

1 WARM UP I WAS MADE (FOR LOVING YOU) WAVE 60		water motion
Intro	Jog	16x
Verse	JOG 16 / JACK & KNEE TUCK 8 Jog 16 / Jack W/Single Knee Tuck 8 (Arms: Scoop / Sweep side & together)	1x
Chorus	JOG HEEL 16 / JACK & HEEL TOUCH BACK 8 Jog Heel 16 / Jack & Heel Touch Back 8 (Arms: Triceps press / Sweep side & touch OPP heel)	1x
Bridge	JUMP ROPE 2 / MOGUL 1 Jump Rope 2 / Mogul 1 (4) (Arms: Circle 2 / Paddle)	2x
FINISH	Land Wide & Hold	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

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2 LINEAR ONE OF US WAVE 60		water motion
Intro	Cross Country Ski	16x
Verse	CROSS COUNTRY 4 / ROCKING HORSE 2 Cross Country 4 / Rocking Horse 2 – Knee Lift To Change (Arms: Paddle / Cross & pull back)	4x
Chorus	HEEL DIG REPEATER 4 Heel Dig Repeater 4 – High To Low Progression (Arms: Punch forward 4, then side 4)	8x
Bridge	TUCK JUMP 4 / JACK 4 Tuck Jump 4 TVL Forward / Jack 4 / Tuck Jump 4 TVL Backward / Jack 4 (Arms: Paddle / Sweep side)	2x
FINISH	Land Wide & Hold	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

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3 LATERAL PLAY THAT SONG WAVE 60		water motion
Intro	Wide Jog	16x
Chorus	INSTEP TOUCH 2 / DOUBLE JOG Alternate Instep Touch 2 / Double Jog (Arms: Reach toward OPP foot / Double scoop)	8x
Verse	JACK / TUCK JUMP Jack / Tuck Jump (Arms: Sweep across / Push down)	8x
Bridge	LEAP SIDE 3 / RUN RUN HOLD Leap Side 3 TVL Right / Run Run Hold (Arms: Extend side / Running)	4x
FINISH	Superstar!	
C	V	B C V B C V B C

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4 SPEED RUNAWAY WAVE 60		water motion
Intro	Kick Front	16x
Verse	KICK FRONT 4 / KICK BACK 4 Alternate Kick Front 4 / Alternate Kick Back 4 (Arms: Scoop / Push forward)	4x
Chorus	RUN 8 / POWER TUCK Facing Right, Run 8 TVL Forward / Power Tuck 2 – ½ Turn Left (Arms: Running / Overhead – POWER)	4x
Bridge	PENDULUM 3 / KARATE 1 Pendulum 3 / Karate1 (Arms: Sweep in opposition)	8x
FINISH	Land, Feet Together, Arms Overhead	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

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5 GROUP TAKE IT ON THE RUN WAVE 60		water motion
Intro	Form 2 Lines, Facing Each Other	
Verse	KARATE BACK 16 / FLICK KICK 16 Alternate Karate Kick Back / Flick Kick 16 (Arms: Push forward / Extend side)	1x
Bridge	LEAP 4 Leap 4 TVL Right, Then Left (Arms: Reach side & sweep)	4x
Chorus	TAKE IT ON THE RUN AROUND 16 Partner 1 – Run Around Partner 2 (Arms: Running)	2x
FINISH	High Five Partner	
V1	B1	C1 V2 B2 C2 V3 B3 C3 C4

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6 SUSPENSION FINALLY READY WAVE 60		water motion
Intro	Get Into Neutral Position	
Verse	JACK / TWIST 2 (4) Neutral Jack / Twist 2 (4) (Arms: Clasp / Sweep 2 / Clasp)	2x
Bridge	TUCK 3 & TOUCH Tuck 3 & Touch Down – Strong Core Engagement (Arms: Move to maintain suspension)	8x
Chorus	BREASTSTROKE 4 / FLUTTER 16 Suspended Breaststroke TVL Forward / Flutter 16 TVL Backward (Arms: Breaststroke 4 / Scoop 16)	2x
FINISH	Stand Tall	
V1	B1	C1 V2 B2 C2 V3 B3 C3 C4

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7 UPPER BODY WE R WHO WE R WAVE 60									
Intro	Get Into Grounded Position								
Verse	COBRA PULSE 3 Single Leg Stance – Lean Forward (4) (Arms: Squeeze palms forward 3, press back hard)								2x
Chorus	PADDLE 8 / TRICEPS 8 Grounded Narrow Stance (Arms: Paddle out 8 / Triceps press down 8)								2x
Bridge	POSTURE PRESS Grounded Wide Stance (Arms: Shoulder press – slow 8 – fast 8 – faster 16)								1x
FINISH	Stand Tall, Arms Wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

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8 LOWER BODY DANCE ALONE WAVE 60									
Intro	Get Into Position								
Verse	FIGURE 8 / HIP EXTENSION 2 Figure 8 (4) / Sweep Leg Back 2 (Arms: Clasp hands)								4x
Chorus	HIP CLAM COMPLEX Lift, Sweep F, Sweep B, Lower (Arms: Held out to sides)								4x
Bridge	BATMA 7 Heel Tap 7 To Grounded Leg (Arms: Clasp hands)								4x
FINISH	Stand Tall, Clasp Hands								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

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9 CORE INDESTRUCTIBLE WAVE 60									
Intro	Get Into Position								
Verse	JACK 2 / ROTATE 2 Neutral Jack 2 / Wide Knee Lift & Rotate 2 (Arms: Clasp & sweep across knee)								4x
Chorus	PILATES PRESS Grounded Stance (Arms: Pulse back STRONGLY)								32x
Bridge	LATERAL BEND 8 Grounded Stance (Arms: Slide down side, other hand at temple)								2x
FINISH	Stand Tall								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

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10 FLEXIBILITY DREAMS WAVE 60									
Intro	Open & Close Arms								
Verse	CHEST STRETCH / TRIANGLE Grounded Stance / Triangle Pose (Arms: Extend side – Chest stretch / Triangle)								2x
Bridge	KNEE / HAMSTRING / KNEE / STAND Grounded Stance – Lift Knee / Extend Leg / Knee Lift / Lower Leg (Arms: Reach under knee)								2x
Chorus	CALF STRETCH / WARRIOR 3 Step Back To Calf Stretch / Warrior 3 Pose – Lift Leg (Arms: Sweep forward 4 / Sweep behind)								2x
FINISH	Stand Wide, Lower Arms								
V1	B1	C1	V2	B2	C2	V3	B3	C3	

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11 (BONUS) FLOTATION NUMB WAVE 60									
Intro	Run								16x
Verse	RUN 8 / JACK 2 SQUARE Run 8 TVL Forward / Jack 2 TVL Right / Run 8 TVL Backward / Jack 2 TVL Left								4x
Chorus	JACK CROSS 4 / SHUFFLE 8 Fast Jack Cross 4 / Shuffle 8 (Arms: Lateral side lift / Running)								4x
Bridge	ROCKET 4 / TWIST 4 Rocket Jack 4 / Twist 4								4x
FINISH	Land Wide & Hold								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

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