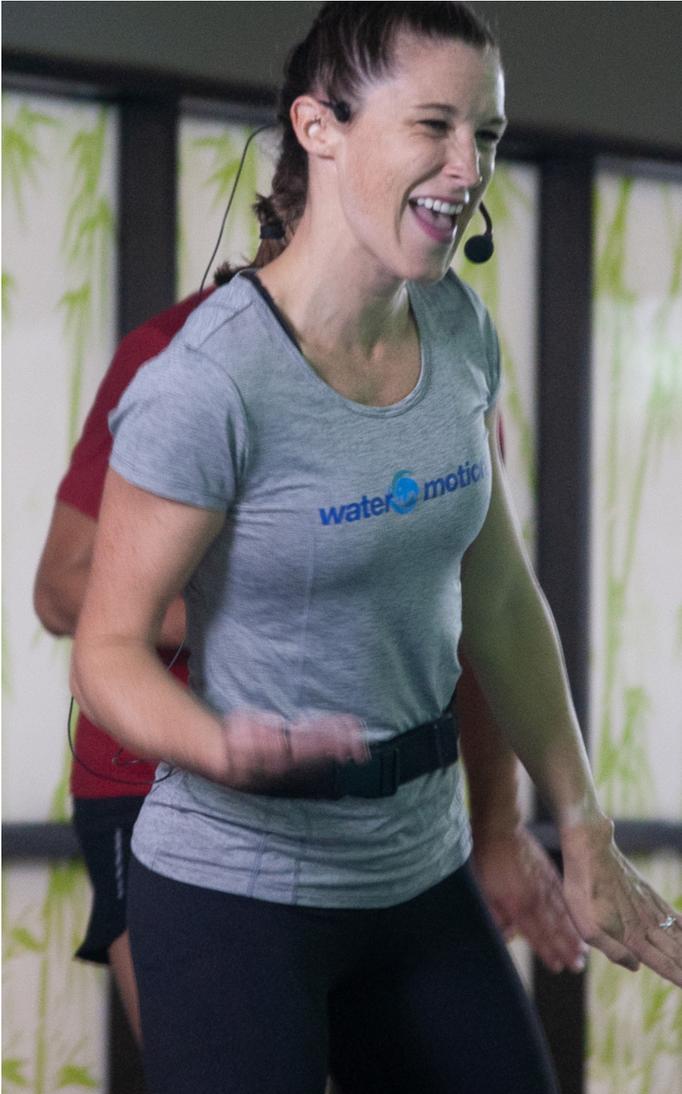
R Right

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 5:02
 Song Title I Found You
 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	DOUBLE JOG HEEL DBL Jog Heel x4, Single Jog Heel x8 (Arms: Hold out at side, side/touch OPP heel in B)	16	R	On the way I was crowned a king	MOVE: Lift heel back, Doubles, then singles with reach back to heel
0:43	Bridge 1	4 x 8	DOUBLE JOG AND PUNCH DBL Jog x4, Single Jog x8 (Arms: Punch/elbow strike x2, ALT punch x4)	4	R	I found cynicism, I found criticism	Jog and punch
1:12	Chorus 1	1 x 8	FAST JACK IN 3 Fast JJ (out/in/out, in/out/in) (Arms: short lever LAT raise)	2		I found you, I found you	Jacks out in out
		1 x 8	JJ (Arms: breaststroke, thumbs up)	4		I found you, I found you	Now 4 regular jack with more rebound
		1 x 8	Fast JJ (out/in/out, in/out/in)	2		Whoa	Fast combo
		1 x 8	JJ (Arms: breaststroke, thumbs up)	4		Whoa	Go wider and bigger
1:40	Verse 2	4 x 8	DOUBLE JOG HEEL	1	R	On the way I was given the keys	MUSCLE: Feel your hamstrings getting warm
2:08	Bridge 2	4 x 8	DOUBLE JOG AND PUNCH	1	R	I found cynicism	Arms and chest
2:36	Chorus 2	4 x 8	FAST JACK IN 3	1		I found you	Inner, outer thighs
3:04	Verse 3	4 x 8	DOUBLE JOG HEEL	1	R	On the way I'll have won the race	MOTIVATION: Now pull back a little
3:33	Bridge 3	4 x 8	DOUBLE JOG AND PUNCH	1	R	I found cynicism	No criticism here
4:01	Chorus 3	4 x 8	FAST JACK IN 3	1		I found you	I found you
4:29	Chorus 4	4 x 8	FAST JACK IN 3	1		I found you	Heart open
	Finish	1 x 1	Stand tall				

V1	B1	C1	V2	B2	C2	V3	B3	C3	C4
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Trainer's Tip: Welcome your class to the workout ahead with this warm, uplifting track. Using both water and land tempo to warmup the muscles they will be using throughout the class.

Choreography Notes

Track # 2
 Track Focus Linear: forward/backward
 Track Length 4:57
 Song Title Take Me Home Tonight
 BPM 140

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
	Intro	2 x 8	Jog	16	R		
0:16	Verse 1	4 x 8	JOG SCOOP Jog x4, Kick x4 (Arms: scoop x2, OPP reach)	4	R	I feel a hunger	MOVE: Rebound Jog toe, ball, & heel. Strong straight kicks
0:42	Bridge 1	4 x 8	JOG HEEL PUSH Jog heel x4, Kick B x4 (Arms: push F x2, Fast push x4)	4	R	I can feel you breathe	Jog heel, Push and pull the arms
1:10	Chorus 1	1 x 8	TAKE ME HOME RUN Run TVL F x8, CC x4	1	R	Take me home tonight	Run F then cross country
		1 x 8	Run TVL B x8, CC x4	1	R	Take me home	Run B big rebound
		1 x 8	Run TVL F x8, CC x4	1	R	Take me home	Come forward again
		1 x 8	Run TVL B x8, CC x4	1	R	Take me home	Take it back
1:37	Verse 2	4 x 8	JOG SCOOP	1	R	I get frightened	MUSCLE: Quads on the kick, strong arms on scoop
2:05	Bridge 2	4 x 8	JOG HEEL PUSH	1	R	I can feel you breathe	Hip extension, hamstrings
2:33	Chorus 2	4 x 8	TAKE ME HOME RUN	1	R	Take me home	Great glute work!
3:00	Verse 3	4 x 8	JOG SCOOP	1	R	I feel a hunger	MOTIVATION: Scoop it up
3:27	Bridge 3	4 x 8	JOG HEEL PUSH	1	R	I can feel you breathe	Feel your heart beat?
3:55	Chorus 3	4 x 8	TAKE ME HOME RUN	1	R	Take me home	Ready to run?
4:22	Chorus 4	4 x 8	TAKE ME HOME RUN	1	R	Take me home	So good, do it again
	Finish	1 x 1	Land wide				

V1	B1	C1	V2	B2	C2	V3	B3	C3	C4
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Trainer's Tip: Let's get warmer and into cardio work with this popular song your class is sure to love. They will keep coming back for this one!

Choreography Notes

Track # 3
 Track Focus Lateral Travel
 Track Length 4:52
 Song Title Better Days
 BPM 140

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
	Intro	1 x 8	JJ	8			
0:14	Verse 1	4 x 8	JJ CROSS KICK JJ out/ALT cross kick (Arms: Reach across for OPP foot)	16	R	Waking up in California	MOVE: Jack cross kick
0:42	Chorus 1	2 x 8	1 LEAP 1 SWING Side Leap R/Swing Jog	4	R	Oh, I know there'll be better days	Leap side, arms sweep side and scoop
		2 x 8	Side Leap L/Swing Jog	4	L		Travel back the other way
1:10	Bridge 1	4 x 8	JACK BEND SIDE JJ, ALT LAT bend (Arms: Thumbs@shoulders, fingers@ears, elbows wide, ALT LAT bend)	16	R/L	Better days	Jack and bend side, chest open, elbows wide
1:36	Verse 2	4 x 8	JJ CROSS KICK	1	R	Been waking up to	MUSCLE: Quads and long posture
2:04	Chorus 2	4 x 8	1 LEAP 1 SWING	1	R/L	Oh, I know there'll	Come glutes, abd/add
2:31	Bridge 2	4 x 8	JACK BEND SIDE	1	R/L	Better days	Big chest work here
2:58	Verse 3	4 x 8	JJ CROSS KICK	1	R	Waking up in	MOTIVATION: Spray me!
3:27	Chorus 3	4 x 8	1 LEAP 1 SWING	1	R/L	Oh, I know there'll	Leap away, move the water
3:54	Bridge 3	4 x 8	JACK BEND SIDE	1	R/L	Better days	Stay tall and strong
4:22	Chorus 4	4 x 8	1 LEAP 1 SWING	1	R/L	Oh, I know there'll	Biggest leap yet
	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: Listen to the postural cues and reminders for your class to make their movements purposeful and strong. Big leaps and turbulence make for Better Days all around.

Choreography Notes

Track # 4
Track Focus Speed
Track Length 4:54
Song Title Rain On Me
BPM 140

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
	Intro	2 x 8	Jog heel	16	R		
0:15	Verse 1	4 x 8	SOCCER KICK ALT soccer kick (Arms: Cross punch F/punch side)	16	R	I didn't ask for a free ride	MOVE: Soccer
0:42	Chorus 1	2 x 8	FLICK 4 JACK ALT flick kick x4, JJ x2 (Arms: point to OPP toe, punch overhead x2)	2	R	I'd rather be dry, but at least I'm alive	Flick kicks, point to toe
		2 x 8	Fast ALT flick kick x8, JJ x4 (Arms: point to OPP toe, punch overhead x2)	2	R	Rain Rain	Fast flicks, faster points
1:09	Bridge 1	4 x 8	CROSS COUNTRY CC x6, Power jump x1 (Arms: ALT punch up x6, reach up x1)	4	R	Hands up to the sky, I'll be your galaxy	CC, punch to the sky
1:37	Verse 2	4 x 8	SOCCER KICK	1	R	Living in a world	MUSCLE: Hello hamstrings
2:04	Chorus 2	4 x 8	FLICK 4 JACK	1	R	I'd rather be dry	Big quads
2:32	Bridge 2	4 x 8	CROSS COUNTRY	1	R	Hands up to the sky	Power glutes, strong punch up
2:59	Verse 3	4 x 8	SOCCER KICK	1	R	I didn't ask for a free	MOTIVATION: Are we having a real good time?
3:26	Chorus 3	4 x 8	FLICK 4 JACK	1	R	I'd rather be dry	The music tells you what to do
3:54	Bridge 3	4 x 8	CROSS COUNTRY	1	R	Hands up to the sky	Can you add a tuck?
4:22	Chorus 4	4 x 8	FLICK 4 JACK	1	R	I'd rather be dry	Punch and rain
	Finish	1 x 1	Land wide, rain arms down				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Tip: This is a heart starter for sure. Be precise with your cueing and movements to really hit the tempo and high energy patterns.

Choreography Notes

Track # 5
 Track Focus Group
 Track Length 4:56
 Song Title Be Kind
 BPM 140

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type			
	Intro	2 x 8	Jog, identify partner, look at each other	16	R					
0:15	Verse 1	4 x 8	JACK AND PASS JJ (Arms: ALT passing the water w/chest press)	16		Wanna believe	MOVE: Jack and pass the water with arms			
0:42	Chorus 1	4 x 8	JOG HEEL SWIM Jog heel (Arms: Free-style swim, pull water away)	32	R	I don't know why you hide from the one	Jog heel and swim arms			
1:09	Bridge 1	2 x 8	SEATED KICK ALT seated kick, pass water w/feet (Arms: ALT scoop under)	16	R	I know it's hard for you	Neutral seated kick, pass the water with your feet			
		2 x 8	Fast ALT seated kick, pass water w/feet	32	R	I know it's hard for	Smile at your partner			
1:37	Verse 2	4 x 8	JACK AND PASS	1	R	I know you need	MUSCLE: Chest and back			
2:05	Chorus 2	4 x 8	JOG HEEL SWIM	1	R	I don't know why you	Lat work and hamstrings			
2:32	Bridge 2	4 x 8	SEATED KICK	1	R	I know it's hard for	Engage core and work quads			
2:59	Verse 3	4 x 8	JACK AND PASS	1	R	Wanna believe	MOTIVATION: Big rebound			
3:27	Chorus 3	4 x 8	JOG HEEL SWIM	1	R	I don't know why you	Really push the water back			
3:54	Bridge 3	4 x 8	SEATED KICK	1	R	I know it's hard for	Extra challenge...suspend			
4:22	Chorus 4	4 x 8	JOG HEEL SWIM	1	R	I don't know why you	Let's be kind to each other			
	Finish	1 x 1	Land and push arms forward							
	V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Trainer's Tip: No touching required...just kind smiles as your class "competes" on moving the water as big as possible.

Choreography Notes

Track # 6
 Track Focus Suspension
 Track Length 4:54
 Song Title Something's Gotta Give
 BPM 140

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
	Intro	2 x 8	Neutral JJ	8			
0:16	Verse 1	4 x 8	STANDING LEG SWEEP R/L Leg out/in, sliding JJ x2 (Arms: Raise to side)	4	R	You know that time never sleeps	MOVE: Single side leg sweep, then neutral jack
0:42	Chorus 1	4 x 8	CROSS COUNTRY 4 Neutral CC x4, Mogul F/tuck/B/tuck	4	R	Oh, and I'm walkin' on faith	Cross country, moguls F/B
1:09	Bridge 1	1 x 8	SUSPENDED TUCK AROUND SUSP Legs F/R/B/L	1	R	Say it, we made it	Tuck, legs shoot front, tuck, legs shoot side, tuck, shoot back, tuck, shoot other side
		1 x 8	SUSP Legs F/L/B/R	1	L	Say it, we made it	Now reverse direction
		1 x 8	SUSP Legs F/R/B/L	1	R	Say it, we made it	Reverse again
		1 x 8	SUSP Legs F/L/B/R	1	L	Say it, we made it	One more time
1:37	Verse 2	4 x 8	STANDING LEG SWEEP	1	R	He I've been caught	MUSCLE: Inner thighs
2:05	Chorus 2	4 x 8	CROSS COUNTRY 4	1	R	Oh, and I'm walkin'	Big core work, glutes
2:32	Bridge 2	4 x 8	SUSPENDED LEGS AROUND	1	R/L	Say it, we made it	Feel everything!
2:59	Verse 3	4 x 8	STANDING LEG SWEEP	1	R	You know that time	MOTIVATION: Drag, show me power
3:27	Chorus 3	4 x 8	CROSS COUNTRY 4	1	R	Oh, and I'm walkin'	Working total body
3:54	Bridge 3	4 x 8	SUSPENDED LEGS AROUND	1	R/L	Say it, we made it	We made it!
4:22	Chorus 4	4 x 8	CROSS COUNTRY 4	1	R	Oh, and I'm walkin'	Last time, show me!
	Finish	1 x 1	Land wide				

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Trainer's Tip: This one is memorable! Big core engagement and tuck arounds are sure to engage the whole body. Clearly cue for directional changes to help your class to be successful on the tucks and moguls.

Choreography Notes

Track # 7
 Equipment Noodle
 Track Focus Upper Body
 Track Length 4:40
 Song Title Only Human
 BPM 132

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
	Intro	2 x 8	Wide stance				
0:15	Verse 1	4 x 8	BICEPS CURL SHIFT ALT \Biceps curl (lower x4, higher x4)	32	R	I don't want this night to end	MOVE: Biceps curl, get low, then higher
0:45	Bridge 1	4 x 8	TRICEPS SIDE IN Triceps press side at shoulder level x3 - Neutral	16	R	We gonna dance in my living room	3 fast triceps press out, then 1 slow
1:13	Chorus 1	4 x 8	DOUBLE OPEN/CLOSE LUNGE Split stance R Sweep arms open in circle x2 Sweep arms closed in circle x2	8	R	It's only human	Circle arms out x2, then back around front
1:43	Verse 2	4 x 8	BICEPS CURL SHIFT	1	R	Early morning la-la-light	MUSCLE: Muscles in front, the biceps
2:12	Bridge 2	4 x 8	TRICEPS SIDE IN	1	R	We gonna dance in	Now the muscles in back
2:41	Chorus 2	4 x 8	DOUBLE OPEN/CLOSE LUNGE	1	R	It's only human	Upper back and pecs
3:10	Verse 3	4 x 8	BICEPS CURL SHIFT	1	R	I don't want this night to end	MOTIVATION: Love training the upper body
3:39	Bridge 3	4 x 8	TRICEPS SIDE IN	1	R	We gonna dance in	Press out, curl in
4:08	Chorus 3	4 x 8	DOUBLE OPEN/CLOSE LUNGE	1	R	It's only human	Move more water
	Finish	1 x 1	Push out and hold				

V1	C1	B1	V2	C2	B2	V3	C3	B3
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Trainer's Tip: This is a wonderful track to teach your class about water resistance using only their bodies. Encourage full ROM and lots of water movement in each block to train the upper body.

Choreography Notes

Track # 8
 Equipment n/a
 Track Focus Lower Body
 Track Length 4:41
 Song Title Kiss On My List
 BPM 132

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
	Intro	2 x 8	Tall posture, lift R knee, EXT ROT				
0:15	Verse 1	2 x 8	FLICK KICK SIDE EXT ROT Flick kick x6, Fast kick (bring leg F)	1	R	My friends wonder why I call you	MOVE: Power flick kick x7, 1 forward, change sides
		2 x 8	EXT ROT Flick kick x6, Fast kick (bring leg F)	1	L		7 on this side
0:45	Chorus 1	2 x 8	STEP OUT IN ALT Step wide out/in	8	R	But if you insist on knowing my bliss	Step side and drag the leg in
		2 x 8	DBL Step wide out/in	4	R	Because your kiss	Now double it!
1:13	Bridge 1	4 x 8	GROUNDING HAM CURL ALT Hamstrings curl	16	R	Instrumental	Heel curl back
1:43	Verse 2	4 x 8	FLICK KICK SIDE	1	R/L	I go crazy	MUSCLE: Barre inspired, tall posture
2:12	Chorus 2	4 x 8	STEP OUT IN	1	R	But if you insist	Lower center of gravity, feel inner thighs
2:41	Bridge 2	4 x 8	GROUNDING HAM CURL	1	R	Instrumental	Big connection down the back body
3:10	Verse 3	4 x 8	FLICK KICK SIDE	1	R/L	My friends wonder why I call you	MOTIVATION: Challenge your balance this time
3:39	Chorus 3	4 x 8	STEP OUT IN	1	R	But if you insist	Check your legs, feet together
4:08	Bridge 3	4 x 8	GROUNDING HAM CURL	1	R	Instrumental	Make it yours!
	Finish	1 x 1	Stand tall				

V1	C1	B1	V2	C2	B2	V3	C3	B3
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Trainer's Tip: This barre-inspired track will challenge not only balance, but also, posture and control of the lower body. The grounded movements will allow for BIG drag.

Choreography Notes

Track # 9
 Equipment n/a
 Track Focus Muscle 3 (Core)
 Track Length 4:41
 Song Title Dangerous
 BPM 132

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
	Intro	2 x 8	Stand tall, upright posture				
0:15	Verse 1	4 x 8	KNEE TUCK ALT Knee tuck (Arms: Reach for ankles/thumbs to shoulders)	16	R	You take me down	MOVE: Anchor down, fingers to temple, crunch forward
0:45	Chorus 1	1 x 8	SIDE CRUNCH 4 LAT Crunch x4, leg lifting higher and higher (Arms: fingertips at ears, elbows wide)	1	R	I don't know where the lights are taking	Side crunch, keep hands high. Legs lift high x4
		1 x 8	LAT Crunch x4, leg lifting higher and higher	1	L	Oh, dangerous	4 on the other side
		1 x 8	LAT Crunch x4, leg lifting higher and higher	1	R	I don't know where	
		1 x 8	LAT Crunch x4, leg lifting higher and higher	1	L	Oh, dangerous	
1:13	Bridge 1	4 x 8	WIDE STANCE TWIST ALT Upper body ROT (Arms: extended F, parallel)	16	R	It's dangerous, so dangerous, I want to	Bring palms together, push to the side
1:43	Verse 2	4 x 8	KNEE TUCK	1	R	Show me your soul	MUSCLE: Spinal flexion and AB recruitment
2:12	Chorus 2	4 x 8	SIDE CRUNCH 4	1	R	I don't know where	Obliques
2:41	Bridge 2	4 x 8	WIDE STANCE TWIST	1	R	It's dangerous	Spinal rotation
3:10	Verse 3	4 x 8	KNEE TUCK	1	R	You take me down	MOTIVATION: Crunch down
3:39	Chorus 3	4 x 8	SIDE CRUNCH 4	1	R	I don't know where	Nothing dangerous about this
4:08	Bridge 3	4 x 8	WIDE STANCE TWIST	1	R	It's dangerous	Dangerously good!
	Finish	1 x 1	Land wide				

V1	C1	B1	V2	C2	B2	V3	C3	B3
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Trainer's Tip: Nothing dangerous about this core track. No noodle, no problem. Cue for tall posture and lots of functional spinal movement.

Choreography Notes

Track # 10
 Track Focus Flexibility Training
 Track Length 2:41
 Song Title I Just Wanna Shine
 BPM n/a

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
	Intro	2 x 8	Gentle sway				
0:11	Chorus 1	1 x 8	SHINE Star pose to muscle arms	1	R	I just wanna shine	MOVE: Star pose to muscle pose
		1 x 8	Mountain pose, backstroke R/L	1		Run the city	Mountain pose, sweep back
		1 x 8	Star, muscle	1	L	I just wanna climb	Star pose other side
		1 x 8	Mountain, backstroke L/R	1		Standing tall	Reach up and sweep
0:32	Verse 1	1 x 8	FIGURE 4 FOLD Figure 4 w/ arm scoop x3, Stand tall	1	R	Goodnight stress	Figure 4 and scoop with arms
		1 x 8	Figure 4 w/ arm scoop x3, Stand tall	1	L	I don't gotta guess	Change sides and scoop
		1 x 8	Figure 4 w/ arm scoop x3, Stand tall	1	R	Sewing those seeds	Back to side one
		1 x 8	Figure 4 w/ arm scoop x3, Stand tall	1	L	Goodnight stress	One more time
0:53	Bridge 1	1 x 8	KICK OUT Flex foot, kick out to hamstrings stretch, bend, kick (Arms: open, palms up)	1	R	So I wake up	Lift knee, extend, bend knee for back of leg
		1 x 8	Curl B, extend to Warrior 3 (Arms: both reach B, sweep F)	1	L	Its dangerous	Extend leg back for Warrior 3
		1 x 8	Flex foot, kick out to hamstrings stretch, bend, kick (Arms: open, palms up)	1	R	So I wake up	Change legs, point toes
		1 x 8	Curl B, extend to Warrior 3 (Arms: both reach B, sweep F)	1	L	It's dangerous	Show me Warrior 3
1:13	Chorus 2	4 x 8	SHINE	1	RL	I just wanna shine	MUSCLE: Open body and lengthen
1:34	Verse 2	4 x 8	FIGURE 4 FOLD	1	RL	I used to lay low	Stretch your glutes on this
1:55	Bridge 2	4 x 8	KICK OUT	1	RL	So I wake up	Delicious
2:16	Chorus 3	4 x 8	SHINE	1	RL	I just wanna shine	MOTIVATION: Shine!
	Finish	1 x 1	Sweep arms back				

C1	V1	B1	C2	V2	B2	C3
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Trainer's Tip: Quick, smooth movements in this one will keep your class warm, engaged, and moving fluidly as finish this great workout. Shine on!

Choreography Notes

Track # BONUS
 Track Focus Flotation (insert after Track 6)
 Track Length 4:42
 Song Title Don't Start Now
 BPM 140

	Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type
	Intro	2 x 8	Position noodle around back, under arms, SUSP				
0:15	Verse 1	1 x 8	JACK 180 SUSP JJ ½ turn R x2, JJ x2	1		Did a full one eighty	MOVE: Floating jack tuck 180, stay, then turn again
		1 x 8	SUSP JJ ½ turn L x2, JJ x2	1		Did the heartbreak	Turn the other way
		1 x 8	SUSP JJ ½ turn R x2, JJ x2	1		I'm all good already	Use your legs to turn
		1 x 8	SUSP JJ ½ turn L x2, JJ x2	1		I'm all good already	Back around
0:45	Chorus 1	1 x 8	BICYCLE UP ALT leg curl, lifting to surface x4, ABD/ADD x2	1	R	So if you don't wanna see me	Bicycle circle 4, then V-sit 2
		1 x 8	ALT leg scoop, lowering to seated ABD/ADD x2	1	R	If you won't believe	Now reverse bicycle, V-sit
		1 x 8	ALT leg curl, lifting to surface x4, ABD/ADD x2	1	R	Don't show up	Bicycle forward
		1 x 8	ALT leg scoop, lowering to seated ABD/ADD x2	1	R	Walk away	Now scoop the legs, flex feet
1:13	Bridge 1	4 x 8	PEDAL PUSHERS SIDE Lean R pedal pusher x8, Lean L pedal pusher x8	4	R	Oh, oh	8 slow pedal push with big lean side, pedal side again
1:43	Verse 2	4 x 8	JACK 180	1		Aren't you the guy	MUSCLE: Hamstrings and core
2:12	Chorus 2	4 x 8	BICYCLE UP	1	R	So if you don't	Hamstrings and quads
2:41	Bridge 2	4 x 8	PEDAL PUSHERS SIDE	1		Oh, oh	Engage the sides and glute medius
3:10	Verse 3	4 x 8	JACK 180	1		Did a full one eighty	MOTIVATION: Can you spin more sharply?
3:39	Chorus 3	4 x 8	BICYCLE UP	1	R	So if you don't	Really scoop some water
4:08	Bridge 3	4 x 8	PEDAL PUSHERS SIDE	1		Oh, oh	Strong pushes to finish
	Finish	1 x 1	Tuck and hold				

V1	C1	B1	V2	C2	B2	V3	C3	B3
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Trainer's Tip: Encourage your participants to trust the noodle and really engage every muscle in the lower body for each block in this flotation track. The slower tempo on this will allow for full range and steady control and power. They will be sure to keep showing up time after time.

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151 S. Pfingsten Rd., Suite P
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