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WHAT'S INCLUDED IN YOUR CERTIFICATION



Lectures



Music



Videos



Notes



Assessment



App

1 WARM UP		WAVE 62		water motion	
CHERRISH					
Intro	Jog				16x
Verse	WIDE JOG 4 / WIDE FLICK KICK 4 (Arms: Sweep to opposite knee / Scoop)				4x
Chorus	SIDE LEAP & RESET 4 / JACK 4 Side Leap & Reset 4 / Jack 4 (Arms: Extend from shoulders & cross heart / Sweep)				2x
Bridge	RUN HEEL 3 / RUN 8 Run Heel 3 (2) / Run 8 (Arms: Overhead wave 3 / Running)				4x
FINISH	Heart Arms				
V1	C1	B1	V2	C2	B2
					V3
					C3
					B3
					C4

4 SPEED		WAVE 62		water motion	
WHEN DOVES CRY					
Intro	Run				32x
Verse	SYNCOATED ROCKER 4 / FUNKY TWIST 8 Syncoated Rocking Horse 4 - Small & Fast / Funky Twist 8 (Arms: Hands on hips / Funky)				2x
Chorus	RUN 7 TVL FORWARD / RUN 7 TVL BACKWARD / RUN 7 TVL RIGHT / RUN 7 TVL LEFT (Arms: Running)				2x
Bridge	ROCKET JACK 8 / NEUTRAL JACK 8 Rocket Jack 8 / Neutral Jack 8 (Arms: Sweep palms in front / Bent elbows out & out)				2x
FINISH	Dove Wings				
V1	C1	B1	V2	C2	B2
					V3
					C3
					B3
					C4

7 UPPER BODY		WAVE 62		water motion	
TOGETHER AGAIN					
Intro	Get Into Position				
Verse	DIAGONAL REACH 2 / SWEEP OPEN & DROP (Arms: Diagonal reach across body / R/L / Sweep open & Lower to hips)				8x
Bridge	TRIPLE BICEPS SWEEP & PRESS BACK Grounded Stance - Triple Biceps Sweep & Press Back 4 - Slow for 4. Then Speed Up (Arms: Biceps sweep 3 - open hands & press back)				1x
Chorus	WINDSHIELD WIPERS 32 & REVERSE 32 Grounded Stance (Arms: Alternate circle out 32 & reverse 32)				1x
FINISH	Stand Wide, Lower Arms				
V1	B1	C1	V2	B2	C2
					V3
					B3
					C3

10 FLEXIBILITY		WAVE 62		water motion	
ONE CALL AWAY					
Intro	Shoulder Rolls				
Verse	POSTURE CHECK / FALLING STAR (Arms: Open chest - Phone call / Lateral bend)				2x
Chorus	SUPERMAN / WARRIOR 1 Grounded Stance / Warrior 1 - Cat Stretch (Arms: Sweep forward & open shirt / Reach Overhead & down to chest)				2x
Bridge	HIP STRETCH / HAMSTRING Extend Heel Forward & Flex Foot / Lift Leg (Arms: Extend back / Support leg)				2x
FINISH	Stand Tall, Lower Arms				
V1	C1	B1	V2	C2	B2
					V3
					C3
					B3
					C4

2 LINEAR		WAVE 62		water motion	
LIGHTER					
Intro	Kick Front				16x
Verse	KICK COMBO 2 Kick Front 2 / Kick Diagonal 2 / Kick Back 2 / Kick Diagonal Back 2 (Arms: Scoop / Hold wide / Push F / Push across)				2x
Chorus	CROSS COUNTRY 8 / SEATED KICK 16 Cross Country 8 TVL Forward / Seated Kick 16 TVL Backward - Option To Touch (Arms: Paddle / Scoop)				2x
Bridge	JUMP ROPE 2 / TUCK Jump Rope 2 / Tuck Jump (Arms: Circle 2 / Push down)				8x
FINISH	Land Wide & Hold				
V1	C1	B1	V2	C2	B2
					V3
					C3
					B3
					C4

5 GROUP		WAVE 62		water motion	
THE EDGE OF SATURDAY NIGHT					
Intro	Form Circles Of 4-6 Participants				
Verse	CIRCLE JOG 8 / FLICK KICK 8 Turn Right, Jog 8 / Turn Center, Flick Kick 8 - Switch (Arms: Extend left to center of circle / Scoop)				2x
Chorus	DOUBLE KARATE KICK BACK 8 / SINGLE 16 Facing Center, Double Karate Kick Back 8 / Single Karate Kick Back 16 (Arms: Double chest press front / Roll)				1x
Bridge	BATTLE ROPE 8 / CROSS COUNTRY 8 Grounded Stance Battle Rope 8 / Cross Country 8 (Arms: Battle rope - STRONG Y / lift & lower / Paddle)				2x
FINISH	High Five Partners				
V1	C1	B1	V2	C2	B2
					V3
					C3
					B3
					C4

8 LOWER BODY		WAVE 62		water motion	
BAD DREAMS					
Intro	Get Into Position				
Verse	KARATE SIDE KICK 7 / KICKSTAND 7 Grounded Stance, Karate Kick Side 7 / Kickstand 7 (Arms: Clasp hands)				2x
Chorus	CROSS COUNTRY 4 & SLIDE TOGETHER Neutral Stance, Cross Country 3 & Slide Together (4) (Arms: Paddle)				4x
Bridge	HIP OPENER / FIGURE 8 (2) Grounded Stance, Lift knee - Open, Close, Lower / Figure 8 - In & Out (2) (Arms: Clasp)				4x
FINISH	Stand Tall				
V1	C1	B1	V2	C2	B2
					V3
					C3
					B3

11 (BONUS) FLOTATION		WAVE 62		water motion	
I CAN DO IT WITH A BROKEN HEART					
Intro	Kick Front				16x
Verse	PENDULUM 3 / KARATE SIDE Pendulum 3 / Karate Kick Side (Arms: Sweep in opposition / Fists)				8x
Bridge	STRAIGHT LEG ROCK 7 Rocking Horse W/Straight Legs - Knee To Change (Arms: Punch down & punch back)				2x
Chorus	JACK KNEE TUCK 4 / TUCK 4 Jack knee Tuck 4 / Tuck Jump 4 TVL Forward & Reverse (Arms: Sweep side & In / Paddle)				2x
FINISH	Land Wide				
V1	B1	C1	V2	B2	C2
					V3
					B3
					C3
					C4

3 LATERAL		WAVE 62		water motion	
IT'S A FEELING					
Intro	Jack				8x
Verse	PENDULUM 16 / DOUBLE PENDULUM 8 Alternate Pendulum 16 / Double Pendulum 8 (Arms: Sweep in opposition)				1x
Chorus	KARATE SIDE SSD Karate Side Single Single Double (Arms: Triceps side - fists)				8x
Bridge	BARREL JUMP 2 / JACK 2 Barrel Jump 2 TVL Side / Jack 2 (Arms: Reach side & sweep across / Open side)				4x
FINISH	Land Wide & Fist Up				
V1	C1	B1	V2	C2	B2
					V3
					C3
					B3
					C4

6 SUSPENSION		WAVE 62		water motion	
NOBODY					
Intro	Get Into Position				
Verse	STEP SIDE 2 / ADDUCTOR SWEEP 2 Grounded Stance, Step Side 2 / Adductor Sweep 2 (Arms: Sweep side / Clasp)				4x
Bridge	DIVE FORWARD 2 / DIVE BACKWARD 2 Dive Forward 2 - Pull Knees To Chest / Dive Backward 2 - Pull Knees To Chest (Arms: Breaststroke / Reverse breaststroke sweep)				4x
Chorus	NEUTRAL SEATED KICK 8 / SUSPENDED KICK 16 In Neutral, Seated Kick 8 / Suspended Seated Kick 16 (Arms: Maintain control & buoyancy)				2x
FINISH	Stand Tall				
V1	B1	C1	V2	B2	C2
					V3
					B3
					C3
					C4

9 CORE		WAVE 62		water motion	
SET FIRE TO THE RAIN					
Intro	Get Into Position				
Verse	SIDE BEND / KNEE LIFT & SLIDE Grounded Stance, Lateral Bend / Lift Knee (8) (Arms: Reach toward knee / Reach under knee)				2x
Bridge	FORWARD FLEX / KNEE LIFT & SLIDE Grounded Stance, Bend Forward / Lift & Extend (8) (Arms: Fingers at temple - elbows wide / Slide under opposite knee)				2x
Chorus	TOUCH & TUCK AROUND In Neutral, Touch & Tuck Front/Right/Back/Left - Option To Suspend After 2 Rounds (Arms: Assist in movement & control)				2x
FINISH	Stand Tall				
V1	B1	C1	V2	B2	C2
					V3
					B3
					C3



ORIGINAL WAVE 62
CHOREOGRAPHY