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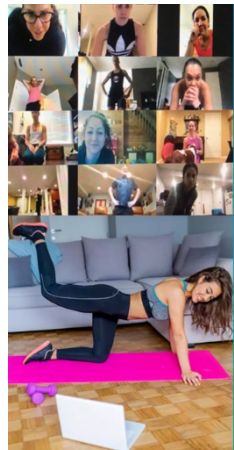
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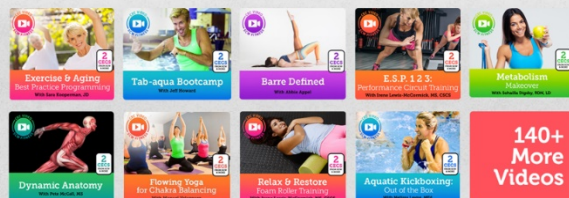
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# Choreography Overload: The Magic of Music



Created by Connie Warasila

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Music produces a kind of  
pleasure which human nature  
cannot do without.

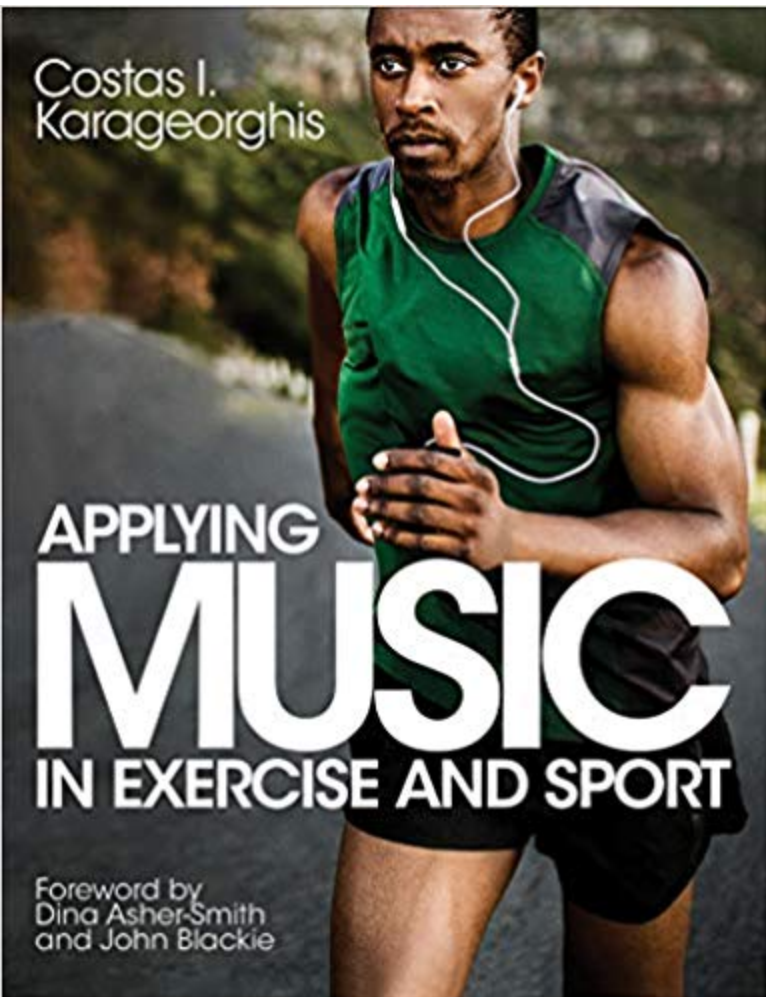
~ Confucius

AZ QUOTES

# The Magic of Music

- Energy level
- Track length
- Tempo
- Mood
- Variety





# The Value of Music for Exercise

- Costas Karageorghis, Ph.D. Brunel University School of Sport and Education
  - The tendency to move in time with synchronous sounds
  - The tendency of music to increase arousal
  - The tendency for music to distract the exerciser from discomfort that might be related to exercise

# The Value of Music for Exercise

- Carl Foster, Ph.D. and John Porcari, Ph.D.
  - Reviewed multiple research studies about music and exercise
  - Exercise is more enjoyable with music
  - Distraction from discomfort
  - Encourages higher exercise intensity



# WATERinMOTION Music

- Chosen for exercise success
  - Cardio-respiratory response, muscular strength and endurance, flexibility and relaxation
- Motivating
- Blends appropriate intensity and fun
- Promotes exercise adherence



# WATERinMOTION Music Characteristics

		Song Part	Count	Movement	Reps	Lead	Music Cue	Verbal Cue and Type	
		Intro	2 x 8	Jog	16	R			
0:16	A	Verse 1	4 x 8	SAMBA ALT Fast Kick wide/run/jog freeze	16	RL	The cup of life	<b>MOVE:</b> Samba move, knees high, use hands	
0:42	B	Chorus 1	4 x 8	DOUBLE JACKS DBL fast JJ out/jump in, jump R x2 DBL fast JJ out/jump in, jump L x2	4	R	Here we go	Double jack together, jump 2	
1:09	C	Bridge 1	1 x 8	TRAVELING JACK JJ TVL R x3, Cross kick x1	1	R	We come together	Jumping jacks traveling side	
			1 x 8	JJ TVL L x3, Cross kick x1	1	L	We come together	Other side	
			1 x 8	JJ TVL R x3, Cross kick x1	1	R	Ale, Ale	Reach for the kick	
			1 x 8	JJ TVL L x3, Cross kick x1	1	L	Ale Ale	Big rebound	
1:37	A	Verse 2	4 x 8	SAMBA	1	RL	La vida es pura	<b>MUSCLES:</b> Samba, Abs, glutes, quads	
2:04	B	Chorus 2	4 x 8	DOUBLE JACKS	1	R	Here we go	Double jacks, inner thighs	
2:32	C	Bridge 2	4 x 8	TRAVELING JACK L	1	RL	We come together	Travel jacks, glutes, inner/outer thighs	
2:59	A	Verse 3	4 x 8	SAMBA	1	RL	The cup of life	<b>MOTIVATION:</b> Samba, show me your personality	
3:27	B	Chorus 3	4 x 8	DOUBLE JACKS	1	R	Here we go	Double jack,	
3:54	C	Bridge 3	4 x 8	TRAVELING JACK	1	RL	We come together	Traveling jacks, farther	
4:22	B	Chorus 4	4 x 8	DOUBLE JACKS	1	R	Here we go	Double jacks, make it yours	
		Finish	1 x 1	Land wide, arms up					
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



# WATERinMOTION Music Characteristics



- Tempo/BPMs
  - Warmup – 136
  - Cardio – 140
  - Muscle/Flotation bonus – 132
  - Flexibility – as close to the original song as possible

# WATERinMOTION Music Characteristics



- Sound effects
  - Warmup – Introduction sweep + 16 counts
  - Signal before the last block
  - Finish beat

# WATERinMOTION Music Characteristics

- Recognizable/Popular/Styles
  - Music you can sing along to
  - Mainstream exposure
  - Varied styles, i.e., Pop, Rock, Country, Rap, R&B, Motown, Oldies



# WATERinMOTION Music Characteristics

- Sound quality for pool environment
  - Produced with minimal ‘bass’ to lessen reverberation
  - Consistent volume



# WATERinMOTION Music Characteristics

- Words/Lyrics
  - Profanity-free music
  - Positive lyric content



# WATERinMOTION®

## Wave 41

Quick Choreo reference

1	Warm-Up	Everybody
I	Jog	
V	JOG KICK: Jog/Kick, Jog x2	
C	ROCK YOUR BODY Rocking horse x6 (ALT facing F/R), jump rope x4 Repeat L	
B	JACK 1 FAST 2: JJ x1, Fast JJ x2	
F	Land wide	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

2	Linear	Better Now
I	Kick	
V	2 KICKS & KARATE: ALT kick x2, Karate kick F/B	
C	2 CROSS COUNTRY & KARATE ALT CC x2, Karate kick B/F	
B	JOG HEEL BREASTSTROKE Jog heel TVL F x4, Jog TVL B x4 (Arms: Breaststroke x2, Backstroke x2)	
F	Land wide, punch F	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

3	Lateral	Papa Was a Rolling Stone
I	JJ	
V	PENDULUM Pendulum x4, Pendulum hop knee R/L	
C	RUN TRAVEL Run TVL R x4, Karate kick repeater R x2, JJ x2	
B	JACK 3 POWER IN JJ/JJ Power tuck in	
F	Land wide	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

4	Speed Track	Lose Control
I	JJ	
V	POWER JACK & FAST 2 Power JJ x1, Fast JJ x2	
C	RUN 8 SWING & JUMP Run x8, ALT Pendulum x2, Jump rope x2	
B	CURL RUN 2: Jog Heel x1, Run x2	
F	Land wide	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

5	Group Track	Every Breath You Take
I	Jog, find a partner	
V	JACK SWEEP TOGETHER: JJ (Arms: open/sweep F/open/sweep down)	
C	JOG HEEL TOGETHER: Jog heel move together (Arms: Curl x2, High 5 R/L, Shoulder touch R/L, Elbow touch R/L)	
B	CROSS COUNTRY SWITCH CC x4, Run x8 switch places	
F	Land wide, High 5	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

6	Suspension	Your Love
I	JJ, transition to neutral	
V	JACK 1 MOGUL: NTL JJ/tuck x1, Mogul tucks R/L	
C	SEATED KICK Seated kick x8, SUSP fast kick TVL B x16 Seated curl x8, SUSP fast curl TVL F x16	
B	SWEEP OPEN CLOSE ABD sweep open/tuck, ADD sweep closed/tuck	
F	Step F, thumbs up	
V1	C1	B1 V2 C2 B2 V3 C3 B3

7	Upper Body	Die Young
I	NO NOODLE, Practice facing R & L	
V	LUNGE AND PUSH Lunge R (face R) x4, Wide stance (face F) (Arms: Chest press x4, ALT chest sweep in x4)	
C	TUCK SWEEP BACK Tuck x2 (Face R, TVL F), Wide stance (face F) (Arms: DBL sweep B x2, ALT Breaststroke x4)	
B	CIRCLE CURL 4 Wide stance (Arms: Biceps curl deep Rx4, Lx4)	
F	Stand, DBL biceps curl	
V1	C1	B1 V2 C2 B2 V3 C3 B3

8	Lower Body	I Like It Heavy
I	NO NOODLE, Brace core, lift R knee	
V	FLICK KICK: GRD Flick kick R x8, L x8, R x4, L x4, R x2, L x2, ALT x4	
C	KARATE FRONT BACK Karate kick F/B x2, Step wide/Squat/Power Tuck	
B	HEELS UP: Run Heel x8, DBL Jump curl jump x2	
F	Lunge, guitar strum	
V1	C1	B1 V2 C2 B2 V3 C3 B3

9	Core	Joy
I	Position noodle in hands, shoulder width	
V	JACK TUCK PLANK: NTL JJ out/tuck/plank/tuck	
C	DIAGONAL TUCK: ALT DIAG Tuck to noodle end	
B	ROW OVER YOUR KNEE: ALT Knee crunch	
F	Land wide, push forward	
V1	C1	B1 V2 C2 B2 V3 C3 B3

10	Flexibility	I'll Be There
I	Sweep open/close	
V	STAR: Star R, Warrior 3 R, step down on 8	
C	CURL ACROSS BACK Curl across B x8, EXT leg side x8	
B	ARM SWEEP ACROSS Wide stance x8, Figure 4 x8 (Arms: Arm sweep across F R x8, Scull x8)	
F	Step wide	
V1	C1	B1 V2 C2 B2 V3 C3 B3

11	Bonus - Cardio	Can't Dance
I	Jump rope	
V	JUMP TUCK FRONT 2 Jump tuck TVL F x2, Power Jump rope x2	
C	JACK 4 RIGHT JJ TVL R x4, L x4, R x2, L x2, Rocket JJ x8	
B	CURL & BREASTSTROKE Jog heel x4, ALT DIAG soccer kick x2	
F	Land wide	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

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F	Step wide							
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B	CURL & BREASTSTROKE Jog heel x4, ALT DIAG soccer kick x2								
F	Land wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4





**THANK YOU FOR COMING!**

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