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WHAT'S INCLUDED IN YOUR CERTIFICATION



Lectures



Music



Videos



Notes



Assessment



App

1 WARM UP		ORIGINAL 58		water motion					
SHINING STAR									
Intro	Jog			16x					
Verse	ROCK 3 / JUMP 1			4x					
	Rocking Horse 3 / Jump 1 (Arms: Figure 8 / Reach overhead)								
Chorus	STAR JACK / JACK			8x					
	Star Jack / Jack (Arms: Disco point / Disco roll)								
Bridge	JOG HEEL 3 / FLICK KICK 1 (Arms: Double triceps press back / Fists)			8x					
FINISH	Land Wide, Disco Point								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

3 LATERAL		ORIGINAL 58		water motion					
BRING THAT FIRE									
Intro	Wide Jog			16x					
Verse	INSTEP TOUCH SSD			8x					
	Instep Touch Single Single Double (Arms: Strong lat pulldown to opposite foot)								
Chorus	KARATE KICK SIDE 4 / JACK TUCK 2			4x					
	Karate Kick Side 4 / Jack Tuck 2 (Arms: Triceps punch side / Sweep side to under legs)								
Bridge	DOUBLE MOGUL 2 / LEAP SIDE 2			4x					
	Double Mogul 2 / Leap Side 2 Travel Right (Arms: Double ski / Extend from chest)								
FINISH		Land Wide, Extend Arms Side							
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

5 GROUP		ORIGINAL 58		water motion					
KISSES OF FIRE									
Intro	Groups of 4			8x					
Verse	UPPERCUT 12 / JACK & TURN			4x					
	Grounded stance / Jack & Turn Right (Arms: Strong biceps scoops 12 / Side sweep)								
Chorus	FAST SEATED KICK 32			1x					
	Neutral Seated Kicks 32 To Center – Create Huge Turbulence (Arms: Scoop or scull)								
Bridge	RUN 32 Run 32 & Find A New Foursome (Arms: Running)			1x					
FINISH		Stand Tall							
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

7 UPPER BODY		ORIGINAL 58		water motion				
CHOOSING YOUR FIGHTER								
Intro	No Noodle, Get Into Position							
Verse	PUNCH & SWEEP 8				2x			
	Grounded Lunge Side (Arms: Punch toward front arm & sweep open)							
Chorus	HOOK 4 / UPPER CUT 8				4x			
	Grounded Stance (Arms: Sweep front in circles 2 / Alternate scoops 4)							
Bridge	TRICEPS PRESS BACK 3 / BICEPS CURL				8x			
	Grounded Stance (Arms: Triceps press back 3 / Biceps curl)							
FINISH		Stand Tall, Sweep Arms Open						
V1	C1	B1	V2	C2	B2	V3	C3	B3

9 CORE		ORIGINAL 58		water motion				
LOVE ME AGAIN								
Intro	No Noodle, Stand Tall							
Verse	LEANING STAR & CATCH 8			2x				
	Grounded Leaning star – Long Lever – Strong Pull To Stand (Arms: Extend to star & strong pull in to torso)							
Chorus	FIGURE 8 (3) / Side Bend 4			2x				
	Grounded Lunge – Figure 8 (3) / Side Bend 4 (Arms: Figure 8 / Reach toward knees)							
Bridge	TUCK PULSE 3 / STAND Neutral Tuck Pulse 3 / Stand (Arms: Scull / Press down)			8x				
FINISH		Stand Tall						
V1	C1	B1	V2	C2	B2	V3	C3	B3

11 BONUS: CARDIO		ORIGINAL 58		water in motion					
TAKE ON ME									
Intro	Pendulum				16x				
Verse	<u>DOUBLE MOGUL 8 / MOGUL 16</u>				1x				
	Double Mogul 8 / Mogul 16 (Arms : Paddle 2 / Ski)								
Chorus	<u>ROCKET JACK 4 / CROSS COUNTRY 4</u>				4x				
	Rocket Jack 4 / Cross Country 4 (Arms: Lateral adduction / Paddle)								
Bridge	<u>PENDULUM 6 DOUBLE</u>				4x				
	Pendulum 6 Double (Arms: Sweep side to side / Punch 2)								
FINISH									
Land Wide, Punch Front									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

2 LINEAR		BAD HABITS		ORIGINAL 58		water motion			
Intro	Kick Front					16x			
Verse	KICK 8 / WIDE KICK 8					2x			
	Kick Front 8 / Wide Kick 8								
Bridge	ZIG ZAG RUN 16 / JACK 4					2x			
	Angle Run Right 8, Angle Run Left 8 (Travel Forward) / Jack 4 Travel Backward (Arms: Running / Reverse Breaststroke)								
Chorus	ROCK 3 / SOCCER KICK					4x			
	Rocking Horse 3 / Soccer Kick 1 (Arms: Figure 8)								
FINISH		Land Wide, Point Front							
V1	B1	C1	V2	B2	C2	V3	B3	C3	B4

4 SPEED		ORIGINAL 58		water motion					
IN THE DARK									
Intro	Run			16x					
Verse	<u>FAST JACK 4 / JUMP ROPE 4</u>			4x					
	Fast Jack 4 / Jump Rope 4 (Arms: Alternate chest press / Circle)								
Chorus	<u>BOW & ARROW JACK 2 / RUN 8</u>			4x					
	Jack 2 / Run 8 Travel Forward / Jack 2 / Run 8 Travel Backward (Arms: Bow & Arrow 2 / Running)								
Bridge	<u>KICK BACK 3 / TUCK</u>			4x					
	Kick Back 3 – Same Leg / Tuck (Arms: Triceps press back / Fists)								
FINISH	Jack, Bow & Arrow Front								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

6 SUSPENSION		ORIGINAL 58							
SPICE UP YOUR LIFE									
Intro	Explain First Block								
Verse	LEAP PULL BACK & BICYCLE 4 Leap Forward, Pull Knee Back & Bicycle (4) – Strong Core Engagement Here (Arms: Push forward & pull back / Clasp hands)			2x					
	SUSPENDED FLUTTER KICK SIDE 14 (2) Suspended Flutter Kick Side 14 (2) / Tuck To Change (Arms: Move to maintain Suspension)			2x					
Chorus									
Bridge	OPEN HIP & CURTSY Grounded Alternate Hip Circle To Curtsy, Circle To Front (Arms: Clasp hands in front)			8x					
FINISH		Stand Tall							
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

8 SUSPENSION		ORIGINAL 58		water in motion				
SPICE UP YOUR LIFE								
Intro	No Noodle							
Verse	HIP OPENER / BICYCLE			2x				
	Grounded Open Knee & Close / Bicycle (4) (Arms: Angled at sides – Chest open)							
Chorus	KICK BACK 2 / KICKSTAND 2			8x				
	Alternate Rebound Kick Back 2 / Kickstand 2 (Arms: Chest press 2 / Scoop 2)							
Bridge	STOMP & DRAG 8 Grounded Stomp Side & Drag 8 (Angle press & sweep center)			2x				
FINISH		Stand Tall						
V1	C1	B1	V2	C2	B2	V3	C3	B3

10 FLEXIBILITY		ORIGINAL 58		water motion				
GIRL ON FIRE								
Intro	Roll Shoulders							
Verse	KNEE LIFT / HAMSTRING HEEL DOWN Lift Knee To Chest / Extend Leg Front, Flex & Lower Heel (Arms: Hug knee / Circle front & sweep down)				1x			
	FIGURE 4 / FLOATING MOON Figure 4 - Glutes / Rotate To Floating Moon (Arms: Figure 8 / Reach 1 up, 1 down)				1x			
Chorus								
Bridge	AIRPLANE / QUAD Tip Forward – Extend Leg Back / Heel To Glute (Arms: Extend side / Reach for heel – fire fingers up)				1x			
	FINISH Stand Tall – Fire Fingers							
V1	C1	B1	V2	C2	B2	V3	C3	B3