



WARM UP

RUN TO YOU

WAVE 3



Intro	Run									32x
Verse	<u>DOUBLE HEEL 4 / WIDE JOG 8</u> DBL Heel 4 / Wide Jog 8 (Arms: Cross to heart & extend down / Reverse)									2x
Chorus	<u>RUN 16 / MOGUL 8</u> Run 16 / Mogul 8 (Arms: Running / Ski poles)									2x
Bridge	<u>TWIST 8 / TUCK & EXTEND 4</u> Twist 8 / Tuck & Extend Legs 4 (Arms: ALT biceps & triceps / Push down)									2x
FINISH	Run									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



CARDIO (SHORT LEVERS)

BROKEN ARROWS

WAVE 3



Intro	Run									16x
Verse	<u>DIAMOND TUCK / DIAMOND KICK</u> Diamond Tuck / Diamond Kick – Both Legs (Arms: Reach toward heels)									8x
Chorus	<u>SEATED BOW & ARROW</u> Seated Flotation – Open & Close Knees (Arms: ALT bow & arrow R,L)									16x
Bridge	<u>HOPSCOTCH HEELS</u> Vertical Extension, Heels Cross Back (Arms: Reach for OPP heel)									32x
FINISH	Hold Bow & Arrow									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



CARDIO (LONG LEVERS)

HEAT OF THE MOMENT WAVE 3



Intro	Cross Country									16x
Verse	JACK / STRAIGHT FIGURE 8 Jack 4 / Single Leg Figure 8 (4) – Out, In (Arms: Sweep side / “T”)									2x
Chorus	JACKIE CHAN 4 / CROSS COUNTRY 8 ALT Jackie Chan 4 / Cross Country 8 (Arms: Sweep side / Paddles)									2x
Bridge	VERTICAL FLUTTERS Vertical Extension, Slow Flutters 16 / Fast Flutters 32 (Arms: “T / Goal posts)									1x
FINISH										
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



TRAVEL

CAN'T HELP ME NOW

WAVE 3



Intro	Get Into Seated Position									
Verse	BREASTSTROKE 2 & 360 TURN Seated Tuck – 360 Turn After 2 (Arms: Breaststroke 2 – TVL forward / Single reverse)									4x
Chorus	SEATED BICYCLE 16 / SEATED FLUTTERS 16 Bicycle 16 TVL Forward, ¼ Turn / Seated Flutters 16 TVL Backward (Arms: Maintain control – Option – Goal post)									4x
Bridge	PADDLES / BICEPS Long Leg Extension Front (Arms: ALT paddles – TVL forward / ALT Biceps scoops – TVL backward)									2x
FINISH										
Extend Legs										
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



SPEED

DON'T GO YET

WAVE 3



Intro	Run	32x
Verse	<u>AROUND THE WORLD 4 / LATERAL SHOOT 8</u> Tuck Shoot F/R/B/L 2 / ALT Lateral Shoot Through 8 (Arms: Sweep in OPP to legs)	1x
Chorus	<u>ROCKET PULSE 6</u> Rocket Jack Pulse 6 & Release - Adductors (Arms: "T")	8x
Bridge	<u>WIDE RUN 3 HOLD</u> Wide Run 3 Hold – Strong Ankle Flex (Arms: Running)	16x
FINISH		
V1	C1	B1
V2	C2	B2
V3	C3	B3
	C4	



UPPER BODY

HALLUCINATE

WAVE 3



Intro	Get Into Position	
Verse	<u>CHEST & BREASTSTROKE 8 / CHEST FLY & TRICEPS 8</u> Seated Position (Arms: Push front, then breaststroke / Sweep front, then triceps push back)	1x
Chorus	<u>PUNCH FRONT 16 / CROSS PUNCH 16</u> Wide Vertical Position – Flex Feet (Arms: Open palm punch / Open palm cross punch)	2x
Bridge	<u>CIRCLES BACK 16 / CIRCLES FORWARD 16</u> Vertical Position (Arms: ALT shoulder circles)	1x
FINISH		
Single Arm Push Front		
V1	C1	B1
V2	C2	B2
V3	C3	B3



LOWER BODY

SO AM I

WAVE 3



Intro	Noodle, Hold In Hands									16x
Verse	<u>V-SIT 8 / V-SIT EXTEND 4</u> ALT V-Sit 8 / V-Sit Open, Then Push Heels Down To Bottom (Arms: Hold noodle in front / Push down)									2x
Chorus	<u>TWISTED CROSS COUNTRY SSD</u> Cross Country SSD (Arms: Twist noodle over front leg SSD)									2x
Bridge	<u>SEATED KICKS</u> Seated Position, ALT Kick 8, Then ALT Fast Kick 16 (Arms: Extend noodle front)									2x
FINISH	Push Noodle Front									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



STABILITY/BALANCE

WHAT A MAN GOTTA DO

WAVE 3



Intro	Place Noodle Under 1 The Arch Of The Foot									
Verse	<u>FIGURE 8</u> Noodle Under 1 Foot(Arch), Figure 8 – Out, In 7 / Switch (Arms: Maintain control)									4x
Chorus	<u>ANGLE PULSE 14</u> Noodle Under 1 Foot, Angle Hip Extension Back 14 / Switch (Arms: Maintain control)									2x
Bridge	<u>FAST TREAD SSD</u> Noodle Under BOTH Feet, ALT Push Down SSD (Arms: Maintain control)									16x
FINISH	Stay On Noodle									
V1	C1	B1	V2	C2	B2	V3	C3	B3		



CORE

LOVE CHANGES (EVERYTHING) WAVE 3



Intro	Noodle, Place Behind Back, Under Arms								
Verse	DIAMOND CRUNCH / SEATED EXTENSION Diamond Crunch Front / Seated Extension (Arms: Squeeze noodle over legs / Under legs)								8x
Chorus	HEEL CRUNCH 7 Side Position -Bring Heels & Noodle Together (Arms: Push noodle toward heels 14 / Switch)								2x
Bridge	SWIVEL HEELS Bring Heels Behind, ALT Twist (Arms: Maintain control)								16x
FINISH	Lower Legs Down To Vertical								
V1	C1	B1	V2	C2	B2	V3	C3	B3	



FLEXIBILITY

WALK WITH ME

WAVE 3



Intro	Noodle, Hold In Hands								
Verse	EASY CROSS COUNTRY SWING / HAMSTRING ALT Cross Country 4 / Extend Leg Front (Arms: Hold noodle in front)								2x
Chorus	QUAD / HIP OPENER & FIG 4 Lift Heel To Glutes / Lift Knee Front, Open & Close, Fig 4 (Arms: Hold noodle in 1 hand at side, reach for heel)								2x
Bridge	SHOULDER & CHEST OPENER / BACK STRETCH Vertical Position (Arms: Hold noodle in 1 hand at side, gently push down 4, then push noodle back, chest stretch)								2x
FINISH	Extend Legs, Push Noodle Front								
V1	C1	B1	V2	C2	B2	V3	C3	B3	