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WHAT'S INCLUDED IN YOUR CERTIFICATION



Lectures



Music



Videos



Notes



Assessment



App

1 WARM UP		PLATINUM 37	water in motion
CHINA GROVE			
Intro	Jog	16x	
Verse	KNEE & KICK 2 / FLICK KICK 4 Knee & Kick (CanCan) 2 / Flick Kick 4 (Arms: Scoop)	4x	
Chorus	JACK 2 / INSTEP 4 / JACK 2 / HEEL TOUCH BACK Jack 2 / Instep Touch 4 / Jack 2 / Heel Touch Back 4 (Arms: Sweep side / Reach to Heels)	2x	
Bridge	JOG HEEL 16 / ANGLE JOG HEEL 16 Jog Heel 16 / Jog Heel 16 – Slight Angle & Wider (Arms: Ski pole)	4x	
FINISH	Land Wide		
V1	C1 B1 V2 C2 B2 V3 C3 B3 C4		

2 POSTURE		PLATINUM 37	water in motion
BAD LEROY BROWN			
Intro	Jack	8x	
Verse	JACK WITH POSTURE CHECK Rebound Jack (Arms: Lift elbows, open, close, lower)	16x	
Chorus	TUCK 2 / JUMP ROPE 4 Tuck 2 TVL Forward / Jump Rope 4 TVL Backward (Arms: Paddle / Backward circles)	4x	
Bridge	CROSS COUNTRY 3 / KNEE LIFT Cross Country 3 / Lift Knee (Arms: Paddle 3 / Fists)	8x	
FINISH	Land Wide, Punch Front		
V1	C1 B1 V2 C2 B2 V3 C3 B3 C4		

3 BALANCE		PLATINUM 37	water in motion
LA COPA DE VIDA			
Intro	Run	16x	
Verse	MOGUL F/B/R/L Mogul Front/Back/Right/Left – Option to move faster (Arms: Sweep open, close, left, right)	8x	
Chorus	RUN RUN HOLD 2 / JOG 4 Run Run Hold 2 / Jog 4 (Arms: Overhead / Scoop)	4x	
Bridge	KNEE REPEAT 4 Grounded Stance, Touch Back, Pull Knee Through 4 (Arms: Push front palms, pull back with fists)	4x	
FINISH	Stand Tall, Arms Overhead		
V1	C1 B1 V2 C2 B2 V3 C3 B3 C4		

4 COMMUNITY		PLATINUM 37	water in motion
BRIDGE OVER TROUBLED WATER			
Intro	Get Into Groups of 4-5		
Verse	CIRCLE JOG 16 Facing Left, Jog 16 TVL Forward, Turn 180 (Arms: Extend right to center)	2x	
Chorus	TWISTS Twist 4 (Arms: Reach overhead 4 / Sweep underwater 4)	4x	
Bridge	RUN 16 / FLICK KICK 8 Facing Center, Run 16 TVL Backward / Flick Kick 8 Run 16 TVL Forward / Flick Kick 8	4x	
FINISH	Face Center, Arms Overhead		
V1	C1 B1 V2 C2 B2 V3 C3 B3 C4		

5 MEMORY		PLATINUM 37	water in motion
STRANGER IN PARADISE			
Intro	Set Up Grounded Position		
Verse	LEG SWING 4 / TAP AROUND 2 Grounded Leg Swing F/B 4 / Tap F/S/B/Together 2 (Arms: Clasp hands)	2x	
Chorus	HEEL TOUCH / JACK Heel Touch / Jack (Arms: Touch OPP heel / Sweep out)	16x	
Bridge	KARATE BACK – MEMORY CHALLENGE Alternate Rebound Karate Kick Back (Arms: Triceps press back)	32x	
FINISH	Land Wide		
V1	C1 B1 V2 C2 B2 V3 C3 B3 C4		

6 SPEED		PLATINUM 37	water in motion
TWENTY-FIVE MILES			
Intro	Jog Heel	16x	
Verse	SKATER 8 Skater 8, ¼ Turn Right (4) (Arms: Sweep in OPP)	1x	
Chorus	CROSS COUNTRY 8 / RUN 14 Cross Country 8 / Run 7 TVL Right / Hold (Arms: Paddle / Running)	2x	
Bridge	HEEL DIG 4 / WIDE HEEL DIG 4 Heel Dig 4 (2) / Alternate Wide Flick Kick 4 (2) (Arms: Roll / Push side – open & close fingers)	2x	
FINISH	Land Wide, Push Arms Side		
V1	C1 B1 V2 C2 B2 V3 C3 B3 C4		

7 MOBILITY		PLATINUM 37	water in motion
MATERIAL GIRL			
Intro	Get Into Grounded		
Verse	FIGURE 8 (4) Grounded, Figure 8 (2) / Leg Side – Touch Down (Arms: Hug)	4x	
Chorus	EASY JUMP ROPE 4 / JOG HEEL 4 Jump Rope – Slight Lift Off Bottom (Arms: Shoulder cross 2 / Money)	4x	
Bridge	DIAGONAL EXTENSION 4 Grounded, Diagonal Leg Extension, Knee Lift 4 (Arms: Diagonal reach, then into knee)	4x	
FINISH	Stand Tall, Money		
V1	C1 B1 V2 C2 B2 V3 C3 B3		

8 ADLs		PLATINUM 37	water in motion
PENDULUM			
Intro	Pendulum	16x	
Verse	SHOVEL 4 / SWEEP 16 Pendulum 4 – TVL Side / Pendulum 16 (Arms: Double underwater scoop / Hold a Broom)	1x	
Chorus	JACK (Arms: Backstroke 16 / Breaststroke 16 - palms down)	32x	
Bridge	POWER WALKING (CC) Power Cross Country – Focus on Power (Arms: Strong running motion)	4x	
FINISH	Land Wide, Shake Hands Out		
V1	C1 B1 V2 C2 B2 V3 C3 B3		

ADLs – BLOCK 1: Shoveling snow / Sweeping the walkway BLOCK 2: Putting sheet on a bed / smoothing out wrinkles BLOCK 3: Power walking

9 CORE		PLATINUM 37	water in motion
NIGHT FEVER			
Intro	Noodle In Hands		
Verse	KICK OUT / CURL 4 Grounded, Kick Front / Lift Knee & Curl Forward (Arms: Hold at knee / Push down in front of knee)	2x	
Chorus	NIGHT FEVER INSTEP 4 Wide Grounded Stance, Instep 4 (Arms: Push noodle end to heel & Disco)	4x	
Bridge	FIGURE 8s Grounded Stance (Arms: ½ figure 8(4) right, then left / Alternate figure 16)	1x	
FINISH	Push Noodle Forward		
V1	C1 B1 V2 C2 B2 V3 C3 B3		

10 FLEXIBILITY		PLATINUM 37	water in motion
CALIFORNIA DREAMIN'			
Intro	Roll Shoulders		
Verse	LUNGE & SWAY / HAMSTRING Lunge Stance, Lift & Lower Back Heel – Calf / Sweep Leg Through to Hamstring Stretch (Arms: Reach overhead & sway / Reach under leg)	4x	
Chorus	FIGURE 4 / HORSE Cross Foot Over Knee / Step Wide – Horse Stance (Arms: Open to side / Bend elbows)	4x	
Bridge	IT BAND / QUAD STRETCH Step Behind – Torso / Quad Stretch (Arms: Reach to head / Reach for heel)	4x	
FINISH			
V1	C1 B1 V2 C2 B2		